

Scripture Reading: Luke 4:14-21

A meaningful silence is always better than meaningless words. —Anon.

Cobh, Ireland, is home to the second largest natural harbor in the world, and it's a busy one. Huge freighters and gigantic cruise ships churn the waters as they traverse in and out of the busy port. The moored tugboats and small fishing boats look like toys as they bob up and down in the wake of the larger ships.

From its perch atop the high ground of Cobh, St. Colman's Cathedral oversees everything in the harbor. The cathedral has a stunning tower more than 300 feet high which is visible for miles. Every 15 minutes, the 42-bell carillon of St. Colman — the largest in Ireland — can be clearly heard even in the harbor below.

Construction of the gothic edifice started in 1868. Completed more than 40 years later, it stands as a testament to the cleverness of the builders and artisans from over a century ago. Just below the beautiful rose window is a large clock which even now tells perfect time.

I looked forward to my visit to the interior of the cathedral. I wanted to enjoy the silence and solitude and perhaps to light a candle at one of the many smaller altars along the side aisles. I opened the door and stepped in — *to an absolute racket!* The nave was filled with scaffolding.

Rather than being greeted with silence, I was assaulted by the clanging tools as workers did repair work on the old organ pipes.

That day, I needed to find my silence within.

Some days are like that, aren't they? We have our own expectations, but distractions, interruptions and anxiety intrude.

In those moments, we must find a way to go inside — to that place where we connect with God, where we sense God's presence.

This is our true "cathedral."

—Melanie Silva

Prayer: *Lord Jesus, help me to take what is before me and make it into something surprisingly peaceful. Help me to find my serenity and peace in you. Amen.*