



## Opportunities

### Bread

#### for the Journey

The latest copy of this reflective [publication](#) is now available. Please do pause and have a read.



### Archive

#### Queen Elizabeth II

Watch this [video](#) to hear the Queen talking about the value of pressing pause.



### Examen

#### Queen Elizabeth II

Pause and use this Examen [Prayer](#) to reflect on the Queen's impact on you.



### Psalm 90

#### David's Crown

Read/listen to this translation of [Psalm 90](#). Pause to reflect on life and death. What words for you spark off thought and prayer?



### SEASON

#### OF CREATION

#### A Virtual Journey

We are now in this season. Here is a [resource](#) to help your reflection.

## Press Pause

Many of you may have been more glued to the TV than usual watching the events that have surrounded the death of Queen Elizabeth II on 8 September. There has been constant commentary but some very intentional pauses when the programme presenter has said "let's just be silent and listen".

And as the pause button has been pushed, we have heard silence and respectful clapping; we have noticed heads bowed and tears rolling; we have felt the loss and remembered the good.

Pressing pause, a relatively modern term connected with technology, has a connection with keeping vigil. Putting things on hold for a while in order to take in the moment, savour what is happening, stay with it, and allow a connection to be made inside of us. Letting the outer moment take us to a deeper inner place.

**"Learning to weep,  
learning to keep vigil,  
learning to wait  
for the dawn.**

**Perhaps this is what it  
means to be human."**  
(Henri Nouwen)

Keeping vigil was originally associated with a soldier's night watch, so vigils are often held at night.

Pressing pause at night, taking time to reflect, adds a sense of stillness and calm. The work of the day is finished and there is less urgency to press play and move on. Sometimes a candle is lit.



**"It is good to make an  
end of movement,  
to come to a point  
of rest,  
a place of pause.  
There is some strange  
magic in activity,  
in keeping at it...  
The moment of pause,  
the point of rest,  
has its own magic...  
The time of pause  
becomes a time of sheer  
physical renewal..."**  
(Howard Thurman)

The TV commentators have repeatedly used the words reflection, silence, stillness, meditation. This is what the pause allows. It can help ease worry or give understanding to a personal situation or a wider issue like climate change or war.

In the pause the connection with God is made. God also holds vigil with us. So let's:

**press pause,  
be still,  
and know God is in it all.**

## An Exercise

### KEEPING VIGIL

Think of a person, cause, event, for which you would like to keep vigil:

- Name the issue/person.
- Decide the best place and time of day to keep vigil.
- Decide the best length of time to keep vigil.
- Would having a focus help - a picture, a candle, a cross?
- Silently be in that place.
- Notice where you go in this vigil, where you are led in your thinking and feeling.
- Respond to what God might lead you to.
- End this prayer space with some words to God.



### SET YOUR ALARM

.....to ring  
at a certain time of the day  
to remind you to  
**press pause,**  
to halt what you are doing  
for a minute or two,  
to just be silent and listen.

### A PAUSE PRAYER

You may like to use this short [video](#) as you remember a person or situation that might be on your mind today.