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O God of Quiet, come!

Sisters of the Monastery of Mount St. Scholastica | Dec. 23, 2014 Spiritual Reflections
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O God of Quiet, come! Whisper in our waiting hearts what you ask of us.

Holiday preparations with its many distractions, both interior and exterior, can be challenging in these December days. How do we know what God is asking of us if we constantly surround ourselves with people, to-do lists or the bombardment of 24-hour news, music and endless contacts? Is this connectedness? The need for God's quiet presence is palpable. Come! Help us listen. Help us be quiet. May God's small, still whisper reach our waiting, listening hearts.

-- Sr. Delores Dolezal

[The Monastery of Mount St. Scholastica in Atchison, Kan., is home to 140 Benedictine sisters whose presence has been in the Kansas-Missouri area for the last 150 years. While primarily engaged in education, the sisters also sponsor the Keeler Women's Center; Sophia Center, which houses their spirituality programs; and Maur Hill-Mount Academy and Benedictine College, which they co-sponsor with St. Benedict's Abbey.]

Editor's note: Enjoying the antiphons? Sign up for our Spiritual Reflections email alert to receive Scripture reflections throughout Advent and the rest of the year: Email alert sign-up[1].

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