

## WHEN I AM STILL

ValLimar Jansen

When I am still and in between awake and sleep,  
when darkness stalls, not giving up the night,  
my comfort comes in whispers from Love's tender voice.  
It's in this time I feel the warmth of light.

I recognize how loneliness can bring despair.  
I see my faults and weaknesses so clear.  
It's then I know I've never, ever been alone  
to face my hardships and my never spoken fear.

As I awake and nighttime has not given way  
to dawn's full glory and its warming rays,  
with grateful heart I'm thankful for another day.  
It's then I know you're always here with me.

When morning comes I count each blessing in my life,  
with humble heart, in wonder do I pray  
for all the hours and times I've seen, both good and bad.  
I know I've never been alone one single day.

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I want to reclaim the term "twilight sleep." Originally a medical term, "twilight sleep" was the amnesiac state achieved when pregnant women were given morphine and scopolamine during labor to eliminate the pain and memory of childbirth. When used in spiritual terms, "twilight sleep" for me is that special time when one is drifting off to sleep or slowly waking up. It is that place one occupies briefly that is in-between being awake and being asleep. Twilight sleep is like those divine moments at dawn or dusk, when it is not quite day, and not quite evening.



So often, as we experience what I call spiritual twilight sleep and go through the process of descending into REM, many of us do an examination of conscience. St. Ignatius considered the examination of conscience the most important spiritual exercise. Many Roman Catholics are taught to use the Ten Commandments or the Beatitudes as a tool to do an examination of conscience. There is a beautiful method to do an examination of conscience using the USCCSB's Social Teachings of the Roman Catholic Church.

Whatever method one utilizes, the most important result is the knowledge that God loves us and nothing can separate us from God's love (Romans 8:35–39). God forgives us (Micah 7:18 • 1 John 1:9). God is our greatest advocate and cheerleader (Psalm 31:7 • 3 John 1:2). At the end of the day, God is ready to help us press the reset button (Lamentations 3:20–23 • 1 John 4:18.) God wants to pour the balm of grace and mercy into our wounds of weakness and failure (Psalm 86:15). God pours love into us as the Holy Spirit gives us comfort and companionship, counsel and guidance (Romans 5:5). Though we walk through the valley of the shadow of death, we walk with The Good Shepherd as our companion; who holds the rod and staff of comfort and protection (Psalm 23:4 • Psalm 5:11–12).

Sometimes there are anxieties, worries, and fears or guilt and shame so deep, we hold it inside feeling unable to share those things with anyone. This song says that we can share those burdens with God. Our God's love is steadfast, all-forgiving, and inexhaustible! God is our constant, loving companion. God will always walk the journey with us until the end of the age (Deuteronomy 31:8 • Matthew 28:20).

I have loved the melody of LONDONDERRY AIR since I was a child. So often my mother would sing “Danny Boy” with her amazing soprano voice. I just listened because she would always sing it so high—she loved to hang out between a G and a C. By the time I was a teenager, I knew this song as “He Looked Beyond My Fault.” Upon doing research to write this commentary, I discovered numerous sacred hymns whose lyrics are set to this well-known and beloved Irish tune. I feel so glad I made this discovery after penning my own lyrics.

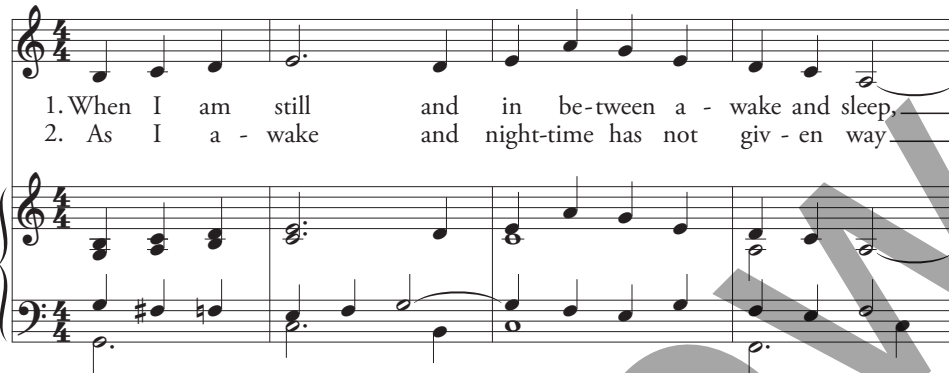
*Use:* Comfort, Faith, Forgiveness, Hope, Morning



