

**“BE THE PEACE”**  
**STAR - February 25, 2024**  
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In our world, there are so many events happening during this time, and during this weekend. The title of this consideration is “Be the Peace.”

I want to start this reflection with the Labyrinth. I would like to share information with you about the difference between the Labyrinth and the Harry Potter maze. The maze contains walls that keep people in. The maze is designed to make people lose their way and restrict them. The Labyrinth is an ancient tool designed for contemplation, spiritual freedom and growth and transformation. The labyrinth has been a part of human society for over 4000 years.

Star has a beautiful Labyrinth sharing 4 corners – earth, wind, water and fire. The first time I walked the Labyrinth – the 500 steps of peace, I had a challenging Friday at work. I was weary, frustrated and tired. As I walked the steps, I found that my spirit grew lighter and when I left, my heart was less heavy, and my soul was lifted.

During this time in the Christian season of Lent, we reflect on what would we like to take up or what we might leave behind. Like the Labyrinth, Lent allows us opportunities for spiritual growth and introspection. Can our faith grow? Can we share our relationship with our higher power in a more meaningful way? Can we learn more about ourselves and others? Can we face ourselves? And instead of surfacing, can we look deeper into the self that God wishes us to be?

In a recent chapter of the TV series, “The Chosen”, Thomas asked Jesus why he had not made him stronger, more of a healer or more like Jesus himself. It took Jesus several minutes to teach Thomas. that by going through tough life experiences, he would come out a stronger Christian. By going through the difficult times, he would be filled with a much more serious relationship with God as well as an amazing peace. It is that lesson that we need to learn.

As we end 2 long years of Ukraine war and begin a 3<sup>rd</sup> year, it is hard to feel peace. When we see starving children and dying babies, it is hard to feel peace. When Alexei Navalny dies, it is hard to feel peace. When we see people placing flowers in respect to Navalny and being arrested, it is hard to feel peace.

And yet I wonder if God is not saying to us, walk those 500 steps with me, be patient, hear my words and know that I am with you, even in the

worst of times. Can we walk the Labyrinth? Can we feel peace when our feet and hands are washed? Can we learn from the contrasts of good and evil and light and the darkness?

Can we feel the peace?

If it is in the quiet, it is peace.

If it is good, it is peace.

If we listen, it is peace.

If God speaks, it is peace.

If we lift our hands, it is peace.

If we open our hearts, it is peace.

A friend gave me this rock that says, "Be the Change." I suggest that we "Be the Peace."

Amen. Namaste.