

"The Father spoke one Word, which was His Son,
and this Word He speaks always in eternal silence,
and in silence must be heard by the soul."

— St. John of the Cross



THE WIND SAYS HELLO
KISSING MY FACE
THE QUIETEST WHISTLE
IN MY EARS
THE GENTLEST WHISPER
SETTLE IN
SETTLE IN AND LISTEN

— Dale Carl Fredrickson,
On a Trail Near Deckers, CO

God often speaks into the silence through a gentle whisper
or peaceful breeze. Find someplace quiet and simply rest.
Still your body and silence the world around you.
What do you hear? Where is your attention drawn?