

Personal Reflection – July 9, 2022
Celebrating the Quiet

*Those who wait for the Lord shall renew their strength,
they shall mount up with wings like eagles,
they shall run and not be weary,
they shall walk and not faint.
(Isaiah 40:28–31)*

When I first entered this new country of ‘the 90s’ over a year ago, I had to learn a great deal: a new language, a new tempo, a new ecology! It is a ship with a new destination! Not a kayak surely, but a slow, steady cruiser!

I find myself learning all that I have ever taught. I rely on quantum thinking to recognize how my peace and joy here on the back porch influence my family, my friends, my work. I celebrate the quiet and those pain-free moments in the red lounge chair. This “celebration” has come only after time, after some struggle with my new “do nothing/say nothing” role.

Is this what *transformation* feels like? And underneath it all, the *quiet*. A new country indeed, for me. I used to run; now I walk gently on a walker. I used to gobble up a good book; now I hold a good sentence as if it were a new-born baby! I linger over music, hitting the replay button often. I savor a glass of cool wine. I sit silent with a friend in the midst of a beautiful Zoom.

I have time. I have quiet.

--Jane Vella