







9705
AMBULANCE
WA58 CPO

7253
AMBULANCE
6137
W019 HV J

AMBULANCE
AMBULANCE
W055 XW

SW51
AMBULANCE

SW58

AMBULANCE
SW55
WF20 JYL



Silence









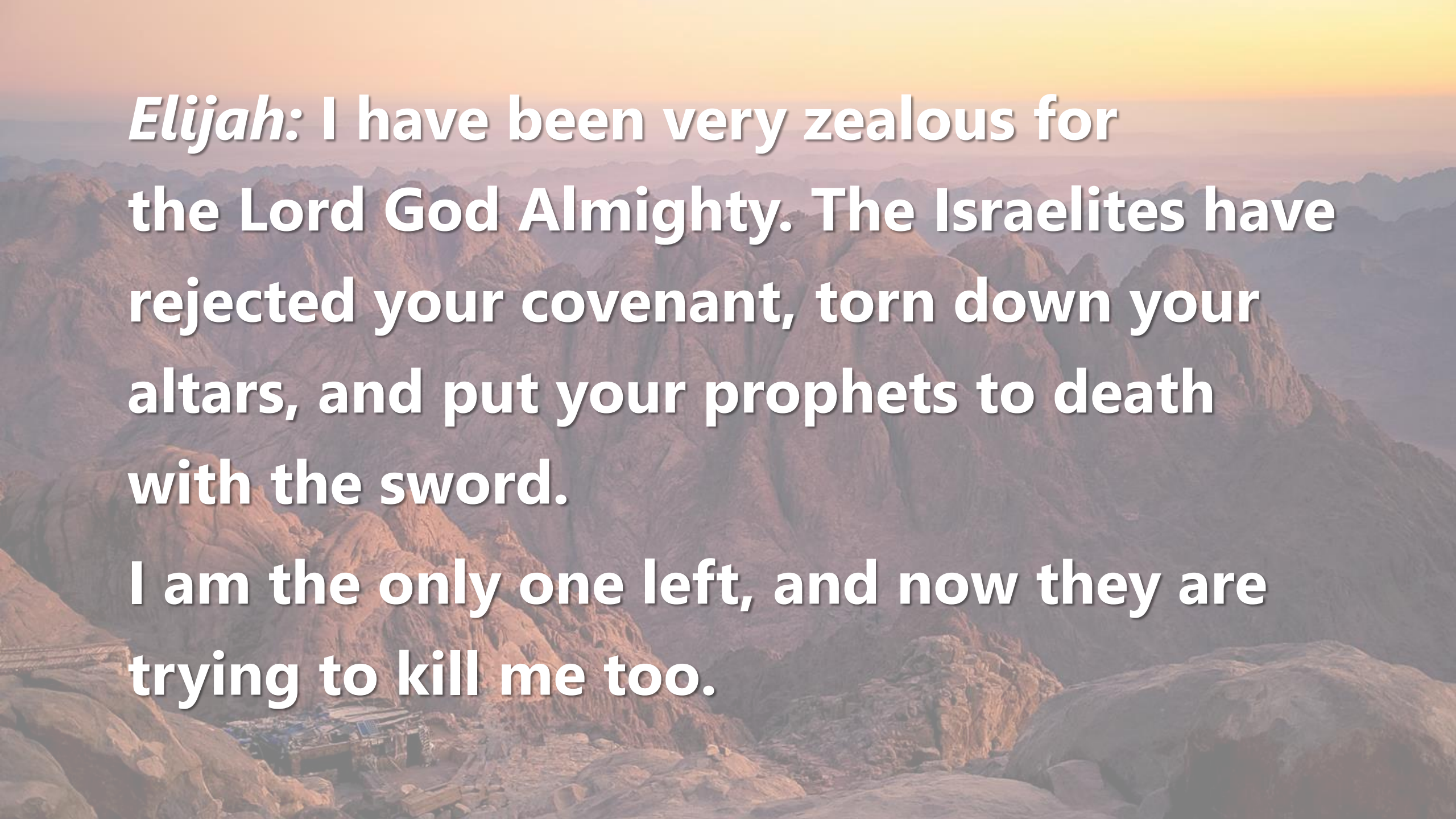






WHY ARE

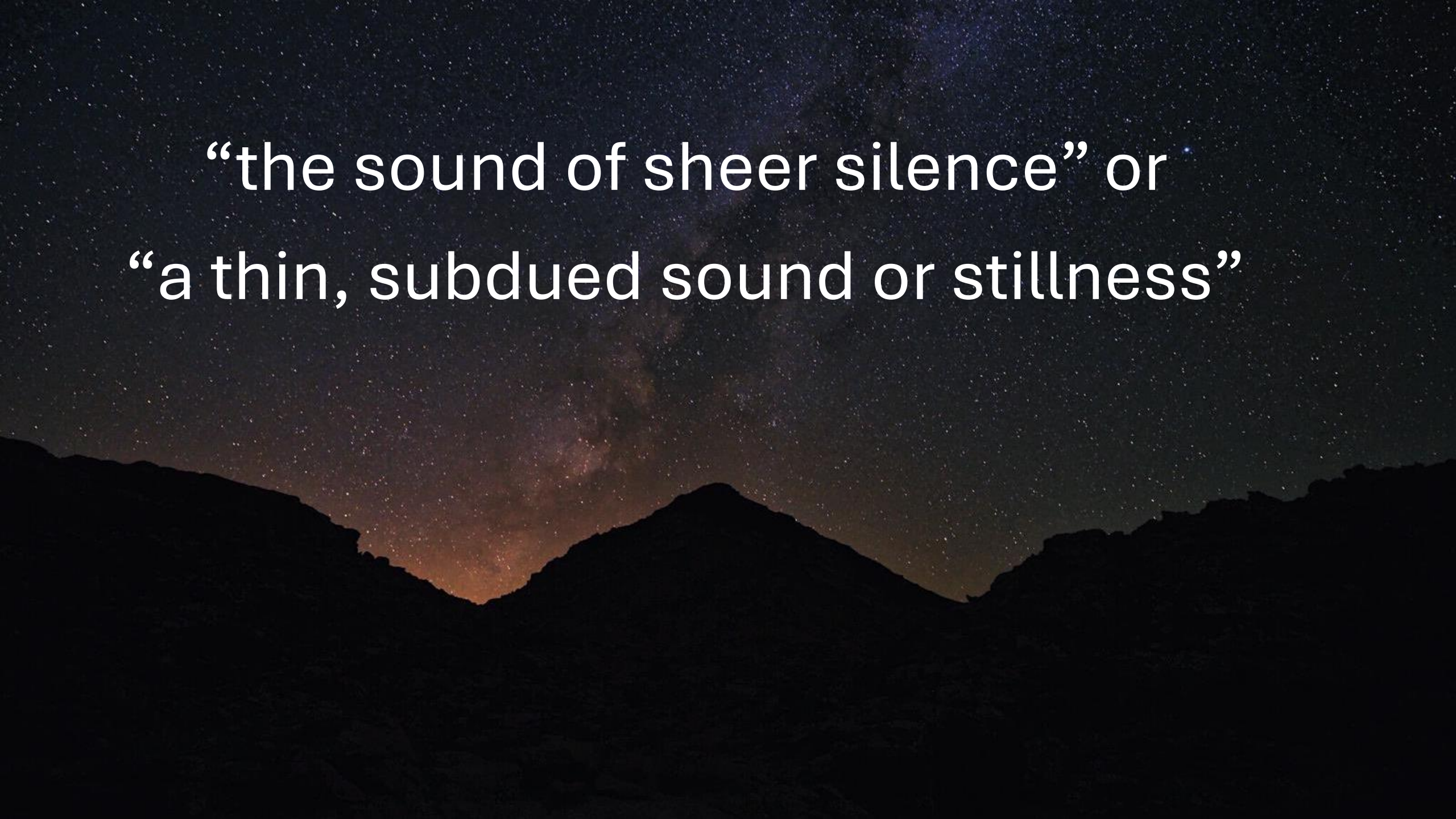
YOU HERE



Elijah: I have been very zealous for the Lord God Almighty. The Israelites have rejected your covenant, torn down your altars, and put your prophets to death with the sword.

I am the only one left, and now they are trying to kill me too.

