

## Liturgy Is Our Peace

At liturgy “the meaning of the life we share can enter deeply into our souls.” This is Christ’s peace, not the peace the world gives. We never abandon the world when we enter the assembly. We bring its needs with us. We are that world. But we bring the world before the Lord.

Little by little, liturgy makes us peacemakers. It calls us to “let our words and manner speak of Christ’s peace,” to spread the good news of the Lord’s peace to others. At liturgy, there is a peace – a communion – in spite of everything, not least our own selves. Liturgy asks that we “dedicate ourselves as a Christian community to peace and reconciliation.”

1. Do you bring your cares with you to Mass as part of your prayer? Do you consciously try to bring the cares of the world? Does the gathering rite before the readings help you join yourself, cares and all, with this assembly?
2. Do the scriptures, homily and intercessions ever make you feel the tension between Christ’s peace and the world’s ways?
3. Do the prayers of the faithful, the general intercessions, in your parish call the church to true prayer for all the troubles and sorrows of the world? Do you find yourself carrying these concerns into your daily prayer?
4. When you give and receive the sign of peace, is it “an authentic sign of our reconciliation with God and with one another?” How can you make this sign more powerful?
5. “When the priest is seated and the vessels have been quietly put aside, then stillness and peace are ours.” Does this describe your experience of the time after all have received holy communion? Are there other times at the liturgy that are deeply peaceful?

*Taken from “Guide for the Assembly” by Cardinal Joseph Bernardin.*