

January ~ Blessing of Silence and Rest

The start of a new year: a time to renew and get back on track. But before carrying out our resolve for the year, it serves to remember that rest and silence are also valuable.

Winter's natural stillness allows a welcomed pause to the frenzied pace of our lives. As the activities of the year come to an end, we may also feel the need to slow down. The boisterous hum of family life and work is now replaced by quietness, if only for a moment.

The month of January is a good time to avail yourself to silence and rest. Do these appear as strangers to us? With practice, silence and rest can become trusted friends that fill us with deeper awareness, recharge us, and provide greater creativity for the tasks that await us in the coming spring.

In the spirit of this month's blessing, consider fasting or preparing a simple meal on the day of the blessing. Gather with family or friends in the early evening. Light a candle. After a moment of silence, begin this prayer:

Bless this silence. Teach us to recognize the treasures it gives and to desire it more often.

Bless this rest. Help us to trust it with the same faith which we give to work. Strengthened by our participation in holy silence and rest, may we come to see in winter not a death that is a final ending, but rather an opening that leads to the next life.