

Pastor's Column

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Time for Silence

As we continue our journey through Advent, may these thoughts of Rev. Federico Lombardi, SJ, be helpful to us:

There is an interior and spiritual dimension of life that must be guarded and nourished. If it is not, it can become barren to the point of drying up and, indeed, dying.

Reflection, meditation, contemplation are as necessary as breathing. Time for silence—external but above all internal—are a premise and an indispensable condition for it.

In the age of the cell phone and the internet it is probably more difficult than before to protect silence and to nourish the interior dimension of life. It is difficult but necessary.

For believers, in this prayer dimension, dialogue with God is developed, life in the spirit, which is more important than physical life itself. Jesus told us not to fear those who can kill the body as much as the one who can destroy our soul.

What is true for the individual person is true for the community of the Church, true for humanity. If for each one of us it is essential to know how to preserve dialogue with God in daily life, for the Church it is essential to have the sign and reality of life dedicated to contemplation and prayer, and for humanity it is essential to know there are beacons of light, sages and masters of the spirit.

Without attentiveness to and cultivation of the spiritual life, you will lose your soul. And today this is a very grave threat, and it is the most irreparable misfortune.

In the days ahead, let us be more attentive to the inner self. By finding time for silence, we will deepen our relationship with our God.

F. Mike