

We live in an anxious age, one spiritual writer wrote, and it has infected everyone.

Yet St. Paul in his letter to the Philippians tells us, “Have no anxiety at all”.

BUT we say, Look at our world today. Another mass murder, cultural and international conflicts, natural disasters. Look at our own lives. Young people anxious about getting good grades, getting into the right schools, making the best teams. Young and old being bullied by class mates or coworkers. Parents worried about their children and their parents. Grandparents worried about their health and their children and grandchildren.

Well if you weren't anxious before you came to Mass, you are now!

BUT seriously St. Paul has a lot of credibility. He lived through imprisonment, was thrown out of towns, was criticized and shamed. So he knows! He tells us to focus on who we are called to be...Focus on what is true and honorable. Be just in all our dealings....Keep our minds pure and clear....Be gracious....In the midst of the worry and the turmoil, pray - breathe in the very real peace of God, keeping our minds quiet and our hearts holding the peace that Jesus Christ alone can give.

Let us practice this together. Let us begin our liturgy with a moment of silence, breathing in the peace of God, breathing out the peace of God upon our world. (3x) Amen.