

Earnestly desiring stillness...

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"There is no place on earth where God is more present than in the human heart. This heart truly is God's abode, the temple of silence... The Father waits for his children in their own heart" (23) .

- Robert Cardinal Sirah

Power of Silence: Against the Dictatorship of Noise (2016)

"When Holy Mass is properly celebrated there are moments in which the voices of both priest and faithful become silent. ...

That stillness proper to the most beautiful things in existence dominates, a quiet area of attentiveness in which the beautiful and truly important reign.

We must earnestly desire stillness and be willing to give something for it; then it will be ours. Once we have experienced it, we will be astounded that we were able to live without it. ...

If someone were to ask me what the liturgical life begins with, I should answer: *with learning stillness*. Without it, everything remains superficial, vain."

Romano Guardini

*Preparing Yourself for Mass**



IMAGE: *Maiden Meditation*, Charles West Cope (1847)

*32 holy meditations guaranteed to help you pray better, pay closer attention, and grow more reverent during Mass... no matter where, when or how it is celebrated... (Excerpt from Chapter 1)