

for the people of the Anglican Parish of Six Saints

"Be still and know that I am God." (Psalm 46:10)

Dear Friends,

Greetings in the Name of Christ!

The season of Advent has begun. The Calendar has turned to December. What does your schedule look like? T'is the season to be busy! Isn't it ironic that a season that should be characterized by contemplation, pausing, noticing and the Lord, our lives are frenetic, busy, overwhelmed and even panicked.

The above being true, action is needed! In this season of Advent, it is crucial for us to develop the practice of solitude. "Solitude is the creation of an open, empty space in our lives by purposely abstaining from interaction with other human beings, so that, freed from competing loyalties, we can be found by God" (Life with God Bible, p. 531).

Solitude is about spending quality time with God and we are refreshed. In solitude we hear God and witness His work. 2000 years ago, a young woman named Mary pondered the thought of being the mother of Jesus -the Messiah. At the same time, God encouraged a man named Joseph, to take Mary as his wife. The Lord drew Mary and Joseph together- directing their path and shaping their future.

So, what does it take to enter a place of solitude? It takes discipline, time and commitment. The psalmist draws us to place of solitude. Psalm 62 says: "My soul finds rest in God alone." Augustine, reflecting his refreshment said: "Our souls are restless until they find rest in You." Psalm 46:10 says, "Be still and know that I am God." and Habakkuk 2:20 says: The Lord is in His Holy Temple, let all the earth keep silent before Him."

Wouldn't it change our days if, we could learn the practice of solitude? It is possible. Author Dallas Willard, in his book *The Spirit of the Disciplines* writes: In stark aloneness it is possible to have silence...to be still, and to know that Jehovah indeed is God (Psalm 46:10), to set the Lord before our minds with sufficient intensity and duration that we stay centered upon him – our hearts fixed, established in trust (Psalm 112:7-8) – even when back in the office, shop, or home (Dallas Willard, *The Spirit of the Disciplines*, p. 162).

