

## *Prayers*

*O Lord Jesus,  
true gardener,  
work in us what you want of us,  
for without you we can do nothing.  
For you are indeed the true gardener,  
at once the maker and tiller and keeper of  
your garden,  
you who plant with the word,  
water with the spirit  
and give your increase with your power.  
In your name we pray. Amen.*

*Prayer of the 12th Century Cistercian  
Guerric of Igny*

*God of stillness and  
creative action,  
help us to find space  
for quietness today  
that we may live creatively,  
discover the inner meaning of silence,  
and learn the wisdom that heals the world.  
Send peace and joy to each quiet place,  
to all who are waiting and listening.  
May your still small voice be heard  
through Christ,  
in the love of the Spirit  
Amen.*

## *Quiet Garden*

*Resources for prayer, meditation and  
reflection for those using the Quiet Garden*



*The garden is there for all seeking a place of  
rest and quiet. The garden is open each day  
during daylight hours*

*A guided meditation  
based on the features of the Quiet Garden*

*Here is the entranceway.  
This is a garden open to all who choose to enter.  
May its peace and quiet be a solace to you as you pass  
through;  
and when you depart by this same gate  
may you do so restored and refreshed.*

*Here runs a path of grey stone.  
As you tread its way may you  
discover something new of your own path of life  
as you are led on  
to a new stage in your personal journey.*

*Here is a place for planting -  
one of several beds  
for flowers and shrubs.  
May the colour, scent and texture  
of the things which grow here  
stimulate and delight your senses  
of sight and smell and touch.*

*Here is a bench and a chair  
crafted by human hands from wood,  
shaped by those skilled with tools.  
As you sit here may you find rest  
and the space and time  
to reflect and be still.*

*Here is a tree growing,  
its roots taking hold in the soil,  
its branches reaching  
upwards and outwards towards the sun.  
This tree is a sign of our faith in the future  
it's slow growth and it's annual fruiting  
reminders of promise and hope.*

*Here is the middle of the garden,  
is a mosaic and a pedestal,  
a focus for our attention.  
As your gaze is drawn towards this central point  
may you be recentred from a preoccupation with self  
to a deeper appreciation of the mystery of creation  
and the love of its Creator.*

*Phil Drake*

### *Reflections*

*“Come to me, all you that are weary and  
carrying heavy burdens, and I will give you  
rest”*

*Matthew's gospel Chapter 11, verse 28*

*Drop thy still dews of quietness,  
Till all our strivings cease;  
Take from our souls the strain and stress,  
And let our ordered lives confess  
The beauty of thy peace*

*John Greenleaf Whittier  
'Dear Lord and Father of mankind'*

*I see a garden as a resting place,  
a place of repose,  
and yet of ceaseless activity,  
both images of your divinity.  
I glorify you and give you thanks.*

*Philip Jebb from 'Seeing in a garden'  
In a Quiet Garden: Meditations and personal  
reflections  
B. Boardman and P. Jebb  
Downside Abbey Books 2000*