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Mary and Bob often find themselves sharing common ground when it comes to philosophy and ministry. When approaching ministerial concerns from different angles, *He said - She said* is a venue to share differing perspectives. *WE said* reflects some mutual food for thought.

(And then again, sometimes we're exactly on the same page – just sayin' – *Bob*)

## **He Said - She Said - Holy Stop**

We recently gave a workshop all about Taize prayer, and one of the key parts of this style of prayer is silence. On the Taize community's website, a moment of silence, even very short, is described as a holy stop. A sabbatical rest. A truce of worries.

We've written about it many times – we believe it is important to be mindful of the journey, to take the time to discern and evaluate and make sure we're on the right path. And so, at least through the end of the year, we are going to honor the Spirit's stirrings to take a holy stop. You can't really tell what direction you should be headed if you never listen for the directions!

To quote a friend, "Jesus is always with me. The challenging times are when I'm not with Jesus." We need to make sure we're listening. We suggest you do the same, in whatever form that takes. Perhaps it's committing to a weekly prayer service at church, or a planned walk in the park, or some time meditating in front of a candle or fireplace. However you choose to take a holy stop, may it be fruitful and restorative.

As we approach this holiday season once again, we are very aware of the many around us who struggle, and yet continue to minister to others. We are grateful for your ministry, for your example, and for those who are open to being a vessel of the Lord's work – in church, in business, and in life. May you be blessed abundantly. During our holy stop, we will hold you in prayer. We ask you to do the same for us.