

But we must learn how to live there, go there, abide in this different phenomenon, or the rest of things - words, events, relationships, identities - all become rather superficial, without depth or context. They lose meaning.

This retreat seeks to provide an environment in which we can experience this silence and so nurture our understanding of silence as the presence of God. It will look at the place of silence in our prayer, how we connect with silence and stillness in our lives and most importantly how we are called to live from that silent place deep within through all the activities of our day.

*Seeking God in solitude and silence is not just about a geographical solitude or movement, but about an interior state. It is not enough to be quiet. It is necessary to become silence. Robert Cardinal Sarah*

Application Forms available from:  
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Email: [contact@towersretreat.org.au](mailto:contact@towersretreat.org.au)

Web site: <http://www.towersretreat.org.au>

Cost 2019:

4 Day Retreat: \$460.00

\$50.00 deposit to confirm booking.

All tariffs are negotiable



## *Living Silence- Everyday Contemplation*



*St Mary's Towers*

*Douglas Park*

*Presenter: Michelle Vass*

*4 day Guided Retreat*

*Wed - Sun 24-28 April 2019*

## Silence is praise for You – silentium tibi laus

*St Jeromes' translation of the Hebrew Psalm 65:1.*



When Elijah meets God at Horeb, not in the dramatic signs of wind, earthquake and fire, but in the sound of sheer silence, a voice asks him, “What are you doing here?”

1 Kings 19:11-13

In our very noisy, busy and demanding world, we often feel guilty for taking time to come away and rest. Yet we have a rich spiritual tradition in

Christianity that informs us that silence is the guardian of our hearts and the indispensable means for our inner growth in prayer. Jesus himself knew the importance of silence, going out to the mountain at night to pray. Lk 6:12 All the prophets encountered God in solitude and silence and the great mystics of our tradition also knew the power of silence: St John Climacus said that the friend of silence comes close to God.

Meister Eckhart saw the central silence as the purest element of the soul, the soul's most exalted place, the core, the essence of the soul. He said there is nothing so much like God as silence.



St John of the Cross saw Silence as God's first language. For the Carmelite Sr Marie-Aimée de Jesus, there was no

other word that singularly summarized the distinct quality of interior life than silence. To embrace silence is to prepare for holiness.

Contemporary writers Richard Rohr ofm and the phenomenologist Robert Sardelho remind us that silence is not just that which is around words and underneath images and events. Silence precedes, undergirds, and grounds everything. Silence is somehow at the very foundation of all reality. It is that out of which all being comes and to which all things return.

