



Kairos: School of Spiritual Formation

Solitude and Silence

Kairos is a place that seeks to nurture a contemplative Christian life. What we mean by "contemplative" is being aware of the presence of God in our life and our world. Contemplation is a gift of God. Solitude and silence are two of the ways that we dispose ourselves to being able to receive it. In themselves they are not contemplation.

We live in a busy, frantic world that is overloaded with words and things and happenings. We are bombarded constantly with media advertising, deadlines of various sorts, and endless demands upon our time and energy. Even in our spare time, there are countless "good works" competing for our attention.

There is not much in our culture that encourages contemplative awareness of God. Efficiency, rational thought, and intellectual understanding are valued. There is not much nurture for our intuitive ways of knowing or the eye of our heart which sees God. Kairos is a place that wants to nurture these in us.

Solitude and silence are valued in the spiritual journey because they give us the space to notice God's presence and our response to it. It has been said that silence is God's first language, and everything else is poor imitation. And solitude, the deliberate drawing away from people and activities for a time, opens up in us the space to hear that silence. Silence and solitude nurture a simple presence to God, to our true selves, and to God's invitation to us to engage the world with love.

So it is that silence has its own language, one that we will find precious.

And solitude draws us to the centered space where we can know how deeply we are connected with others, with the world, and with God. From that space arises our deep love and God-centered activity for the world.