

**NW Clergy Wives Peer Group Gathering via zoom**

**Monday, October 23, 2023**

TOPIC: Stillness and Silence

*Touch base / How was your week / News this month*

**Opening Prayer: Val Kouldukis**

“O Heavenly King, the Comforter, the Spirit of Truth, who art in all places and fillest all things, Treasury of blessings and giver of life: come and dwell in us, cleanse us from every stain, and save our souls, O gracious Lord.”

Lord, be with us as we gather today – We thank you for each and every one of our sisters who is part of our Clergy Wives Peer Group. Be with us, strengthen us, and guide our time together this evening. In the name of the Father, and the Son, and the Holy Spirit. Amen.

**SLIDE 1: Michelle Triant**

**Share Quote:** *“Let us consider how we might spur one another on toward love and good deeds. Let us not give up meeting together, as some are in the habit of doing, but let us encourage one another.”* Hebrews 10:24-25

**SLIDE 2 Anna Cornett:**

We entreat You, O Lord, who alone are holy, sanctify our souls and bodies, our minds and hearts, our feelings and emotions. Renew us wholly, implant Your awe in our being, and imprint Your mark of holiness on each of us. Become our helper and protector, guide our lives in peace and make us worthy to stand with Your saints at the right hand of Your glory, through the intercessions of Your pure Mother, of the heavenly powers, and of all your saints. Amen.

– St John Chrysostom

Poll Question 1: On a scale of 1 to 5, with 1 being "very challenging" and 5 being "very easy," how would you rate your ability to balance stillness and silence in your daily life?

- 1
- 2
- 3
- 4
- 5

Show Video:

Poll Question 2: What obstacles or distractions do you find most challenging when trying to incorporate stillness and silence into your daily routine? (Select all that apply)

Work or Career Demands

Family Responsibilities

Technology and Digital Distractions

Busy Schedules

Personal Stress and Anxiety

Other (please specify)

ORTHODOX PERSPECTIVE: Invite the words from our church father's resonate within.

**Put quotes in chat – and show powerpoint:**

Invite sisters to read each quote and then pause

The Jesus Prayer can instill a state of perpetual prayer, in which the soul turns to God regardless of external circumstances."

- The Way of a Pilgrim

Whatever you do, do it gently and unhurriedly because virtue is not a pear to be eaten in one bite. - *St Seraphim of Sarov*

In the inner stillness where meditation leads, the Spirit secretly anoints the soul and heals our deepest wounds." - St. John of the Cross

When God wants to have mercy on someone, He inspires someone else to pray for them, and He helps in this prayer. - *St Silouan the Athonite*

"Listen in silence, because if your heart is full of other things you cannot hear the voice of God. But when the soul is silent, in that silence, you can begin to hear the voice of God."

- Mother Teresa

You cannot be too gentle, too kind. Shun even to appear harsh in your treatment of each other. Joy, radiant joy, streams from the face of one who gives and kindles joy in the heart of one who receives. - *St Seraphim of Sarov*

Pat: For reflection – Chose any of the three question to share your reflections or thoughts

In our hectic lives, it's often challenging to find time for stillness and prayer. How do you currently make space for quiet reflection and communion with God in your daily routine?

What strategies have worked for you, and what obstacles have you encountered?

When have you taken a "Tech Sabbath" (for any length of time?)

What did you learn?

Share any personal insights or stories that highlight a chapter in your life that you intentionally invited stillness into your life?

Closing Prayers I entreat you, my Lord, who alone are holy, sanctify my soul and body, my mind and heart, my feelings and emotions. Renew me wholly, implant your awe in my being, and imprint your mark of holiness on me. Become my helper and protector, guide my life in peace and make me worthy to stand with your saints at the right hand of your glory, through the intercessions of your pure Mother, of the heavenly powers, and of all your saints. Amen.  
– *St John Chrysostom*

Prayer Requests?