

Our Lady of Lourdes Wind Down Pre-Retreat Questions Week 4

Hi Lourdes!

I look forward to being with you in a few weeks for Notes of Rest. Notes of Rest is a Spirit-led ministry that invites the weary to practice God's gifts of rest played in the Bible and Black music. As we prepare to rest together in God on March 16th, I'll be asking you a question a week as pre-work for the retreat. Think of this as a wind down, just like you wind down for bed. May the Holy Spirit draw you into the kind of reflection that opens onto life for you and for others.

Question 4: How does rest make the music you love beautiful?

No matter the kind of music you love, part of what makes it beautiful is the dance between the rests and the notes. The pauses give shape to the sound, and vice versa. Have you ever paid attention to that? I invite you to do so this week because attending to our music this way helps us attend to our lives, which we'll be doing together in the retreat as we listen for God's notes of rest.

Practice: Listen back to some of your favorite records and pay attention to the rests. The rests can come from a singer in the melody, a drummer in the rhythm, or a soloist in the breath work at play in a solo. Write down how you feel listening to those pauses. What prayer emerges from this exercise?

Listen: To your favorite music, ha.

abundantly,
Julian