

What are you giving up for Lent?

A Lenten series of suggestions to bring greater peace to your life

TV and Radio

What might be the value of giving up a half hour of TV or radio during Lent? What are we to do with the moments of silence that invade our being as a result? Could not this welcome solitude perhaps allow us to reach into the depths of the heart and draw us closer to God?

We can try to shut out as well the inner noise that comes from deep within us: old resentments, fantasies and ambitions. Silence allows us attain inner peace, to conserve energy for the pressures of modern life.

Keeping our need for noise and entertainment in check for a short period of time also just might be a first step to a more intense spiritual life if we use these moments of silence well. To give ourselves fully to God in prayer we need to create a sphere of silence in which God is present to us.

These are the moments we need, especially during Lent, to expose ourselves to the Word of God and give ourselves the time and space to ponder its meaning in our lives.

Turn off the noise. Be still and say to God, "Speak, Lord, for your servant is listening."



Source: extracts from
"The Value of Silence" by Michael Casey
from *Terra Spiritus - Nurturing Spirituality for Today*, a web magazine from Australia

Pax Christi is an international Catholic peace and justice organization. Pax Christi USA takes a proactive role in making Americans aware of many social issues such as hunger, homelessness, and the death penalty. It strives to make peace a viable solution for conflicts throughout the world.

The Immaculate Conception Pax Christi group meets on the first Monday of every month at 8 pm at the Rectory. Contact Father Byrne 914-591-7480 for more information.

