

## QUIET DAY - Timetable

<b>9.30 am</b>	<b>Arrival &amp; Coffee</b>
<b>10.00 am</b>	<b>First Address</b>
<b>12 noon</b>	<b>Eucharist &amp; Second Address</b>
<b>12.45 pm</b>	<b>Lunch (Silent)</b>
<b>1.30 pm</b>	<b>Third Address</b>
<b>3.00 pm</b>	<b>Fourth Address</b>
<b>3.30 pm</b>	<b>Tea &amp; Depart</b>

I hope we shall be able to keep the silence from 10.00 am until 3.30 pm (there will be music played over lunch).

**I shall be available in the Conductor's Room for confession or for spiritual conversation. Please tick against one of the times below:**

<b>10.30</b>	<b>2.00</b>
<b>10.50</b>	<b>2.20</b>
<b>11.10</b>	<b>2.40</b>
<b>11.30</b>	

***Fr Kevin Hunt***

**Quiet Day**  
**26 February 2015**

**Welcome and Introduction to the Quiet Day**

Silence

We have come together for what is called a Quiet Day, and I hope that we will make it just that! Please make every effort to keep the silence for the next 5 hours or so, if at all possible, including during and over lunch. If the weather is kind, one or two may wish to go for a walk and so escape the silence, but please don't disturb others who want to be quiet.

Our silence, however, is silence with a purpose: a conscious decision to spend time in silence together, and to spend this time with the intention of focussing first on God: worshipping and adoring him, bringing before him penitence for our sins and the sins of his world, thanking him for the mystery and wonder of his love, rejoicing in his many blessings, praying for others and for ourselves. Our silence is corporate; we are silent together before God, attentive to him and to one another. We focus on him, so that in and through us his love may be focussed anew in the world around us. Above all we come to listen to God, to make space for him in our busy lives, and to rest in his all-embracing love.

The programme is quite straightforward: in a few moments we shall have the first address, followed by silence until the Eucharist at 12.15pm, also with an address. Lunch will follow. At 2.00pm there will be the third address, and at 3.00pm we shall close with a final address. There is a list with times on which I shall be available in the *Conductor's Room* if anyone would like to see me, to talk about anything at all, for confession, or whatever. Please put a tick against a time if you want to come to see me.

As for the addresses, you may or may not find them helpful – although I hope everyone will find something that speaks to them at some point. The aim of the addresses is to help us focus on God – but they are by no means the last word. They are not important in themselves, it is the focussing on God and the listening to him which matters.

During the addresses I shall refer to and quote from various hymns, for the most part I think ones which are traditional and familiar. Often in church we sing hymns without reflecting on the words we are using: what we are saying to God in them, and what the words are telling us about God. If we look closely we may find that hymns are able to express succinctly complicated aspects of Christian doctrine and what is quite rightly termed 'the mystery of God'. You may find it a useful exercise to

reflect at some point on your favourite hymn and why. How does it help you to worship God, and how does it speak to you on the mystery of God?

Any questions?

## Handout

### First Address

- 1 My God, how wonderful thou art  
Thy majesty how bright,  
How beautiful thy mercy-seat,  
In depths of burning light!
- 2 How dread are thine eternal years,  
O everlasting Lord,  
By prostrate spirits day and night  
Incessantly adored!
- 3 How wonderful, how beautiful  
The sight of thee must be,  
Thine endless wisdom, boundless power  
And awful purity!
- 4 O how I fear thee, living God,  
With deepest, tenderest fears,  
And worship thee with trembling hope,  
And penitential tears!
- 5 Yet I may love thee too, O Lord,  
Almighty as thou art,  
For thou hast stooped to ask of me  
The love of my poor heart.
- 6 No earthly father loves like thee,  
No mother, e'er so mild,  
Bears and forbears as thou hast done  
With me thy sinful child.
- 7 Father of Jesus, love's reward,  
What rapture will it be  
Prostrate before thy throne to lie,  
And gaze and gaze on thee!

*F W Faber (1814-63)*

**Exercise:** Use one of the scripture passages or hymns as a meditation to reflect on the grandeur of God and offer him your praise and worship. How did God's call come to you?

#### *Scripture references:*

Exodus 3; 19; 24; 33  
I Kings 19  
Isaiah 6  
Hebrews 12

## Second Address

God is love: let heav'n adore him; God is love: let earth rejoice; let creation sing before him, and exalt him with one voice. He who laid the earth's foundation, he who spread the heav'ns above, he who breathes through all creation, he is love, eternal Love.	God is love: and he enfoldeth all the world in one embrace; with unfailing grasp he holdeth ev'ry child of ev'ry race. And when human hearts are breaking under sorrow's iron rod, then they find that self-same aching deep within the heart of God.
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God is love: and though with blindness  
sin afflicts the human soul,  
God's eternal loving kindness  
guides and heals and makes us whole.  
Sin and death and hell shall never  
o'er us final triumph gain;  
God is love, so love for ever  
o'er the universe must reign.

