

Welcome To the Quiet

BestillandknowthatIamGod
Be still and know that I am God

The space makes all the difference.

As the open spaces between the letters help us to make sense of the words, and rests in a piece of music give shape and beauty to the melody, silence and solitude help us to hear the “still, small voice” of God in our hearts and find meaning in our own lives.

As you enter into the sacred space of “holy listening” and “Sabbath rest,” know that we are doing our best to keep the environment at Well of Mercy as peaceful and quiet as possible.

And we ask you, our guests, to help us minister in the following ways:

- Please maintain silence in the guest houses and surrounding porches, patios and decks;
- Please restrict cell phone usage to the parking lot;
- Walk softly and close doors gently;
- Leave behind - if possible - computers, tablets, musical instruments, work projects - things that keep you connected to the “noise” of your world;
- Resist the temptation to “minister to” or “counsel” other retreatants. Remember - you are both here to rest, and to hear God. Perhaps the best way you can serve the other person is to pray for him/her and trust that God is working in the silence.

Additional thoughts on the quiet:

- If you are not used to quiet and silence, it can seem intimidating at first. However, once you have entered into it, God may touch you in a healing and loving way.
- Being in silence does not mean that we may not communicate with each other. Smiles, hugs, nods, tears, etc. all convey our communal bond.
- As our Quaker friends say, “Speak only if you can improve upon the silence.” If an occasion arises which necessitates speech, then speak as gently and unobtrusively as possible.
- If you wish to enter more intentionally into silence, feel free to wear a “**Thank you for honoring my silence**” badge, available in Well House.

If you have any questions or concerns, please feel free to speak to one of the staff. In the meantime... ***may you find deep peace and profound blessings in the quiet.***

Please return to Well House to be re-used. Thank you!