



A Quiet Day for Scotland

Quiet ...

in the Workplace

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Our hope is that a Quiet Day for Scotland will become part of an annual weekend in which people are encouraged to come together in different ways, for a few minutes, a few hours, a day or longer to be still and enjoy the benefits that silence and stillness brings in the midst of busy lives.

In 2008 the designated weekend is November 28-30 and we would particularly encourage people in the workplace to have an opportunity to experience a time of quietness. Amidst the noise and pace of work, travel and shopping we would invite chaplains in shopping malls, industry, schools and colleges or airports, together with those responsible for our city centre churches: to ponder a way to call people to a different way of being in the midst of the rushing energy of contemporary living.

- Provide an early morning prayer space with a focus and a lighted candle to encourage a different beginning to the day
- Have a led meditation during lunchtime or have contemplative music playing.
- Create a series of prayer stations around the church to reflect on key features of the locality eg the local population, the main stores or businesses, places of historical interest, leisure opportunities etc.
- Invite local shops and businesses to provide a quiet space where employees 'can come apart for a little while'.
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- Offer an Open Day in the Church or chaplaincy in which a variety of ways of praying can be explored and/or a continual praying presence is observed
- Have a day of guided prayer with a team of people who wish to have a day focussed on 'God in the midst'
- Organise a prayer pilgrimage around the city centre, hospital, school etc with places to have an opportunity to experience a time of quietness. A time to honour God in the ordinary and the everyday.
- Have a time of prayer or meditation on the hour, throughout the working, business or commercial day.

The possibilities are endless and we would encourage you to be creative, to 'risk' and 'dare' to enable people to reach out to what they long to find and which is so elusive in the daily round of busy life.

It is a very special ministry to help people to find their 'thin place' connection with the Divine in the ordinary and everyday.



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