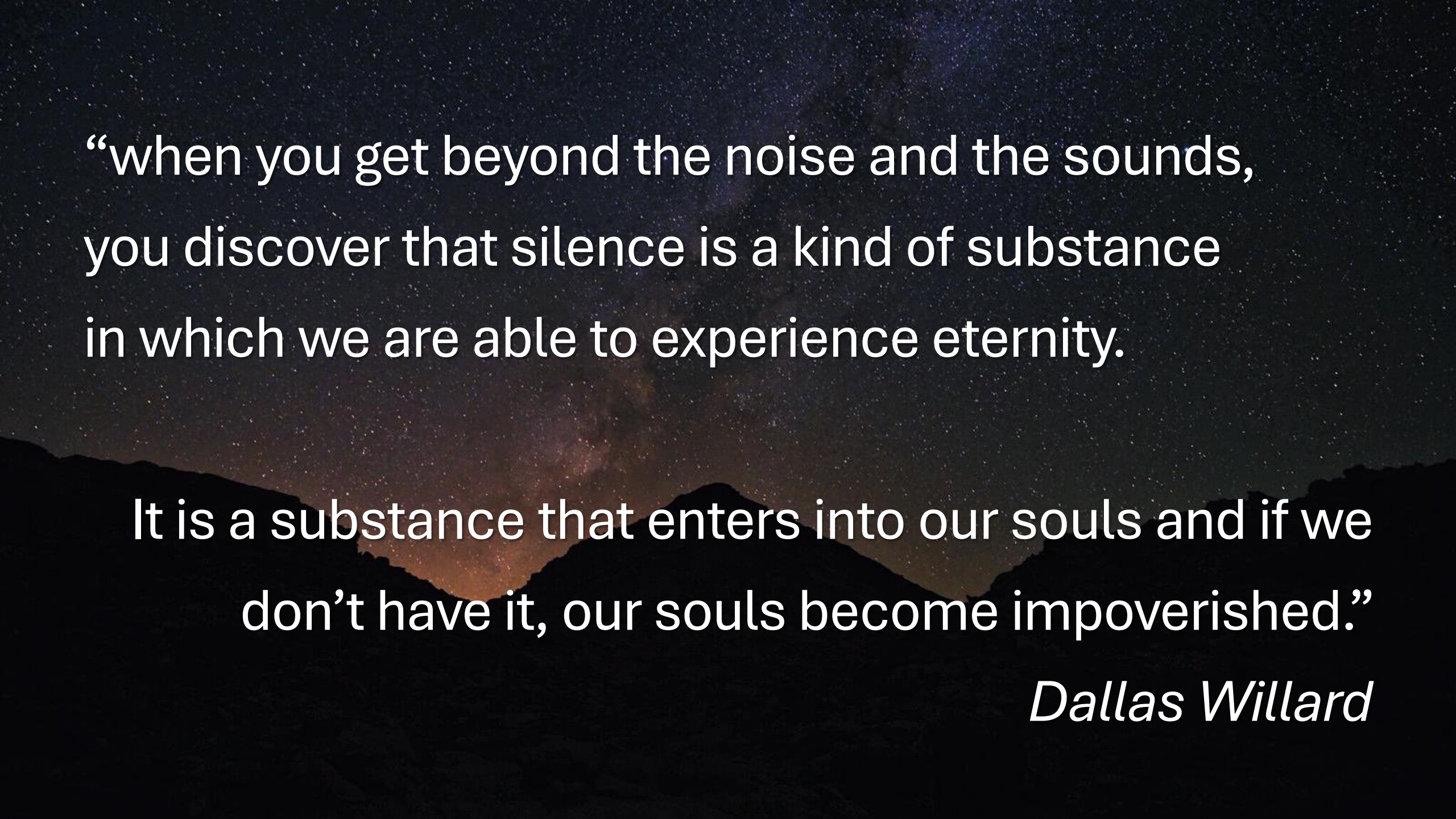


A night sky with the Milky Way galaxy visible over a dark mountain range silhouette. The text is overlaid on the upper portion of the image.

“the sound of sheer silence” or
“a thin, subdued sound or stillness”

Elijah met God in the silence

A night sky with the Milky Way galaxy visible over a dark mountain range silhouette. The text "Elijah met God in the silence" is overlaid in white.



