

# Friends of Silence

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“Is there enough Silence for the Word to be heard?”



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Dear Friends ~ Each year the turning of the season calls us to reexamine our way. Where have we been? Where are we going? Last month's newsletter contained a quote about a “traveling light.” In the long, dark months of winter we become more mindful of our dependence on light. Where do we find our traveling light? What will sustain us and lift our spirits through these long nights? Will it be the twinkling lights of stars glittering in the small spaces between tree limbs? The tiny glimmer of light in another's eyes? The steady flame of a candle honoring a friend's passing? Can we be traveling lights for each other? In this new year of as yet unknown paths, may we dance on the edges of the eternal dappled interplay betwixt light and dark, trusting love to be our traveling light. As it says in the song, “Love will guide us.”



I am remembering a lifetime of trying to map  
the shape of shadow and light,  
To draw the clean edges of change  
And what has made me an oddity  
Asked me to live far more closely  
To the center of all that awe and ache.

~ *Carrie Newcomer*

The past is past, no need to wonder; the present is now,  
where our love grows daily.  
What does the future hold?  
That's up to us. It seems the best  
thing to do is what we're doing  
right now, holding on to each  
other with love in the calm of the  
eye of the storm, with only one  
intent: to love one another as we  
are—completely—as two people

raising each other up, as we move through this thing we call life.

~from *DEAREST WAIKI* by Marilyn Markham

In the midst of gathering darkness, light becomes more evident.

~ *Bonnie Bostrom*

Mama exhorted her children at every opportunity to “Jump at de sun.” We might not land on the sun, but at least we would get off the ground.

~ *Zora Neale Hurston*

Turn your face to the sun and the shadows fall behind you.

~ *Maori proverb*



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Uphold the Light that your inner light  
may illumine fear-filled hearts...  
Light comes with each new dawn.  
yield to the Light within;  
become a chalice of light  
for the world!

~from *LUMEN CHRISTI... HOLY WISDOM*  
by Nan Merrill



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winter garden  
 deep roots  
 waiting for spring

~ Evelyn Lang

Sometimes our light goes out, but is blown again into instant flame by an encounter with another human being.

~ Dr. Albert Schweitzer

Einstein told us that our universe is shaped and defined by light. We live in a visual cage, and what we call time is simply the ever-moving shadow of the bars which confine us....But suppose that...we were able to outrun the waves of light which undulate across the universe. As we leap...across the galaxy we overtake and leave behind the light which left the surface of the earth...the image will travel forever in this everlasting night, seeking its home among the stars, reaching ever outward toward some hypothetical destination at the universe's problematic end. Is light, then, the stuff our souls are made of?

~ from *CELESTIAL CHESS* by Thomas Bontly

There is a feeling like the clenching of a fist  
 There is a hunger in the center of the chest  
 There is a passage through the darkness and the mist  
 and though the body sleeps, the heart will never rest  
 Shed a little light oh Lord so that we can see  
 Just a little light oh Lord...

~ from James Taylor's song "Shed a Little Light"

Lighthouses don't go running all over an island looking for boats to save; they just stand there shining.

~ Anne Lamott

Darkness deserves gratitude. It is the alleluia point at which we learn to understand that all growth does not take place in the sunlight.

~ Joan Chittister and Rowan Williams

Through science we have created magnificent spacecrafts and telescopes to explore the night and the light and the half light. We have made visible things that are invisible to the unaided eye. We have

brought the dreamy heavens down to Earth, held them in the mind's eye. Our explorations have produced a vast archive of remarkable astronomical images...The riches are too many for choices, the revelations beautiful and dreadful. Who can look at these images and not be transformed? The heavens declare God's glory.

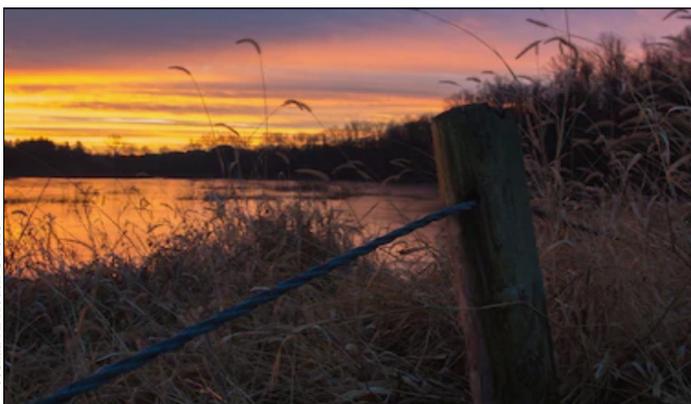
~ from *SKEPTICS AND TRUE BELIEVERS* by Chet Raymo

The sole purpose of human existence is to kindle a light in the darkness of mere being.

~ Carl Jung, as quoted in *brainpickings.org*

We must learn to reawaken and keep ourselves awake, not by mechanical aids, but by an infinite expectation of the dawn.

~ Henry David Thoreau



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May the stars  
 light your way  
 and may you find  
 the interior road  
 Forward!

~ an Irish farewell