

Birth of the Silent Minute

The original **Big Ben Silent Minute** was a peace prayer initiated by Wellesley Tudor Pole, a major in the British Army and the founder of the Chalice Well Trust, Glastonbury.

During World War II, all over Britain and the Commonwealth, millions of people joined together every evening at 9.00pm just before the news, to the chimes of Big Ben, to pray for peace.

In the dark days of war the **Silent Minute** became a vast network of Light and Hope in the hearts of all people of goodwill. It had the blessing of King George VI, Sir Winston Churchill and his Parliamentary Cabinet, and it was also recognised by the US President Franklin D. Roosevelt. The **Silent Minute** was observed on land, at sea, on the battlefields, in air raid shelters and in hospitals. With Churchill's support the BBC, on Sunday, 10th November 1940, began to play the chimes of Big Ben on the radio as a signal for the **Silent Minute** to begin.

Major Wellesley Tudor Pole said,
"There is no power on earth that can withstand the united cooperation on spiritual levels of men and women of goodwill everywhere. It is for this reason that the continued and

widespread observance of the **Silent Minute** is of such vital importance in the interest of human welfare."

Dorothy Forster revived the **Silent Minute** in 1994 and registered it as the **Big Ben Silent Minute Charity**. With the help of the trustees, Dorothy organised millions of people to pray at a given time world-wide, creating a powerful thought for world peace.

Silent Minute Prayer for Peace

**"Source of my Being,
Help me to live in Peace,
And save my home
The Planet Earth"**

There are still wars and conflicts between nations and communities all over the earth. We know from the past how important prayer is, but let us think about the future with positive thoughts.

All things relate to our thoughts, world thought creates a universal energy that is either positive or negative. If we create a moment of prayer with positive thought, we can make changes because we become a world

network of Light, by our collective power of positive thinking and prayer.

Peace is not just the absence of war – it is a love and tenderness for all human beings, for the creatures of the earth and for the earth itself, which is, too, a living entity. Our positive thoughts create a positive world. True peace can only be experienced in the hearts and minds of each individual who, in turn, make up communities and nations. As each of us develops and maintains the blissful state of Inner Peace, we will naturally act and react more positively. Thus, the good effect spreads.

The Aim of the Silent Minute

We invite all of you everywhere, young and old, of any religion or non-believer, of all nations and all racial groups to enter into silence at least once a day, preferably **at 9.00pm** local time or when convenient. It is as simple as that.

There is no need for special prayer or words. Going into the inner silence has its own effects by raising consciousness and bringing inner peace. But for those who would like to start with a prayer we suggest the **Silent Minute prayer**.

Let us go into our Inner Sanctuary of stillness and peace frequently; especially in times of stress, confusion or difficult situations. It does not end there!!!

We, the trustees of the **Big Ben Silent Minute**, give recognition to Dorothy for her devotion to world prayer. With your help, we will continue to expand awareness throughout the world for peace on earth.

Please join us as ambassadors for world peace. Let us start today, to create a better world for ourselves and generations to come.

Trustees

Baroness Edmee Di Pauli
Dr. Thomas Daffern
Mrs Ivy Smith (Chair)
Ann Tang
May Pang
Andrea Carrani
Lesley Pink



Patrons

Mrs E Harbottle (Inst. Peace Keeping)
BK Dadi Janki
Princess Helena Moutafian MBE
Archbishop D. Tutu (retd.) S.A.
Edward Tudor Pole

“Remember to devote a minute of your time at 9.00pm each day to prayer, for the healing of the differences between peoples of all nations and coming of world-wide peace.”

Major Wellesley Tudor Pole

The **Silent Minute Prayer** belongs to the universe. It belongs to you.

We invite you to use it as often as you can. Please feel free to include it in your newsletters, newspapers, magazines, letter headings etc. at the beginning of meetings and gatherings, at home and abroad.

All we ask is that you give recognition to the **Big Ben Silent Minute Charity**.

Registered charity no. 1054185

Website:

www.thesilentminute.org.uk

Email:

enquiries@thesilentminute.org.uk

Parliamentary copyright images are reproduced with the permission of Parliament

The Big Ben Silent Minute Prayer for Peace



Silent Minute Prayer for Peace

**“Source of my Being,
Help me to live in Peace,
And save my home
The Planet Earth”**