



Gilly's Quiet Garden

Inner strength
for the outer journey

Time Apart

This is time apart,
a time to be alone with myself and with God.
I have given it to myself as a gift,
but also as necessity,
because I recognise that this is a priority
in my life at the moment.
I am coming apart
in order that I may find again,
and strengthen,
that person who I most deeply and truly am
before God.

Esther de Waal

*Where do you go to for 'time apart'; somewhere you can find peace of mind,
a more comfortable place for thoughts, an inner contentment perhaps?*

*The early Celtic Christians talked of 'Thin Places', somewhere they believed the
spiritual world met the physical world: a place where the boundary between heaven
and earth is especially thin, a place where the divine can be sensed more readily.*

*Maybe you have an everyday 'thin place', somewhere you try to spend time each day;
or maybe it's further afield, a place of pilgrimage, where you attempt to journey
on a regular basis, even if that is only once a year?*

You may like to consider these thoughts:

- Do I have a 'thin place'?*
- If so where is it?*
- How often do I go there?*
- How does it help me in my daily life?*

If I don't have a 'thin place' is there somewhere I could go to use in this way?



You do not have to look for anything,
Just look.
You do not have to listen for
Specific sounds,
Just listen.
You do not have to accomplish anything,
Just be.

And in the looking
And the listening,
And the being,
Find
Me.

Ann Lewin

I encourage you to treat these reflections prayerfully, taking time to consider the thoughts and questions within the context of your own life. If you are in the habit of keeping a journal do use that to help your responses.

