

Today's entrance antiphon says: I think thoughts of peace and not affliction, says the Lord. What a great mantra or repetitive prayer as we read the doomsday readings today and even reflect on our lives, our nation, our world.

How do we stay focused on peace – or patience or hope – or any value in times of unrest, struggle, uncertainty?

First we need to name what causes us to lose focus. Is it needless worry about things you have no control over? Or does your to-do list seem to expand instead of decrease? What about overdosing on TV or the internet or the news? What is it that keeps you unfocused and pulls you outside of yourself?

How can you shift your focus to thoughts of peace and not affliction? Think about what you pray for most often: peace, patience, understanding, kindness, gentleness....Imagine clothing yourself in one of these each morning as you ready yourself for the day...remember it during the day.....and at night, pray it as you prepare to sleep. *I clothe myself in peace.*

Let us pray that we may become what we focus on, what we clothe ourselves in, and become a people of peace and kindness and hope....a clear and vibrant reflection of God's presence in us.