

## Pastor's Corner - March 20, 2011 - Peace Makers

Ten days ago we began our pilgrim Lenten journey during which we are invited to enter into this sacred time and space through traditional elements of prayer, fasting and almsgiving. As we live right now the dual tragedies of civil war in Libya and the earthquake-tsunami-nuclear disaster in Japan, these practices are even more appropriate. After all, they are a way of clearing our minds, hearts and schedules so that we might see with our pilgrim eyes and hearts what is really important. It brings me today to be thankful for the gift of each day, the gift of safety. It also brings me to reach out to those in need both here and in those far-away places. In a sense Lent and what we are now experiencing through natural and man-made disasters, help me to notice life and remind me not to rush through it. Lent help me to see that it is all about "being": being more aware, more conscious of who I am and who God is calling me to "be". It is about acknowledging my deep loneliness and hunger for God. It is about recognizing that my "being" for others, noticing, acknowledging, supporting others, can feed my soul and, ultimately, can feed others. It is about searching for my natural self, my God-given self, and finding inner peace.

Our practices during Lent are only successful if they lead me closer to God and closer to my fellow human beings. And so we pray and turn to God: "change our hearts this time." We also recognize that change is a slow process and that it only comes about with each decision and choice we make and each good action, one day at a time. Then we find peace and even become peace makers. With some 30 days left on our Lenten journey, here are some 30 suggested internet ways of peace making:

- Day 1 – Today, I will reflect on what peace means to me.
- Day 2 – Today, I will look at opportunities to be a peacemaker.
- Day 3 – Today, I will practice nonviolence, respect Mother Earth by making good use of resources.
- Day 4 – Today, I will take time to admire and appreciate nature.
- Day 5 – Today, I will acknowledge every human being's fundamental right to justice, equity, equality.
- Day 6 – Today, I will appreciate the earth's bounty and all those who work to make my food available
- Day 7 – Today, I will work to understand and respect another culture.
- Day 8 – Today, I will look beyond stereotypes and prejudices; I will embrace differences, value others
- Day 9 – Today, I will choose to be aware of what I talk about and I will refuse to gossip.
- Day 10 – Today, I will live in the present moment and release the past.
- Day 11 – Today, I will speak with kindness, respect and patience to every person on the telephone.
- Day 12 – Today, I will affirm my value & worth with positive "self-talk" - refuse to put myself down.
- Day 13 – Today, I will tell the truth and speak honestly from the heart.
- Day 14 – Today, I will cause a ripple effect of good by a random act of kindness toward another.
- Day 15 – Today, I will choose to use my talents to serve others by volunteering a portion of my time.
- Day 16 – Today, I will say a blessing for greater understanding whenever I see evidence of vandalism.
- Day 17 – Today, I will turn off anything that portrays or supports violence whether on TV or internet.
- Day 18 – Today, I will greet this day, everyone and everything, with openness and acceptance.
- Day 19 – Today, I will drive with tolerance and patience.
- Day 20 – Today, I will constructively channel my anger, frustration or jealousy into healthy activities.
- Day 21 – Today, I will take time to appreciate people who provide me with challenges in my life.
- Day 22 – Today, I will talk less and listen more.
- Day 23 – Today, I will notice the peacefulness in the world around me.
- Day 24 – Today, I will take time to tell a family member or friend how much they mean to me.
- Day 25 – Today, I will acknowledge and thank someone for acting kindly.
- Day 26 – Today, I will send a kind, anonymous message to someone.
- Day 27 – Today, I will identify something special in everyone I meet.
- Day 28 – Today, I will practice praise rather than criticism.
- Day 29 – Today, I will strive to learn from my mistakes.
- Day 30 – Today, I will listen without defending and speak without judgment.

Shalom,

*fr. Rolf*