



“Lord, make me an
instrument of your peace.”

ST. FRANCIS OF ASSISI
Catholic Friar
(1181-1226)

Peace.

The world feels anything but peaceful at the moment. For many, the external world of unrest and turmoil is reflected in our internal world. We feel disjointed, disoriented, and disconnected. For so many we are grasping for a better future that can feel so far away.

St. Francis believed we can be instruments of peace – that is we can find peace in ourselves and bring that peace to the world. This is not a shallow peace that glosses over injustice, harm, greed and self-service but a true peace that disarms, calls to account, brings forgiveness, and even reconciliation.

The path to peace is through the love that takes an interest and investment in the wellbeing of all – including ourselves. In this way it is a healing movement.

Love helps us move toward peace by helping us to believe in the goodness of people and motivating us to call forth that goodness by confronting behaviors and systems that disrupt peace. Such love does not live and let live. It works gently to untangle pain and loss to bring forth the gift that is one another.

Love also recognizes that people are in process and change takes time. It accepts what is, while believing more is possible.