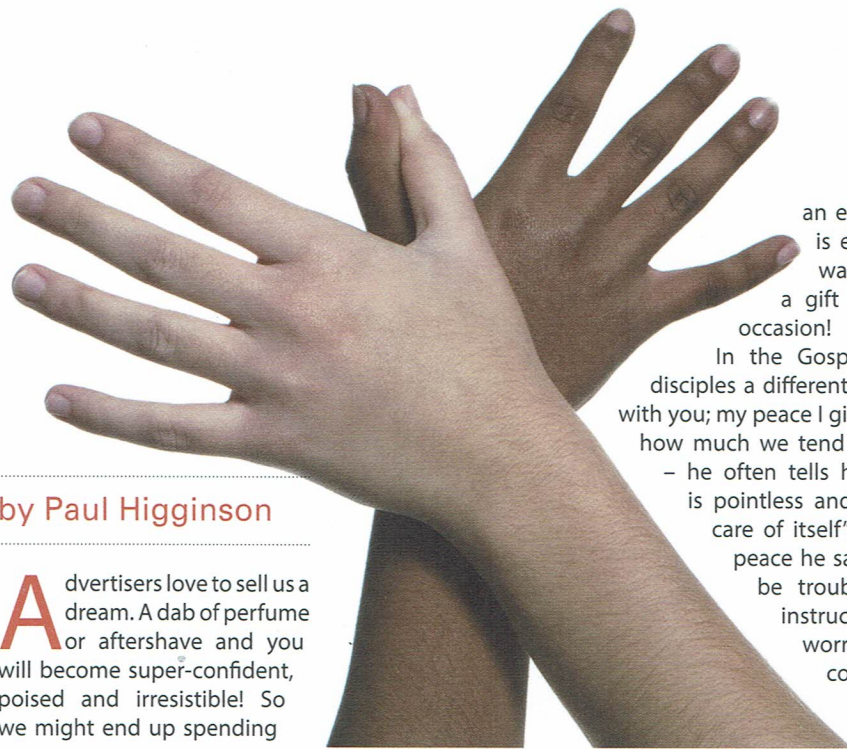


# SUNDAY PLUS

Nurture peace

## Work together for peace



by Paul Higginson

Advertisers love to sell us a dream. A dab of perfume or aftershave and you will become super-confident, poised and irresistible! So we might end up spending

an exorbitant amount on what is essentially coloured, smelly water, perhaps giving it as a gift for a friend on a special occasion!

In the Gospel today, Jesus gives his disciples a different kind of gift: "Peace I leave with you; my peace I give to you". Jesus knows just how much we tend to worry and get anxious – he often tells his disciples that worrying is pointless and that "tomorrow will take care of itself". So after gifting them his peace he says: "Do not let your hearts be troubled and afraid". It is an instruction, a command – stop worrying, trust in God, who is in control: all will be well.

Jesus says, "in the world you will have trouble",

we cannot avoid it – but peace is not an absence of conflict. It is the ability to cope with it. What a message for our anxious world! Forget the perfume or aftershave today. Instead ask God for the spirit of peace, a peace of mind that is beyond all understanding and which allows us to cope with whatever life throws at us. It's real and it's free and, like all good gifts, it grows when it is shared. Once you accept Christ's gift of peace into your own heart you can become peacemakers for others.

Paul Higginson is the Assistant Principal at the Catholic Sixth Form College in Harrow and has been a parish catechist for thirty years.


Let go

by Cowan Watson

When was the last time you felt at peace? If somebody asked me I might, after a certain amount of head-scratching, say: "Well, last week I had a couple of days' holiday; the weather was really good; I was in the garden; I heard a thrush singing and I felt really peaceful." Perhaps your response, if asked the same question, might be along similar lines. Often it would seem that the only way to find peace is to "get away from it all". However, according to Jesus, the peace that he gives is not dependent on outward circumstance, when everything seems right with the world. It is a peace which can exist within us and sustain us even in the most testing times. What we need

to do, if only we have the courage, is to let go and surrender our life, with all its attendant worries and anxieties, to God.

Cowan Watson is the Editor of *Light of the North*, a quarterly magazine produced by the Diocese of Aberdeen.

Lord, there are mornings when I wake up and I'm not at peace: my heart and stomach are churning for reasons I can't always identify. Be with me, Lord, and help me to find peace  Amen.

Peace in the heart

by Frances Molloy

"I got so much from looking after my mum when she had dementia," said a son. Not all are in a position to do this. Many rely on care homes, bringing fears such as, "They won't know who I am".

My experience during the twenty-five years of the Pastoral Care Project is that the power of prayer lessens fear. It stimulates the senses, for example, clasping the rosary beads as a decade or two are said, and helps one retain one's sense of identity. Receiving Holy Communion with a loved one can bring a sense of God's closeness and is one of many ways to deepen the bond of love, and to

create new memories to cherish. Simply holding each other's hand in silence brings a sense of peace.

As their senses fail, singing hymns can comfort the loved ones we are handing back to God in heaven.

Frances Molloy is the Project Manager of the Pastoral Care Project of the Archdiocese of Birmingham, [www.pastoralcareproject.org.uk](http://www.pastoralcareproject.org.uk)

"Peacemakers truly 'make' peace; they build peace and friendship in society. To those who sow peace Jesus makes this magnificent promise: 'They will be called children of God.'"

Pope Francis

Today: Acts 15:1-2, 22-29  
Apocalypse 21:10-14, 22-23  
John 14:23-29

Monday: Acts 16:11-15  
John 15:26 – 16:4

(E) St Augustine of Canterbury (Feast)  
1 Thessalonians 2:2-8  
Luke 10:1-9

Tuesday: Acts 16:22-34  
John 16:5-11

Wednesday: Acts 17:15, 22 – 18:1  
John 16:12-15

Thursday: Acts 1:1-11  
Ephesians 1:17-23  
Luke 24:46-53

Friday: Zephaniah 3:14-18  
or Romans 12:9-16  
Luke 1:39-56

Saturday: Acts 18:23-28  
John 16:23-28

Next Sunday: Acts 7:55-60  
Apocalypse 22:12-14, 16-17, 20  
John 17:20-26