

Published on *National Catholic Reporter* (<https://www.ncronline.org>)

June 17, 2010 at 8:49am

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## The Land of Simple Contemplation

by Joyce Rupp

Companion of my Solitude,  
sometimes I think that half of me  
is well-lodged in another world.  
On rainy days, in times of solitude,  
my spirit pulls and tugs,  
crying for home in that other space.  
All the things here  
that give my life rhyme and reason  
fade from view.  
I am left with the longing  
to put down my sword  
of busyness  
and dwell in the land  
of simple contemplation.



Raindrops on the cottage roof,

bird songs in the woods,  
the taste of morning air,  
the stillness of the forest,  
all these draw me beyond  
to where the other half dwells.

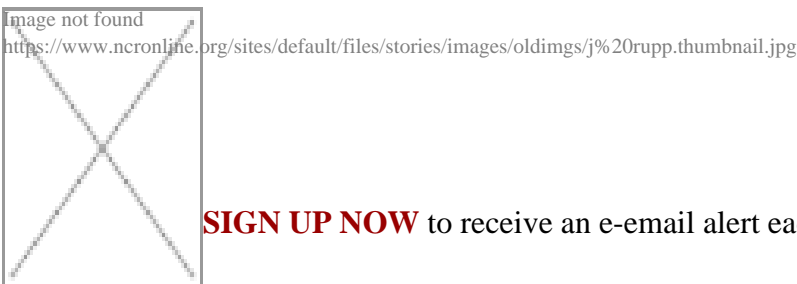
Companion of my Solitude,  
keep encouraging me to take time  
for my inward journey.  
Help me to be faithful  
to this essential element of my life.

?Come to me, you who desire me ?  
-- Ecclesiasticus 10:19

**Journaling:**

- What do you appreciate most about solitude?
- What do you appreciate least about it?
- What is your life like when you do not have any solitude in it?

From *Prayers to Sophia: Deepening Our Relationship with Holy Wisdom* by Joyce Rupp



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