

STAFF PERSONAL REFLECTION JOURNAL

Going Deeper

Try and find a quiet place such as the school chapel and, after watching the video, capture your thoughts on the following questions:

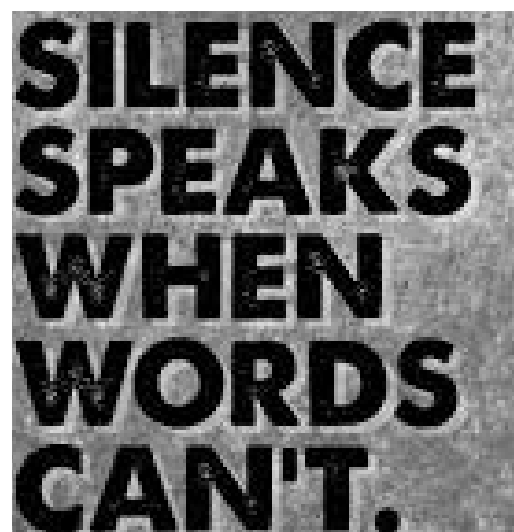
QUESTION ONE

Q#1 Remember a time or a place in your life that you encountered deep silence. Describe where you were and what you remember of that experience.

QUESTION TWO

After taking the time to experience ten minutes of prayerful silence as suggested in the video use the lines below to capture a little of that experience. What did you encounter or identify as special, important or memorable?

Q#2

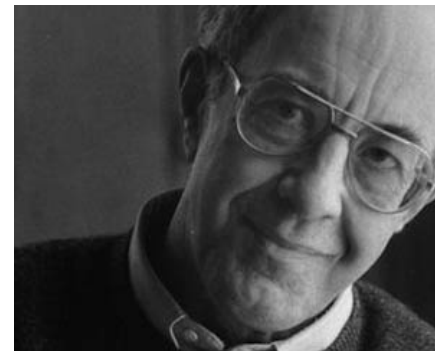


Silence is a true friend who never betrays.

CONFUCIUS

Going Deeper

Q#3 In the tradition of the 'Desert Fathers' of early Palestine, there was a story told about a wise older monk who said to a younger monk, "Go to the silence and the silence will teach you everything" What do you think he meant by that statement?

[illegible]

“Somewhere we know that without silence words lose their meaning, that without listening speaking no longer heals, that without distance closeness cannot cure.”

Q#4 QUESTION FOUR

Smart phones and other technology mean we rarely have time for sitting in simplicity and silence. What impact do you think this may have upon your experience of spirituality?

[illegible]

1. Do a Google search for quotes by Henri Nouwen.