



17 June 2022

Letter S 12 / 22

Dear Parish Family

It is good to ask ourselves, “*What do we do with our silences when we worship?*” Please think about it! I think about it.

There is an old saying, “The quieter you become, the more you hear.” Have you noticed the Moments of Silence during our worship?

When we worship or gather for the Celebration of the Eucharistic Liturgy, we are invited to be in silence quite a few times:

- when we enter the church building, sit in the pew and prepare ourselves
- before we confess our sins
- after each scripture reading
- after the sermon
- after we receive communion
- and simply before we leave after the dismissal, or the singing of a hymn

So then, why do we have these periods of silences? We have them, because it is an integral part of our worship. They are not merely pause points, to seamlessly get us to the next thing. It is there because it is intrinsic to the liturgy, a sacred space which can be called an “amen” of the heart, a space in which to surrender fully to God.

I must admit it is very difficult to adhere to Silences during our liturgical worship. We are constantly drawn to fill our silences by looking around, thinking about something, or simply fidgeting with something else. What I have decided to do, is to close my eyes for that brief moment and lift my whole being to God. If we are intentional about honoring the silences in our liturgy, our worship, I have no doubt it will become a more meaningful, fuller and transformative experience.

It is true when it was said that silence finds a happy home in liturgy.

Our human experience shows that the quieter we become, the more we hear. Our lives are full of physical noises, as well as inner noises of stress, worry, preoccupation and negative thoughts. We need the silences, especially in our worship.

Next time, when we gather for worship, I suggest we give equal value to our moments of silence which is interspersed amongst our prayers, readings and actions of the liturgy. In doing this we will be better able to hear not only with our ears, but also with our hearts and our entire beings.

This is all for now.

With love, **Selwyn**