

Dear Friends,

I hate mobile phones, I haven't got one. Our children keep telling me to move out of the Stone Age and into the 21.st Century. The reason I Haven't got one, is that sometimes I like to be out of contact with people. I like to be on my own. I want a moment of quiet.

We see people talking on their mobile phones all over the place. You cannot have a meal in peace without a phone going off. It seems that people hate to feel that they are out of touch, and as soon as the phone rings it must be answered otherwise there will be dire consequences. A school pupil recently wrote that she wished her mother's mobile phone had not been invented, because mum was always talking on it, and never really spoke to her.

Sometimes it is beneficial for us to sit and quieten our minds, our bodies, our voices. These days it is called mindfulness, in the old days it was called meditation, the Church has been practising it for centuries.

If we're always busy talking, we will never hear what the other person has to say, we will never give them the attention they deserve. If we are always busy talking how are we to hear what God has to say to us? How will we hear what our minds, our consciences, our bodies are trying to tell us? Are we frightened of what we might hear?

So, let's decide to spend some time without our mobile phone, and just sit quietly and listen to the sounds around, especially the sound of silence.

Your priest and friend

Edward Ward





















