Music of Silence
A Sacred Journey through the Hours of the Days
David Steindl-Rast

If we cultivate this grateful joy, which finds its voice in chant, we can be happy no matter what happens. We sometimes get this wrong. We think that people are grateful because they are happy. But is this true? Look closely, and you will find that people are happy because they are grateful. When we are thankful for whatever is given to us, no matter how difficult, no matter how uninvited it may be, the thankfulness itself makes us happy. Saints teach us this: They’re full of humble thanks for whatever life brings them. Of course, that at-

The Bright Field

I have seen the sun break through to illuminate a small field for a while, and gone my way and forgotten it. But that was the pearl of great price, the one field that had the treasure in it. I realise now that I must give all that I have to possess it. Life is not hurrying

on to a receding future, nor hankering after an imagined past. It is the turning aside like Moses to the miracle of the lit bush, to a brightness that seemed as transitory as your youth once, but is the eternity that awaits you.

R.S. Thomas

Sonnets 29 & 30:
The grace of seeing and knowing who and what I am, and the freedom and gratitude that come with that simple yet complex knowledge. Discuss.