

March 27, 2008  
Thursday in the Octave of Easter

Readings of the day may be found on the following link:

<http://www.nccbuscc.org/nab>

Acts 3:11-26

Psalm 8:2ab and 5, 6-7, 8-9

Luke 24:35-48

*...he stood in their midst and said to them, "Peace be with you."*

I began the Lenten season focused on the call to live in peace. Here it is again: Jesus reminding us that his desire for us is peace. As I listen to Jesus speak those words directly to me, I am aware of the turmoil in the world. I cannot help but think that the turmoil in the world is the result of turmoil in our hearts. In my years as a counselor, I have heard many stories of pain and hurt. I have learned through this experience that our tendency, when we are hurting, is to make negative assumptions about the person perpetrating the injury. I often offer this rule of thumb. When we make a negative assumption about anyone or anything, think of at least 5 more possible assumptions that also might be true. If we expand our options of possible truths, then we are less likely to create the truth in our own image and out of pain. This practice, I believe, is the first step toward compassion. Compassion takes us to peace—to a place where we know that even in the midst of pain and hurt, we can forgive and let go, to a place where we know that the other is also loved by God and in need of God's love.

*Lord, make me an instrument of your peace.  
Where there is hatred, let me sow love;  
Where there is injury, pardon...  
~St. Francis of Assisi*