As February arrives, I find myself in such a quiet, listening mode. The dormancy of winter earth slowly finding its way towards renewal of life; the season of Lent – which begins this year on Feb. 10 – adding its own call towards renewal: change of mind, change of heart, new resiliency of life slowly budding forth.

It is not easy to open myself to quiet, deep listening. The circumstances of my life so often call me to be active, responsive, available to needs both small and great around me. Yet, without deep listening, how will I find my way into God’s way of acting? Perhaps more to the point, how will I get out of my own way and allow the deep movement of Divine energy to flow up and through me into word, song, gestures of mercy, new ways of being?

There is space before response begins; at least this is the wisdom offered by spiritual masters. There is space between the inhale and the exhale in our pattern of breathing. There is space for God’s spirit to hover over the waters in the Genesis account of creation. In such quiet, listening moments God’s wisdom guides our own in ways we may not yet even understand. Later, the movement will complete itself, deep knowing shaping itself into action.

We need to trust that it is happening ... put our active mind on pause in whatever way is possible for us and allow for quiet to envelop us. Do not rush the work of God; breathe deep and listen.

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