



As we remember our day of fasting and prayer on Wednesday, October 11, 2017, we pause, reflect and pray, that God will **"guide our feet into the way of peace"**.
(Canticle of Zechariah)

Contemplative Pause

Reflection:

Walking with peace and presence is an intentional act that invites us to take one step forward at a time with purpose.

The concept of each step in our lives being filled with opportunity to cultivate peace within ourselves and to bring peace into the world is aligned with the canticle that we faithfully pray each morning. Let us start anew to meditate and respond to the final words of the beautiful canticle of Zechariah... that the Light of Christ might "guide our feet into the way of peace." (Luke 1:79)

The peaceful paths and steps we take whether in our convent homes, our places of ministry, weekend hikes or daily walks are opportunities for God to illumine peaceful pathways and invite us to step with intention as we walk them.

Don't "outpace" the Guide; follow one step at a time.

Prayer:

Blessed be the Lord, the God of Israel; He has come to His people and sent them free. / He has raised up for us a mighty savior, born of the house of His servant David. / Through His holy prophets He promised of old that He would save us from our enemies. from the hands of all who hate us. / He promised to show mercy to our fathers and to remember His holy covenant. / This was the oath He swore to our father Abraham: to set us free from the hands of our enemies, free to worship Him without fear, holy and righteous in His sight all the days of our life. / You, my child, shall be called the prophet of the Most High; for you will go before the Lord to prepare His way, to give His people knowledge of salvation by the forgiveness of their sins. / In the tender compassion of our God, the dawn from on high shall break upon us, to shine on those who dwell in darkness and the shadow of death, and **to guide our feet into the way of peace.**

Extra Step:

Read: Peace is Every Step by Thich Nhat Hanh