

In these noisy times, the answer comes from silence

1

SPIRITUALE PODCAST

Introduction:

Welcome to our discussion. A discussion from the Vranov Spiritual Center—a place where spiritual depth meets the modern world. Today, we'll take a closer look at the Order of Minims. Who are they? And what can they tell us in today's world, which is so different from the one in which they were founded?

Chat:

When people hear the word "Minims," few today immediately know exactly who they are. And yet their name carries a profound legacy—not only to the order's founder, Saint Francis of Paola, but also to a spiritual attitude that still resonates today.

The Minims, officially known as the Order of Minims, were founded in the 15th century in Calabria, Italy. Their founder, Francis of Paola, was a man of silence, humility, and compassion. He wanted to be "the least among the least"—and that is precisely how the name of his order came about: the Minims. The Minims then carried forward their founder's vision and, importantly, they also brought a path. Essentially a simple yet very powerful path: one of stillness. Solitude. Prayer. Depth. The search for God and for oneself in contemplative silence, in peace, and in goodness. They simply rejected chaos and noise.

It's as if they were escaping from the world. But let's not be mistaken. There's more to it than that. It's about Charitas! The foundation of Minim spirituality. Charitas—that is, love and charity. A word that serves as the motto of the entire Order of Minims. And one that resonates just as powerfully today as it did then. Love not as an emotion, but as a way of life. Love that is not loud. Love that serves. Love that quietly transforms the world around it.

It is about a relationship with our neighbors that is, in the truest sense of the word, active and profound. It is about understanding that we can adopt an inner attitude that transforms the lives of others and the world around us. And this is the simple and only answer for our hurried times as well.

So we have a message of silence, love, and goodness. But can this message still speak to people today? Perhaps more than we realize. Today we live in a different era—in a world of noise, performance, and constant pressure. And yet... the Minims' message remains as relevant as ever. On the contrary, perhaps we need it now more than ever before.

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2

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Imagine stillness in a time of noise. Compassion in a time of division. And charity—that is, love and goodness—in an age so prone to selfishness. This is certainly where the Minims make their voice heard loud and clear. For they offer something we all desperately lack: space for genuine encounter—with others, with ourselves, and with God.

Sure, you might say. Who has time for that these days? How am I supposed to do that? Is it really that easy to pull off? Well, being in silence doesn't mean we all have to head straight for the mountains and turn off our Wi-Fi. But perhaps it's time to make room in our lives for a moment of stillness and reflection. A moment when I simply stop. Take a deep breath. And quiet down. I don't run away. I don't pretend. I just am!

And the Minims at Vranov are a true invitation to such stillness. An invitation to an inner journey. To a life that isn't just about surviving from day to day, but about true, authentic being. Whether you're a student, a parent, an employee, or a business owner—perhaps it's precisely in the Minim message of love and silence that you'll discover something that will give your days a new direction—one that's human, humble, and profound.

The Minims do not invite us into the past. They invite us to themselves. Into a space where there is silence, acceptance, and genuine presence. Into a life that is not about superficiality, but about roots.

In Conclusion:

Thank you for listening. If the Minims' ideas have piqued your interest, we invite you to Vranov—a place where spiritual silence resonates louder than the world around us. And don't forget—everything essential in the world begins in silence. And then grows out of love and goodness. Charitas.

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