“when you get beyond the noise and the sounds,
you discover that silence is a kind of substance
in which we are able to experience eternity.

It is a substance that enters into our souls and if we
don't have it, our souls become impoverished.”

Dallas Willard

SILENT MODE

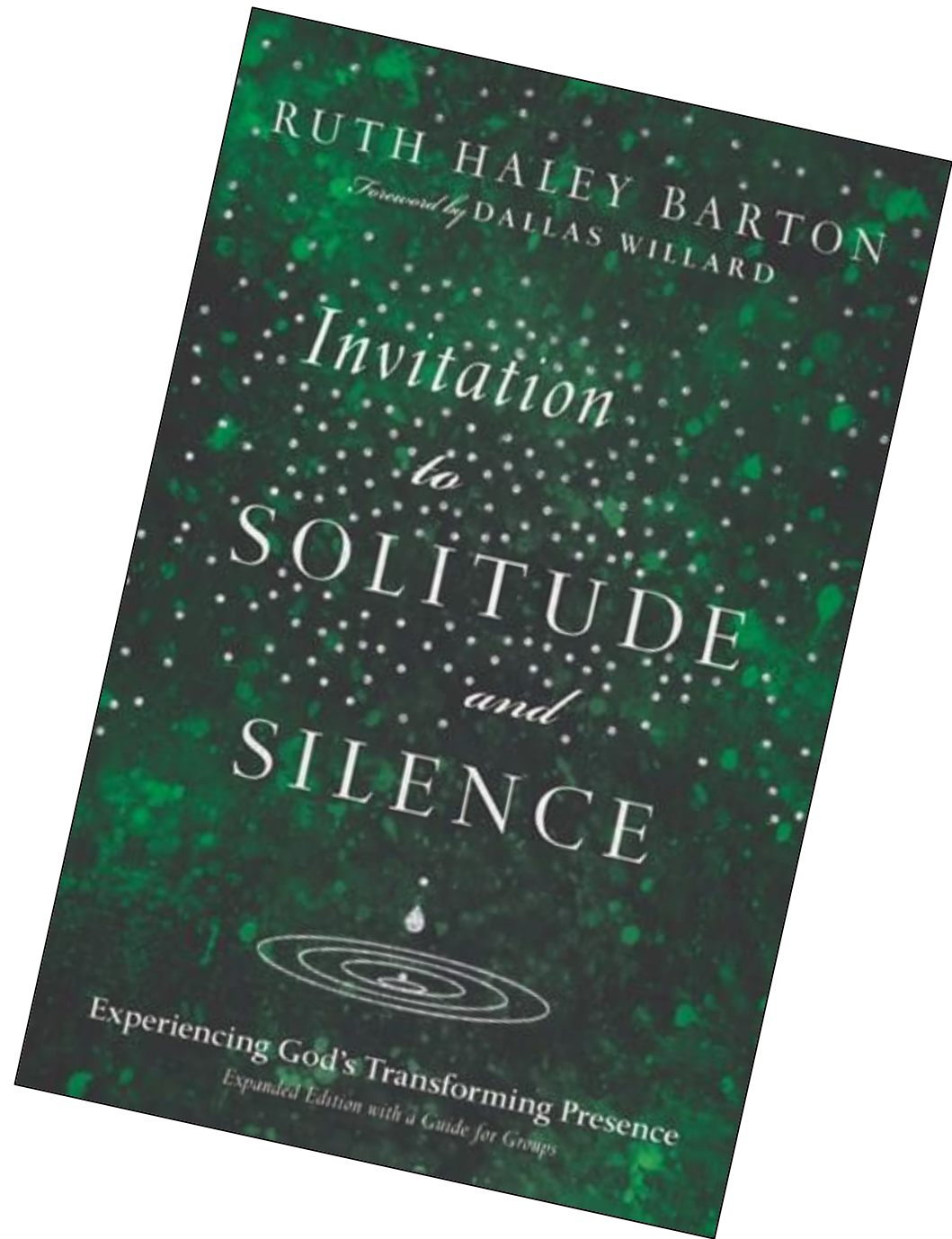
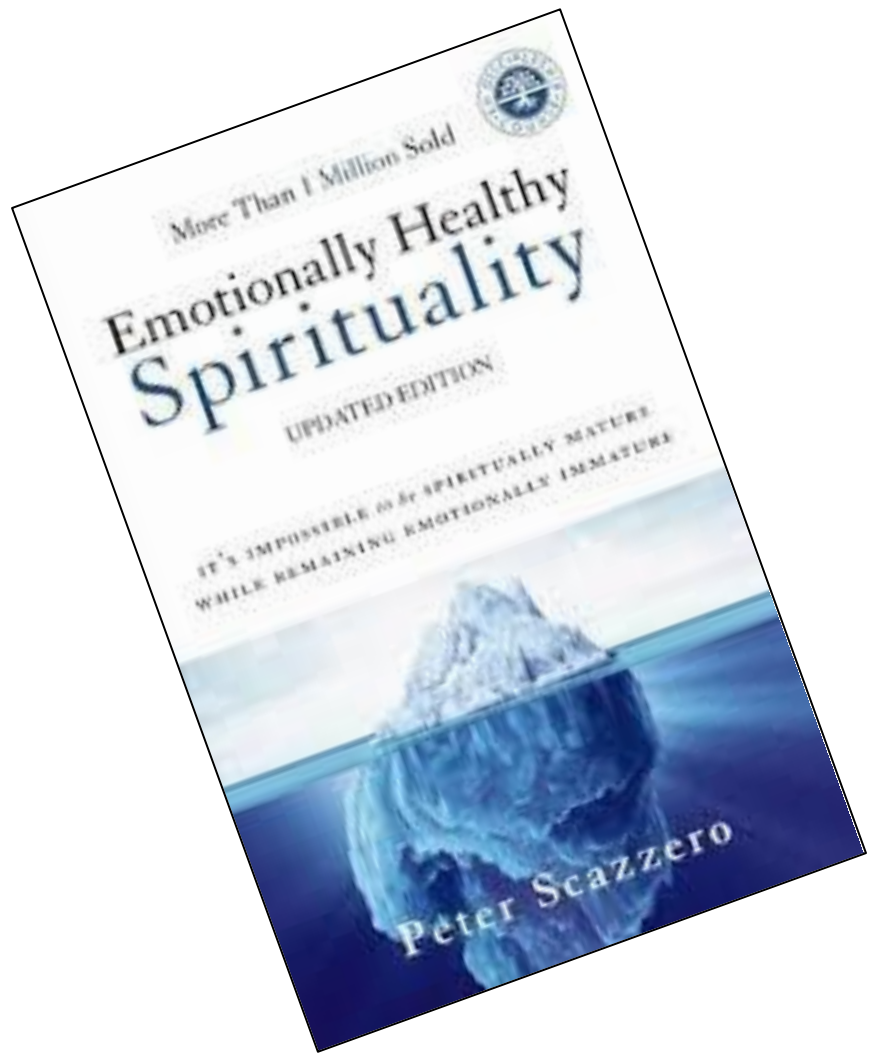
The art of being silent in a hectic world.

