

Advent Meditations - Week Two - Peace



From Scripture

Peace I leave with you; my peace I give to you. I do not give to you as the world gives. Do not let your hearts be troubled, and do not let them be afraid. - Jesus (John 14)

From Author Richard Rohr

“there is no path to peace, but peace itself is the path”

A Poem

The Peace of Wild Things by Wendell Berry

When despair for the world grows in me
and I wake in the night at the least sound
in fear of what my life and my children's lives may be,
I go and lie down where the wood drake
rests in his beauty on the water, and the great heron feeds.

I come into the peace of wild things
who do not tax their lives with forethought
of grief. I come into the presence of still water.
And I feel above me the day-blind stars
waiting with their light. For a time
I rest in the grace of the world, and am free.

A little bit of Etymology

Peace - from the greek word EIRENE (the verb **eiro** = to join or bind together that which has been separated) “literally pictures the binding or joining together again of that which had been separated or divided and thus setting at one again, a meaning conveyed by the common expression of one “having it all together”. It follows that peace is the opposite of division or dissension.” (from www.preceptaustin.org)

Questions & Thoughts for Reflection

How would you describe peace to a child?

Think of a time when you felt very peace-full. Sit with that memory and let your body recall the feeling.