

## Quiet Day, June 2022

### St Peter in the East and Hertford chapel

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In for 4, hold for 6, out for 8,  
Or in for 3 and out for 6;  
Regulate the breath and be still.  
Be still, and silent, and feel:  
Feel hot sun on closed eyelids and clasped hands;  
Then, as we descend into the chill,  
Feel the cool dim washing over us,  
Feel stones worn by worship.  
See the crypt as a pool, a well,  
But also a streamhead  
Bubbling up to refill us,  
Quietly, determinedly.  
Refreshed and renewed, we pilgrims at the East Gate  
Understand the tidal flow of goings out and comings in  
As we now meander westward.  
Suddenly, space: windows soar past panelling  
To meet the plastered ceiling far above our heads.  
Here there is light pouring in,  
Look at these windows:  
Long lead-lines, sharp corners, regularity –  
We look up, heavenward,  
Each rectangle of sky warming our bodies and souls.  
Here, too, there are undulations  
And reminders of those here before  
In each seat, each piece, carvings of flora and fauna  
(Here a bird, there a bud);  
There is nowhere The Light does not reach.