



Monday Musing: December 16, 2024.
Still...

“Still, Still, Still.” That is the name of one of the carols we will be singing tomorrow night at our *Night of the Nativities and the Calling of the Carols*. It is a night for quiet, calm, and stillness. Some of us really need this. We need the time and the space of silence and stillness because this year has left hurts and burdens and griefs on our hearts. Some of us need to be still. I do.

Still. Still. Still. In the stillness, there is silence. Like when we’re in the forest and we stop walking or climbing and we just stand. Still. Listening. And we hear birds, squirrels, and the voices of the trees as they speak to each other in whispers, one to another. And we hear the voice of the wind high up in the tops of the trees. It is like a swoosh or a ...hush. Sometimes the trees tell us to hush. Be silent. Be still.

Being still allows us to hear the voice of our hearts, the words of what we are feeling deep within. Being still allows us to hear another voice to our hearts.

Our faith tradition teaches us to hold times of stillness and silence and to breathe in and to know. Psalm 46 offers us God’s words to our souls, “Be still and know that I am God.”

Wonderful things are in the stillness. In the silence. Even in the dark. Hope is there. Peace is there. Forgiveness is there. Love is there. New life is there. In the dark of stillness, all things are possible. In the stillness. In the silence. In the dark.

Sometimes we really need to be still, to be silent, to close our eyes, or awake in the night, to sit in the dark. Listen. What do you hear? What do you feel? Remember, you’re not alone in the dark, no matter what the dark in your life is.

“Be still and know that I am God.”

Be still and know that I am.

Be still and know.

Be still.

Be.

Still.

May we all know peace in the stillness of our hearts,
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Prayer

God of Advent,
In the quiet, you are there.
In the stillness, you are there.
In the dark, you are there.
In the hurts and the burdens,
In the disappointments and despair,
In the worries, in the loneliness, in the grief,
You are there.
In every moment of time,
You are there.
God of new life that
Begins in the dark, in the darkest of times,
You are there.
In the hope, in the peace,
In the joy and in the love,
In the Advent,
You are there. You are here.
In the quiet, in the silence, in the dark...
Still. You are here. You are there.
Amen.

Scripture this Week

Micah 5:2-5a	Out of Bethlehem in Judea will come a leader.
Luke 1:47-55	Mary sings, Mary's Song.
Hebrews 10:5-10	Made holy through sacrifice.
Luke 1:39-55	Mary visits Elizabeth.

TR Question (theological reflection)

In the dark, in the stillness, what does your heart say to you? What does God say to you? Is it the same thing? To follow in the footsteps of the Christ, what do you need to give up, give over, let go, undo, set free, sacrifice?