# WHEN I AM STILL

ValLimar Jansen


LONDONDERRY AIR



1. When I am still and in be-tween a - wake and sleep,  
2. As I a - wake and night-time has not giv - en way

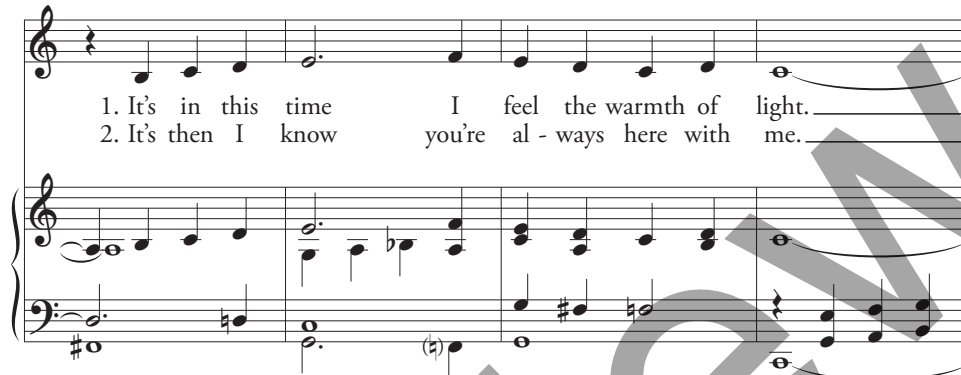


1. — when dark - ness stalls, not giv - ing up the night,  
2. — to dawn's full glo - ry and its warm-ing rays,

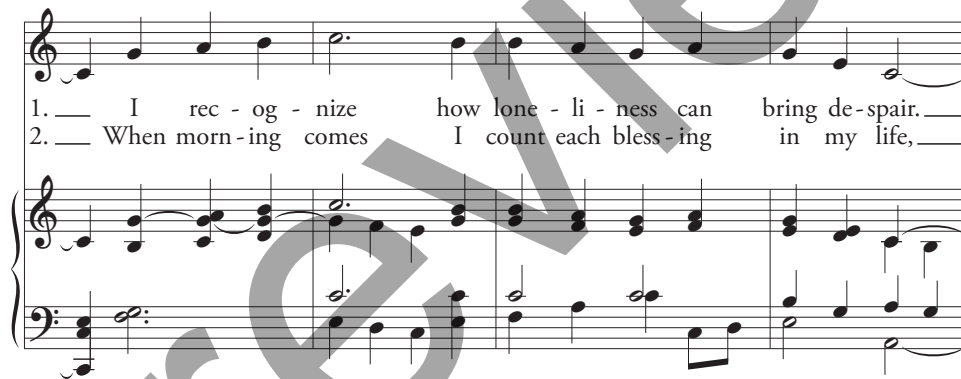


1. — my com - fort comes in whis-pers from Love's ten - der voice.  
2. — with grate - ful heart I'm thank-ful for an - oth - er day.





1. It's in this time I feel the warmth of light.  
2. It's then I know you're al - ways here with me.



1. — I rec - og - nize how lone - li - ness can bring de - spair. —  
2. — When morn - ing comes I count each bless - ing in my life, —



1. — I see my faults and weak - ness - es so clear. —  
2. — with hum - ble heart, in won - der do I pray —



WHEN I AM STILL, cont. (3)

1. — It's then I know I've nev - er, ev - er been a - lone  
2. — for all the hours and times I've seen, both good and bad.

1. — to face my hard-ships and my nev - er spo - ken  
2. — I know I've nev - er been a - lone one sin - gle

1. fear. 2. day.

1 D.C. Final

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Music: LONDONDERRY AIR; fr. *The Ancient Music of Ireland*, 1855; keyboard acc. by Randall DeBruyn, b. 1947,  
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