

A PEACE DAY

wherever you are

A Retreat House Peace Day understands Peace as wholeness – and draws on simple reflection and attentiveness to the balanced natural rhythm of a day to help ground us, wherever we are and whatever the circumstances.

Peace to this house;

*to those who enter; to those who dwell here;
to those who depart –*

Peace.

Retreat House blessing

This simple resource offers a way for you to make your own Peace Day. Decide the times at which you will mark a start, a middle and an end to your Peace Day, and at those times use the short readings and reflections in this booklet, given especially for those times of day. For the time inbetween, try to be as quiet and reflective as possible, engaging attentively to what you are doing – maybe some special reading or pastime, or maybe the necessities of your day with a different approach from usual. Gradually, let the simple natural rhythm of the day, and your own reflection and attentiveness, give you Peace.



beginning

Peace to this house; to those who enter, peace.

Take some time to become still.

reading, slowly and reflectively – “Remove the sandals from your feet, for the place on which you are standing is holy ground.”

Moses came to Horeb, the mountain of God. There the angel of the Lord appeared to him in a flame of fire out of a bush; he looked, and the bush was blazing, yet it was not burnt up. Then Moses said, “I must turn aside and look at this great sight, and see why the bush is not burnt up.” When the Lord saw that he had turned aside to see, God called to him out of the bush, “Moses, Moses!” And he said, “Here I am.” Then he said, “Come no closer! Remove the sandals from your feet, for the place on which you are standing is holy ground.”

The Book of Exodus

reflection, slowly and reflectively – a deliberate beginning

Just as Moses turns aside, today I turn aside just a little from my usual day. Just as Moses sees and hears when he turns aside, today I become attentive in a different way. Just as Moses says, “Here I am,” today I open myself to this day. Like Moses, I ‘remove the sandals’ from my feet so that I am in touch differently today. And, like Moses, I become aware that I am on Holy Ground.

Take some time for silence.

Peace to this house; to those who enter, peace.

Now use the first half of your Peace Day in your own way.



middle-of-the-day

Peace to this house; to those who dwell here, peace.

Take some time to become still.

reading, slowly and reflectively – *“Behold, I am doing a new thing; now it springs forth...”*

Remember not the former things, or consider the things of old.

I am about to do a new thing; now it springs forth, do you not perceive it?

I will make a way in the wilderness and rivers in the desert.

The Prophet Isaiah

reflection, slowly and reflectively – *dwelling in ‘now’*

I mark the middle of my day. I hear in this reading that the new thing springs forth *now*, the moment in which I dwell. I’m invited to see the new thing that springs forth, the new thing that is happening today, leading to a way in the wilderness and rivers in the desert.

I might join in prayer with the traditional Christian midday prayer of the Angelus, celebrating the song of the Angel announcing to Mary the coming of Christ.

Take some time for silence.

Peace to this house; to those who dwell here, peace.

Now use the second half of your Peace Day in your own way.



closing

Peace to this house; to those who depart, peace.

Take some time to become still.

reading, slowly and reflectively – *"Magnificat"*

My soul glorifies the Lord, and my spirit rejoices in God my Saviour...

... for he has done great things for me, and holy is his name.

The Gospel of Luke

reflection, slowly and reflectively – *giving thanks*

At the close of my Peace Day, I am thankful for today. I give myself time to recall the hours of today, and I recognise the good things, big or small, that have happened along the way. Along with the natural rhythm of a day, I let the daytime fade and enter the gentleness of evening, in thanks and peace.

I might join in prayer with the traditional evening prayer of the Magnificat, Mary's song of praise and thanks to God in her life and in a world being made new.

Take some time for silence.

Peace to this house; to those who depart, peace.

Go well.

