



Candlelight Come to the Quiet in Worship Spaces

We've held Candlelight Silent events for over 12 years in various Churches and worshipping communities. In the hustle and bustle of the season, to take some time out and sit and reflect is both refreshing and peaceful. We've opened our Church buildings to the public and advertised our 'Come to the Quiet' event. Over a period of a few hours, from the time of darkness, people are welcome to come and sit and reflect for as long or as short a time as they would like.

Set up your space so that when it is in darkness it will create a welcoming ambience. Add candles (either battery or real depending on your building requirements) as well as fairy lights. Add a Christmas tree or pine branches or use essential oil to create a pine smell. Add pine cones or other natural items to your display.

If you're in the Southern Hemisphere you might prefer to use branches from bushes such as the Australian Bottle Brush or the Tahitian Dwarf Pohutukawa. You might want to add a nativity scene in simple form. Keep the environment subtly lit.

You may want to provide battery candles for participants to use if you are going to provide a written reflection. Softly play some instrumental music throughout your evening.

Invite people from your faith community and beyond to "Come to the Quiet". Download free reflections on Hope, Joy, Peace and Love for use in your Come to the Quiet event from the Kereru Club member resources on the Kereru Publishing website.

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Candlelight Come to the Quiet in Personal Spaces

If you are able to make your space dark or if it is night when you are carrying out this experience wait until it is dark or nearly dark. Subdue the lighting but leave just enough light to be able to see to write or draw.

Light a candle and turn on some Christmas twinkling lights.

Write keywords or draw symbolically on a piece of paper all the ordinary thoughts, ideas, worries, delights, duties, Christmas shopping, and anything else that is occupying your thoughts right at this moment.



Read from Luke 2:8 – 19 - The Shepherds

That night in the fields near Bethlehem some shepherds were guarding their sheep. All at once an angel came down to them from the Lord, and the brightness of the Lord's glory flashed around them. The shepherds were frightened. But the angel said, "Don't be afraid! I have good news for you, which will make everyone happy. This very day in King David's hometown a Savior was born for you. He is Christ the Lord. You will know who he is, because you will find him dressed in baby clothes and lying on a bed of hay."

*Suddenly many other angels came down from heaven and joined in praising God. They said:
"Praise God in heaven!
Peace on earth to everyone
who pleases God."*

After the angels had left and gone back to heaven, the shepherds said to each other, "Let's go to Bethlehem and see what the Lord has told us about." They hurried off and found Mary and Joseph, and they saw the baby lying on a bed of hay.

When the shepherds saw Jesus, they told his parents what the angel had said about him. Everyone listened and was surprised. But Mary kept thinking about all this and wondering what it meant.

This is a story of interruptions into ordinary life.

The shepherders were living life in an ordinary way, discussing ordinary things, eating ordinary food, carrying out their ordinary jobs, all on an ordinary evening– when God interrupted!

Fold up your paper with your current ordinary life written or drawn on it.

Take it and place it around the base of the lit candle as a symbolic gesture that you are wanting God to interrupt your ordinary life.

Turn off the lights and softly play instrumental Christmas music.

Sit in silent reflection.

