

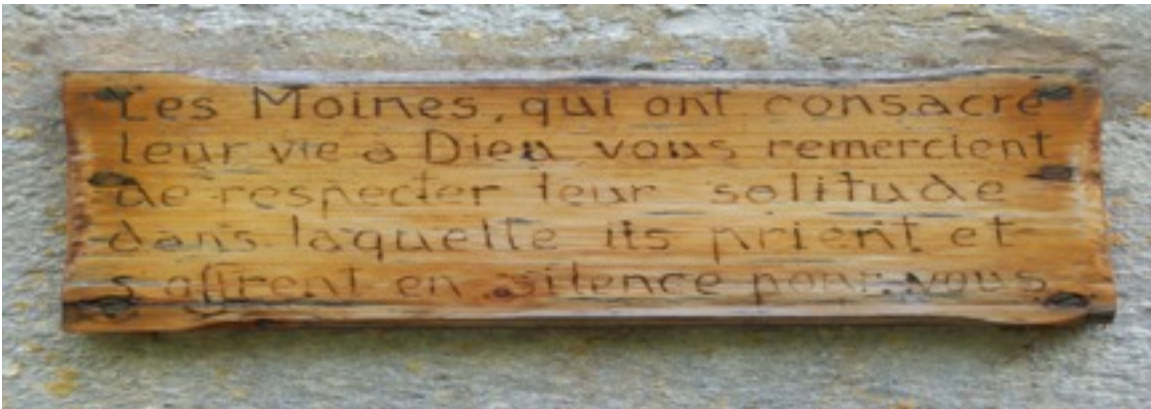
## *Silence is Golden*

*Dear Parishioners,*

Three years ago I had the privilege of making a pilgrimage to the ancient Cistercian monastery of the *Grand Chartreuse*, founded a millennium ago by St Bruno, and which was recently the subject of an acclaimed documentary called, “Into Great Silence.” The monks there take a special vow, in addition to poverty, chastity and obedience, of *silence*.



To access the *Grand Chartreuse* one must walk the final distance of one hour up a woodland trail through the pines of the French Alps. On the day I did so there was a heavy mist which added to the solemnity of the experience. On the way there, there were signs posted in the woods warning pilgrims to keep silence. It was striking. So sacred was this life dedicated to God that the monks jealously guarded that spirit of holy silence which so helped immerse them into perpetual prayer.



**Silence**, my dear parishioners, is one of the keys to the spiritual life. Therein we hear the voice of God. Jesus Himself would go off to pray in solitary places, such as the desert or the garden, to pray to the Father in silence.

Yet we live in a very noisy world. And that noise – that cacophonous disturber of peace - is an exceedingly useful tool in the Adversary’s malevolent hands. The noise keeps us in a state of constant distraction, as if we were on a perpetual merry-go-round, unable to focus on the sublime dimensions of human existence; incapable of even formulating the deepest questions of the spirit.

Last week I wrote to you about *Adoration of the Blessed Sacrament*. This week I reemphasize that message. But I would like to add this present exhortation as well, *viz.*, that you make it a point to seek out *silence*, especially within the walls of a Catholic Church, where Jesus is truly present and awaits you. There our tired souls will find rest, comfort and solace – in the *blessed silence* where God speaks to the heart of man.

*In Christo Domino,*  
*Father de Rosa*