

Holding the Silence 2026

Daily Readings from Sunday 8th - Saturday 21st February 2026

Collect for Sunday 8th - Saturday 14th February

Almighty God, give us reverence for all creation and respect for every person, that we may mirror your likeness in Christ our Lord.
Amen.

Collect for Sunday 15th - Saturday 21st February

Almighty Father, whose Son was revealed in majesty before he suffered death on the cross: give us the grace to perceive his glory, that we may be strengthened to suffer with him and be changed into his likeness, from glory to glory; who is alive and reigns with you in the unity of the Holy Spirit, one God now and forever.
Amen.

Daily Readings

Sunday 8th February

O taste and see that the Lord is gracious.
Blessed is the one who trusts in him. *Psalms 34.8*

When you wish someone joy, you wish them peace, love, prosperity, happiness ... all the good things. *Maya Angelou*

Monday 9th February

My child, do not despise the Lord's discipline or be weary of his reproof, for the Lord reproves the one he loves, as a father the son in whom he delights. *Proverbs 3.12*

The great thing to remember is that though our feelings come and go, God's love for us does not. *C.S. Lewis*

Tuesday 10th February

How precious is your loving mercy, O God!
All mortal flesh shall take refuge under the shadow of your wings. *Psalms 36.7*

The good you do today, people will often forget tomorrow; Do good anyway. Give the world the best you have, and it may never be enough; Give the world the best you've got anyway.
Mother Teresa

Wednesday 11th February

The mouth of the righteous utters wisdom, and their tongue speaks the thing that is right. The law of their God is in their heart and their footsteps shall not slide. *Psalms 37.31, 32*

Time lost is time when we have not lived a full human life, time unenriched by experience, creative endeavour, enjoyment and suffering.
Dietrich Bonhoeffer

Thursday 12th February

Just as the body has many members, and all the members of the body, though many, are one body, so it is with Christ. For in one spirit we were all baptised into one body.

1 Corinthians 12.12, 13a

In essentials unity. In differences, dialogue.
In all things, charity. *Pope John XXII*

Friday 13th February

Jesus ordered them to tell no one, but the more he ordered them the more zealously they proclaimed it. they were astounded beyond measure, saying, He has done everything well; he even makes the deaf to hear and the mute to speak. *Mark 7.36, 37*

There is no way to truth or to the spirit that is not the way of love. *John Main*

Saturday 14th February

I pray that you may have the power to comprehend, with all the saints, what is the breadth, and length and height and depth, and to know the love of Christ that surpasses knowledge, so that you may be filled with the fullness of God. *Ephesians 3.18, 19*

Afoot and light hearted I take to the open road. Healthy, free, the world before me. The long brown path leading wherever I choose. *Walt Whitman*

Sunday 15th February

For we do not proclaim ourselves; we proclaim Jesus Christ as Lord and ourselves as your slaves for Jesus' sake. For it is the God who said, 'Let light shine out of darkness' who has shone in our hearts to give the light of the knowledge of the glory of God in the face of Jesus Christ.
2 Corinthians 4.5, 6

How long will men and women in this world keep drawing in their colouring books an image of God that makes them sad.
Meister Eckhart

Monday 16th February

Jesus said, 'Come to me, all you that are weary and are carrying heavy burdens, and I will give you rest.' *Matthew 11.28*

Oh fool, to carry thyself upon thy own shoulders! Oh beggar to come and beg at thy own door! Leave all thy burdens on his/her shoulders who can bear all. And never look behind in regret. *Adam Zagajewski*

Tuesday 17th February

Show me your marvellous loving-kindness, O Saviour of those who take refuge at your right hand from those who rise up against them. *Psalms 17.7, 8*

Peace rests upon the decision always to struggle towards goodness, whatever our condition. *Sr Wendy Beckett*

Wednesday 18th February

Jesus said, 'There will be more joy in heaven over one sinner who repents than over ninety-nine righteous people who need no repentance.' *Luke 15.7*

Selfhood begins with a walking away. And love is proved in the letting go. *Cecil Day Lewis*

Thursday 19th February

Is this not the fast I choose: to loose the bonds of injustice, to undo the thongs of the yoke, to let the oppressed go free and to break every yoke? Is it not to share your bread with the hungry, and bring the homeless poor into your house. *Isaiah 58.6, 7*

But I always think the best way to know God is to know many things. *Vincent van Gogh*

Friday 20th February

You are a place for me to hide in; you preserve me from trouble; you surround me with songs of deliverance. *Psalms 39.8*

Peace is not the absence of affliction, but the presence of God. *Author unknown*

Saturday 21st February

Have mercy on me O God in your great goodness; according to the abundance of your compassion blot out my offences. Wash me thoroughly from my wickedness and cleanse me from my sin. *Psalms 51.1, 2*

What lies ahead of the human spirit can only be reached through the slow process of living our way towards it. *Laurens Van Der Post*

Join the Holding the Silence live stream
Thursday and Friday at 12 noon on our
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