

## Week 14<sup>th</sup> – 18<sup>th</sup> October: Noise/Distracton (Communication)

We can all find it difficult to concentrate at times. Perhaps we're living in a world today where there are more distractions than ever. Spiritual traditions have developed wisdom over centuries to practise stillness and contemplation.

### *Wisdom from Spiritual Traditions*

Be still, and know that I am God!' (Psalm 46:10)

Anas ibn Malik reported: The Messenger of God, peace and blessings be upon him, said to me, "O my son, beware of being distracted in prayer, for distraction in prayer is a cause of ruin."  
(Sunan al-Tirmidhī 589)

To unite with the divine, meditate on divine wisdom. (Guru Nanak)

*Life in all its fullness – John 10:1-10*

### **Reflection**

O God,  
you speak not in the noise of powerful wind, or earthquake, or fire  
but in the sound of silence;  
in the face of life's distractions  
help us to focus on what truly matters for us  
that we may each know life in its fullness. Amen.

<b>Noise/Distracton: 14<sup>th</sup> – 18<sup>th</sup> October 2024</b>	
Monday	We live in such an age of chatter and distraction. Everything is a challenge for the ears and eyes.  -- Rebecca Pidgeon
Tuesday	I have wandered all my life, and I have also travelled; the difference between the two being this, that we wander for distraction, but we travel for fulfilment.  -- Hilaire Belloc
Wednesday	Out of silence is born concentration, and from that comes learning.  -- Stephen Hough
Thursday	The world is noisy and messy. You need to deal with the noise and uncertainty.  -- Daphne Koller
Friday	We need to find God, and he cannot be found in noise and restlessness. God is the friend of silence. See how nature - trees, flowers, grass- grows in silence; see the stars, the moon and the sun, how they move in silence... We need silence to be able to touch souls.  -- Mother Teresa