



Opening Prayer

*Deep peace of the running wave to you,
deep peace of the flowing air to you,
deep peace of the quiet earth to you,
deep peace of the shining stars to you,
deep peace of the Son of God to you*

No human person can explain God's peace. It is a peace which "*surpasses all knowledge and understanding*"; it cannot be fathomed or scientifically explained, but it will "*guard your heart and mind*". (Philippians 4)

So let us strive to be Vincentian women, women of the Gospel, women of peace, by bearing witness to the deep peace of God in our lives.

This is quite a challenge. It means stopping. It means taking time to clear our heads and calm our minds. It means creating a little space inside ourselves so that God can fill us with His peace. This exercise will help:

- *find a place where you will not be interrupted for a few minutes*
- *sit down*
- *make sure your feet are flat on the floor (take off the high heels!)*
- *sit so that your back is straight and is supported by the chair (no slouching!)*
- *close your eyes*
- *become aware of your breath, but do not try and change the rhythm of it*
- *imagine that all the negativity is leaving you as you breathe out*
- *image the goodness of God entering you as you breathe in*
- *ask God for His peace*
- *wait.....peace will come*

AIC Reflection

If we do this often, habitually even, eventually we will be able to ‘summon’ God’s peace into our lives when things are most stressful and distressing.

Sometimes the demands on our time are overwhelming. Sometimes the ministries we do can feel futile in the face of institutional injustice and people’s lack of compassion.

The Words of Louise

Let us take heart from the encouragement Louise gave to Sister Anne Hardemont in 1658:

“Do not be upset if things are not as you would want them to be for a long time to come. Do the little you can very peacefully and calmly so as to allow room for the guidance of God in your lives. Do not worry about the rest.” (SWL p 614-615)

The Words of Scripture

Jeremiah 16:19

Whatever the circumstance; whatever the price; whatever the sacrifice; His strength will be your strength in time of need.

Concluding Prayer

Pause for a moment and thank God for a time when his peace and strength have carried you through a difficult situation.

Let us pray together

God our creator, bring peace to the world so torn by conflict. Jesus Christ, Prince of Peace, be the model for our lives. Spirit of God, anoint us with your holy balm of peace.

