

THE QUIET HOUR

FINDING YOUR PLACE BETWEEN REST AND READING

story by CRAIG CUNNINGHAM

PHOTOGRAPH BY ALISON WINTERROTH / STOCKSY

THE QUIET HOUR WON'T LAST MUCH LONGER. SOON IT WILL GIVE WAY TO MOVEMENT, NOISE, THE CHAOS OF PACKING SCHOOL LUNCHES AND GETTING OUT THE DOOR ON TIME. BUT FOR RIGHT NOW, THE WORLD IS STILL. EVERYTHING HOLDS ITS BREATH IN ANTICIPATION OF THE COMING DAWN.

HERE IS WHERE WE FIND REFUGE. HERE IS WHERE EVERY MOMENT COUNTS FOR TWO. HERE IS WHERE THE UNRESOLVED QUESTIONS IN OUR HEARTS AND MINDS CAN'T TRACK US DOWN—IN THIS FLEETING SPACE BETWEEN DARK AND LIGHT. SOMEWHERE IN THIS PAUSE, OUR WORRIES ARE QUIETED. THEY'RE DISTILLED INTO FRESH INTENTION, REASONS FOR GRATITUDE.

NOW WE CAN SEE. IN THIS IN-BETWEEN, WE'RE OVERWHELMED BY THE CLARITY OF LIFE'S BEAUTY.

LIKE A DREAM, THE SPACE BETWEEN DARK AND LIGHT WON'T LAST. IF WE LET THEM, THAT INTENTION AND GRATITUDE WILL SLIP THROUGH OUR FINGERS WITH THE PASSING HOURS, THE MEETINGS, THE STACKED-UP INBOX. BUT HERE, IN THIS PLACE, IN THE FEW MOMENTS BETWEEN REST AND READYING, WE ARE MADE ANEW.

AND THE HURRY OF THE DAY WON'T BE ENOUGH TO CATCH US.

PHOTOGRAPH BY MIQUEL LLONCH / STOCKSY



PHOTOGRAPHS BY (CLOCKWISE FROM TOP)
LEA JONES, DIMITRIJE TANASKOVIC & GUILLE FAINGOLD / STOCKSY

WAYS TO WELCOME THE DAWN

- *Sit on the front steps and allow yourself to breathe deeply.*
- *Walk the neighborhood without headphones.*
- *Sit at the kitchen table and dwell on gratitude for your family.*
- *Find a chair by a window and read slowly, taking in every word.*
- *Drive due east until the sun rises into your eyes.*
- *Tuck away into an office or extra bedroom to pray or meditate.*
- *Pull a chair into the backyard and listen to the world come awake.*