**“God will not, as a rule,
compete for your attention...
for the most part, it is up to us to seek Him
and then He will find us.” *Dallas Willard***

I discovered Christian meditation about 20 years ago and started to spend 30 minutes morning and evening in silence just repeating a word. The word I chose was Maranatha which in Aramaic means Come Lord Jesus, I would repeat that silently and gradually the din in my mind calmed down. Often there would be tears and pain, but I just would sit with it.

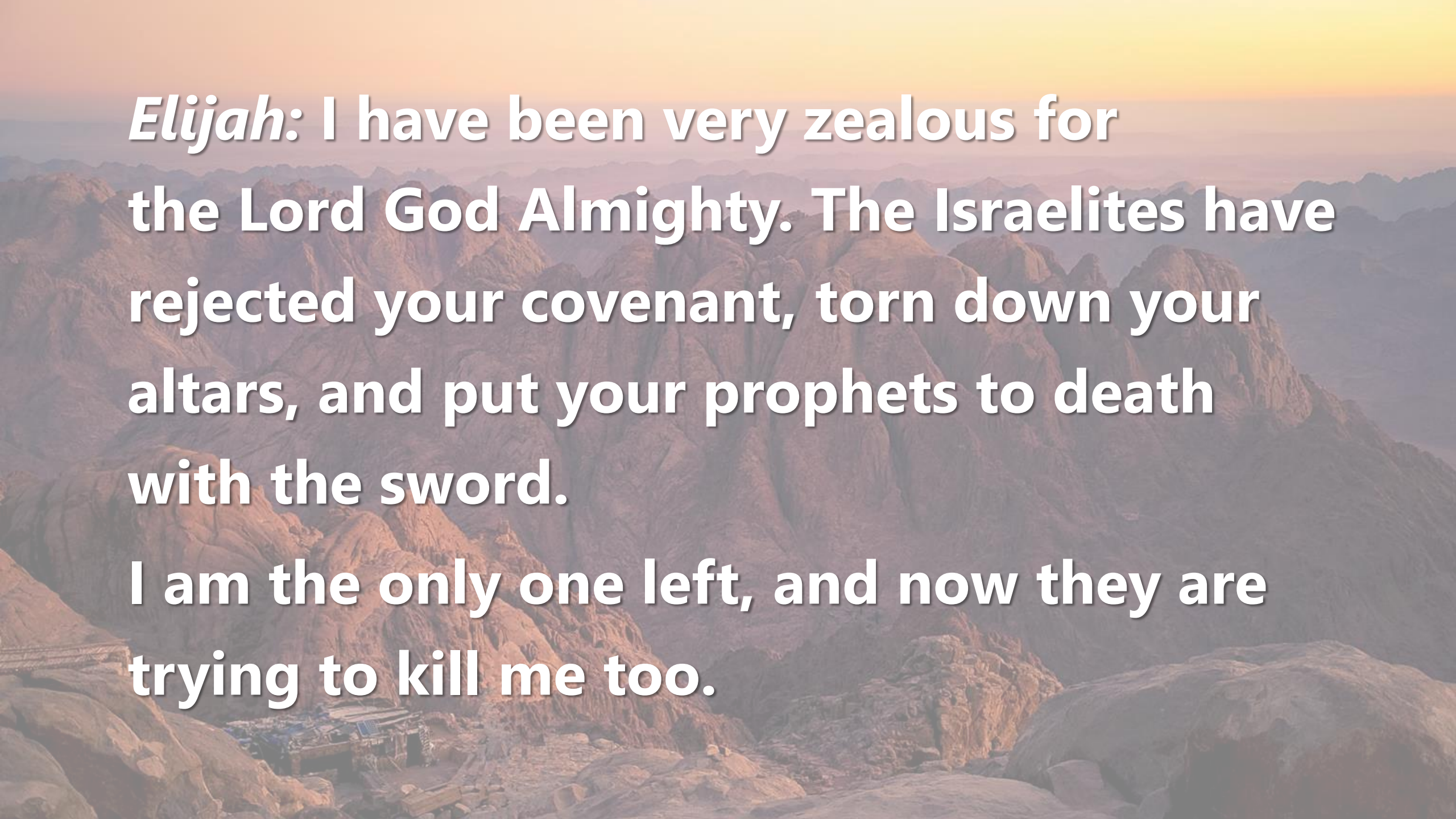
I would hold on to verses of scripture like Isaiah 26 verse 3, which says “You will keep him in perfect peace whose mind is fixed on you”. Initially it was just words on a page, and I dreamed of a mind at peace, but over the years it has now become a reality.

I have discovered a state which I can return to and remain in most of the day.









***Elijah:* I have been very zealous for the Lord God Almighty. The Israelites have rejected your covenant, torn down your altars, and put your prophets to death with the sword.**

I am the only one left, and now they are trying to kill me too.

WHAT ON EARTH
IS **GOD** DOING?

A night sky with the Milky Way galaxy visible, transitioning from a dark blue on the left to a warm orange and yellow on the right. The galaxy's light is reflected on a body of water in the foreground. The text 'WHAT ON EARTH IS GOD DOING?' is overlaid in white, with 'GOD' in a bold, brush-stroke font.

“the sound of sheer silence”





This is what the Sovereign LORD,
the Holy One of Israel, says:

‘In repentance and rest is your salvation,
in quietness and trust is your strength,’

Isaiah 30:15