

What is Seeds of Silence?

Seeds of Silence is a Bradford based Christian project that exists to help people explore how a prayerful discipline of silence can deepen their relationship with God, with themselves and with others.



Who is it for?

It is an ecumenical project working with Christians from any tradition or background. It is for anyone who wants to find out more about silence. Seeds of silence works with people from church congregations, with spiritual directors, lay preachers or clergy, and people training for these ministries.



What does the project offer?

The project offers interactive workshops and teaching about silence to small groups of people in the Bradford area. Sessions are tailored to meet the needs of each group and their particular context.

It provides support, advice and resources for those wanting to set up local groups to meet for regular times of shared silence.

How do we get in touch?

For further information or to discuss how Seeds of Silence can work with you, please contact the project at the email address below.



On line support

In the coming year the Seeds of Silence website will contain a growing collection of printable resources.

It also links to other organisations and websites to encourage your exploration of silence.

email: info@seedsofsilence.org.uk
website: seedsofsilence.org.uk



Seeds of Silence

finding space with God



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Why silence?

The pace of modern living and the growth of technology means we spend most of our day doing things and little time just *being*. In the middle of all this activity, life can seem overwhelming and God may feel far away.



Increasingly, we are unaccustomed to times of silence in our daily life and in our busy church communities. Sometimes just the thought of sitting still or being on our own can leave us feeling uncomfortable.

Yet we know from experience it is often when we switch off the gadgets or take time out that we can begin to reconnect with God and rediscover who we are.



For many people, discovering Christianity's long, rich tradition of meditation and contemplative silence has revitalised prayer lives when these felt stale and helped them find space with God again.

Meeting with others to share times of silent prayer can make it easier to develop this spiritual discipline than just doing it alone.

Thoughts about disciplines of silence

Without silence we shan't
get any closer to
knowing who we are
before God.

Rowan Williams

The work of silence is essential
to our survival and fulfilment
as human beings ... it is a refuge
but not an escape.

Maggie Ross, hermit

Silence is food –
necessary for the
nourishment of
the whole person.

Beverley Lanzetta, author

Virtually every spiritual tradition that holds a vision of human transformation at its heart also claims that a practice of intentional silence is non-negotiable.

Period. You just have to do it.

Cynthia Bourgeault, contemplative

What does it cost?

Wherever in the UK you are based, you can access the training or support offered by the Seeds of Silence project.



Seeds of Silence Bradford

Seeds of Silence makes no charge for its workshops, training or support in the Bradford area. This is possible thanks to a small grant from a national Christian charity. The level of funding limits how many sessions can run for free each year.

However, donations to Seeds of Silence will help to fund extra support in the district and the development of additional physical and on line resources.



Seeds of Silence UK

If your group or organisation is not located in Bradford, please use the contact details for the project director, noted overleaf, to discuss your particular needs and the costs.