

Being Still – Maggie Marshall

Meditation: I want to be still by Revd David Clowes

Lord, why won't they leave me alone?
I just want to be still, to sit here quietly in your presence;
to enjoy a few brief moments in your gentle, healing love.
But I live in a world addicted to making noise,
so my quiet space is under constant attack.
The telephone rings, someone demands my attention;
The passing car pollutes my silence with its unwanted, discordant sounds;
In every shop I am assaulted by unwanted music.

Lord, is that why you went away to the lonely places –
to find stillness in the presence of your Father?

Lord teach me to find space
even in the hubbub and turmoil of my daily life;
to discover moments of tranquility in the most unlikely of places.
Help me to transform the frustration of a traffic queue,
standing at the checkout and waiting for my turn in the doctor's surgery
Into an oasis of stillness within,
as I allow Christ to be all things in all places to me. Amen

I wonder how often we have said those words 'I want to be still', I know I often have. Certainly before the lockdown started. Life was so busy. We needed to find time to do the things that needed to be done. There were never enough hours in the day – whatever time you went to bed.

Then lockdown started – a different world, the children weren't going up or down the road to school, our favourite shops were closed – just local and food shops, church was closed (and we all discovered the joys and frustrations of Zoom!), it was quiet in the street and gardens. I suspect we all started a big tidy up – but how long did that last, we've just started again in smaller sections. In a number of ways John and I were lucky as we were able to be church based at home, as we couldn't visit

relatives and Jo was completely tied up with school so we were able to find the time.
Did you find the time?

Prayer:

Lord, in a world of rushing feet, teach me to be still.

When I am surrounded by greed and material excess, teach me to be content.

In the midst of those with angry or demanding voices, teach me to be gentle and wise.

When those around me have eyes and ears for their own desires, teach me to remember the needs of others.

In the crush of self-centredness and self-sufficiency, teach me to stand aside and trust in you.

When those with whom I share each day at work or in the world see no further than what can be seen or touched or understood, teach me to focus on you, and to walk in faith – always

Amen.

Revd David Clowes