

productive of PEACE. Only in silence can one listen with the ear of the heart to the soft whisperings of our loving Father. The world and its noises are kept as far away and out of the sight and hearing of the Nun as possible. Giving hush to the speech of the world, the silent words of the forest and field, the sun and wind and sky, the little flower, the earth and water, all speak to her of the love of her God, and they remind her that she is in the convent in order to develop like the little things that are all about her. All the little things of God's earth give praise to Him constantly, and so does she. In solitude and anonymity, the Nun is planted in the Garden of the Lord, and she has but one purpose – namely, to reach out for the light and truth and waters of God's grace.

The Nun is a woman of prayer – she always prays, but she is not always saying prayers. As can be understood, the Nun cannot spend her life on her knees, incessantly talking to God in prayer. The Nun has to work if she is to eat. The Nun's life of prayer is a life wherein she is ever conscious of God. To be a woman of prayer is to be a woman whose every thought, word, and deed is not necessarily about God, but is directed to God. Such a child of God eats and drinks, sleeps and works, milks cows and cooks, sews and scrubs, laughs and cries, suffers and rejoices, triumphs and fails, in God and for God. Taken together with the chanting of the Divine Office, this can only be looked upon as a peace experience without equal.

Life in a Convent, with all its vicissitudes, is patterned after the House of Nazareth, and PEACE – Benedictine Peace – is God's best gift to the Women of God who live therein. □