*Timothy Rees (1874-1939) alt. © Geoffrey Chapman*

There's a wideness in God's mercy, like the wideness of the sea; there's a kindness in his justice, which is more than liberty. There is no place where earth's sorrows are more felt than up in heav'n; there is no place where earth's failings have such kindly judgment giv'n.	But we make his love too narrow by false limits of our own; and we magnify his strictness with a zeal he will not own. There is plentiful redemption in the blood that has been shed, there is joy for all the members in the sorrows of the Head.
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For the love of God is broader  
than the scope of human mind,  
and the heart of the Eternal  
is most wonderfully kind.  
If our love were but more simple,  
we should take him at his word;  
and our hearts would find assurance  
in the promise of the Lord.

*F W Faber (1814-1863) alt.*

**Exercise:** The conductor of the Quiet Day can devise an exercise of their own choosing that may be suitable to the content.

*Scripture References:*

Revelation 5

Revelation 7:9-17

Revelation 21:1-7

### Third Address

- 1 Dear Lord and Father of mankind,  
Forgive our foolish ways!  
Re-clothe us in our rightful mind,  
In purer lives thy service find,  
In deeper reverence praise.
- 2 In simple trust like theirs who heard,  
Beside the Syrian sea,  
The gracious calling of the Lord,  
Let us, like them, without a word  
Rise up and follow thee.
- 3 O Sabbath rest by Galilee!  
O calm of hills above,  
Where Jesus knelt to share with thee  
The silence of eternity,  
Interpreted by love!
- 4 Drop thy still dews of quietness,  
Till all our strivings cease;  
Take from our souls the strain and stress,  
And let our ordered lives confess  
The beauty of thy peace.
- 5 Breathe through the heats of our desire  
Thy coolness and thy balm.  
Let sense be dumb, let flesh retire,  
Speak through the earthquake, wind and fire,  
O still small voice of calm!

*John Whittier (1807-1892)*

**Exercise:** Plot a life-line: On a piece of paper draw a line to represent your life thus far. Mark it in segments, some representing a particular stage in life, eg infancy/adolescence/twenties, etc, or significant life events, eg marriage/committed-relationship, bereavement, graduation, career change, parenting. Then look for times when God has been most evident, things for which to be particularly thankful, places where you feel the need to be penitent. Bring all this before God in prayerfulness, with thanksgiving for God's overwhelmingly generous love, forgiveness and companionship."

#### *Scripture references:*

Psalms 8, 139  
Genesis 1  
Jeremiah 1:5  
Galatians 1:15  
S Luke 12:2  
S Mark 4:35

#### *Prayer of King Henry VI*

'Lord, you have created me and redeemed me  
and ordered my course and brought me hither where I am.  
Do with me according to thy will, with mercy.'

## Fourth Address

Let's close our Quiet Day together by singing the second hymn, Charles Wesley's prayer for a heart to praise our God, and let's make that prayer our own.

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| <p>1 All ye who seek a comfort sure<br/>In trouble and distress,<br/>Whatever sorrow vex the mind,<br/>Or guilt the soul oppress.</p> <p>2 Jesus, who gave himself for you<br/>Upon the cross to die,<br/>Opens to you his sacred heart;<br/>O to that heart draw nigh.</p> <p>3 Ye hear how kindly he invites;<br/>Ye hear his words so blest -<br/>'All ye that labour come to me,<br/>And I will give your rest.'</p> <p>4 O Jesus, joy of saints on high,<br/>Thou hope of sinners here,<br/>Attracted by those loving words,<br/>To thee I lift my prayer.</p> <p>5 Wash thou my wounds in that dear blood/<br/>Which forth from thee doth flow;<br/>New grace, new hope inspire, a new<br/>And better heart bestow.</p> | <p>1 O for a heart to praise my God,<br/>A heart from sin set free;<br/>A heart that always feels thy blood<br/>So freely spilt for me.</p> <p>2 A heart resigned, submissive, meek,<br/>My dear Redeemer's throne;<br/>Where only Christ is heard to speak,<br/>Where Jesus reigns alone:</p> <p>3 A humble, lowly, contrite heart,<br/>Believing, true and clean,<br/>Which neither life nor death can part<br/>From him that dwells within:</p> <p>4 A heart in every thought renewed,<br/>And full of love divine;<br/>Perfect and right and pure and good,<br/>A copy, Lord, of thine.</p> <p>5 My heart, thou know'st, can never rest<br/>Till thou create my peace;<br/>Till of mine Eden repossess,<br/>From self, and sin, I cease.</p> <p>6 Thy nature, gracious Lord, impart,<br/>Come quickly from above;<br/>Write thy new name upon my heart,<br/>Thy new best name of love.</p> |
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*18<sup>th</sup> Century Latin  
Tr Edward Caswall (1814-78)*

*Charles Wesley (1707-88)*

### *Scripture references:*

I John 4:7  
Hosea 11:1-9  
Song of Songs 2:8; 8:6  
Isaiah 53  
S John 19:31-37