



## Gilly's Quiet Garden

Inner strength  
for the outer journey

### Time Apart

This is time apart,  
a time to be alone with myself and with God.  
I have given it to myself as a gift,  
but also as necessity,  
because I recognise that this is a priority  
in my life at the moment.  
I am coming apart  
in order that I may find again,  
and strengthen,  
that person who I most deeply and truly am  
before God.

*Esther de Waal*

*Where do you go to for 'time apart'; somewhere you can find peace of mind,  
a more comfortable place for thoughts, an inner contentment perhaps?*

*The early Celtic Christians talked of 'Thin Places', somewhere they believed the  
spiritual world met the physical world: a place where the boundary between heaven  
and earth is especially thin, a place where the divine can be sensed more readily.*

*Maybe you have an everyday 'thin place', somewhere you try to spend time each day;  
or maybe it's further afield, a place of pilgrimage, where you attempt to journey  
on a regular basis, even if that is only once a year?*

*You may like to consider these thoughts:*

- Do I have a 'thin place'?*
- If so where is it?*
- How often do I go there?*
- How does it help me in my daily life?*

*If I don't have a 'thin place' is there somewhere I could go to use in this way?*



You do not have to look for anything,  
Just look.

You do not have to listen for  
Specific sounds,  
Just listen.

You do not have to accomplish anything,  
Just be.

And in the looking  
And the listening,  
And the being,  
Find  
Me.

*Ann Lewin*

**I encourage you to treat these reflections prayerfully,  
taking time to consider the thoughts and questions within the  
context of your own life. If you are in the habit of  
keeping a journal do use that to help your responses.**

