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From the Clergy Associate

“For God alone my soul in silence waits; from him comes my salvation.”

Psalm 62:5

Have you ever noticed how sitting prayerfully in silence with someone else feels different than sitting in silence by yourself? Whether it is with one other person, or two, three, or more, the prayerful silence just feels “fuller,” for lack of a better word.... It seems obvious to say that you feel that you are not alone in these shared moments, but you *do* feel that...

I believe we all have periods in our lives in which we feel overwhelmed with any combination of issues in our family and home life, work projects and deadlines, or lack of work, or dealing with the illness of loved ones, to name but a few. During such times, we can find ourselves running through all of the “what if’s,” spinning our mental and emotional wheels mercilessly with all sorts of possible scenarios, many of which we have little control over and that will never happen.

Moments of being able to sit in prayerful silence whether alone or with others, even if for only 10 or 20 minutes, can be a tremendous gift. Some of these moments for me were simply times of getting to church a bit earlier on a Sunday morning and being able to enjoy the silence among those who also sat or knelt silently in the pews. At other times I was able to practice Centering Prayer with friends. These times have been true gifts for me: to be able to stop all of the chatter in my head; to be able to be quiet long enough to see the futility of all of the “what if’s”; to be prayerfully silent with others and to know that I was not alone; to be able to clear away the clutter in order to be able to consent to God’s presence and action in my life.

For the season of Lent, I invite you to join in prayerful silence in the Chapel from 11:40 am–12:00 noon on Wednesdays, prior to the Noon Holy Eucharist service. You may join the prayerful silence at any time; and you are invited to remain for the Noon Eucharist, but need not. Whether on our own or with others, may we create the time and space to be able to rest in God, to be able to consent to God’s presence and action in our lives.

“Be still and know that I am God.” Psalm 46:10

The Rev. Joan F. Conley