

Silence on the Sixth

August 13, 2016

I realized at about 10:45 a.m., on Saturday August 13th, that I am a noise addict. I thrive upon noise in my life. The TV is on in the background; when the tv is not on, the radio is (either on my computer or in my car). When there is no tv or no radio, I hear noises from all around me – voices, sounds of cars, people going about their business. I live in a noisy world and when it becomes quiet, I get a little uncomfortable.

When there is silence, even my mind tries to make noises – thoughts, memories, feelings that I can't shut off. And sometimes the noise on the outside is better than the noise within.

At 10:45 a.m. on this Saturday morning, I was standing on the 6th hole of the Watson Ranch Golf Course in Coos Bay, Oregon. Standing in that place, playing by myself, with no one around – I was astounded at how loud the silence was!

I was enveloped by silence – and in the silence I heard an invitation (from God? from within? from the Holy Spirit?) to simply experience the moment – to live in the present and soak it all in.



So I paused – I looked around and heard nothing. I just stood there and took it all in – and a smile crept across my face. No need to hurry; no need to rush; no need to perform. I stood there for a few moments and just took it all in.

In the silence, I found a moment of rest or a moment of peace. And in that moment I realized that I need to have times when I just disconnect, unplug, quiet my life and stand in the present moment taking in the silence.

It was a great lesson learned on the 6th green.