

A Response to the Palestinian/Israeli War

I know many of us feel fear, sadness, and hopelessness as we are informed of yet another outbreak of violence leading to the death of so many on both sides of the Israeli/Palestinian conflict. We experience these reactions because we care deeply. It's the result of our waking up to our shared humanity and the deep understanding that because we are spiritually connected, trauma experienced by those in one area of the world can be felt by others.

It can be felt by us. What do we do?

The first thing is to find the place within ourselves, centered in the "Peace that Passes Understanding." Jesus said we could have that inner Peace.

Ernest Holmes gave us a meditation to help us get there:

Now let us seek that kingdom in the quietness of our own heart, in the solitude of our own mind, this stillness of our own spirit, and in the love we bear one another, as we embrace each other, look long and earnestly into each other's eyes, and see there the fire kindled in heaven. Listen to the heartbeat of each other and humanity until we hear the great rhythm of the universe, resounding in us. Lord God of heaven and Earth, infinite and eternal and ineffable beauty, we are that which Thou art and Thou art that which we are.

Now and forever more. Amen.

The next thing to do if you are willing, is to comfort and support the Jewish and Muslim people you know; maybe even the people you don't know. We may not be able to affect the course of history being played out in Palestine and Israel, but we can be a peaceful, loving presence to those in our area who may be unjustly criticized or threatened because of their ethnicity. Take a stand for Peace in your own neighborhood. Don't let others be bullied or bothered.

As St. Frances wrote, "Lord make me an instrument of thy Peace."

You and I are the place where God shows up.

We can be a Force for Good in the world.

Reprinted from Dr. Kathianne Lewis, from CSL Seattle