



# St. David's Episcopal Church

522 SPRINGFIELD STREET  
FEEDING HILLS, MA 01030



Ministers: The Congregation  
Rector: The Rev. Leonard C. Cowan  
Associate: The Rev. John H. Parke

Church Office 786-6133  
Rectory 786-9545  
Assoc. Res. 736-3561

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*"For God alone my soul waits in silence; from Him comes my salvation."*

As the Pastor of an active parish, my soul often finds little time to wait, and has little awareness that God is the Source of salvation, mine and my parishioners. It's therefore with great relief and gratitude that I, and a small group of clergy, participate in a monthly retreat with the Center for Renewal at the Covenant Presbyterian Church in Simsbury, CT. These "Deus Solus" days, times when I am called and enabled to wait upon God alone, have provided refreshment for my soul, and energy for my ministry.

*"Be still, and know that I am God! "*

The day begins with a friendly greeting from a member of the Center, who, in addition to offering light refreshments, inquires after my sense of God's purposes for my day alone with Him. After each member of our group has responded, we are then led in prayer, and commended to our time with the Lord. The quiet atmosphere of the "upper room" meeting place, plus the spacious grounds laced with walking trails, all combine to produce that stillness in which I can again recognize just who is God in my life. During the day, it is encouraging to remember that the Center Team as a whole is praying for us, that God's purposes for the day would be fulfilled. At the end of the day, the Team member returns, to ask us to reflect on what God did, and to close the day with prayer.

*"Be still, and know that I am God!  
I am exalted among the nations, I am exalted in the earth."*

After each Deus Solus, I return to my place of ministry, refreshed and again aware that God is and always will be exalted in my life and world.