Blessed are the Peacemakers
By Carey Walker

A mini-retreat, *Reflection: St. Angela on Peacemaking*, brought together a large gathering of Cumberland Area Associates in April who began their day with a Mass at St. Peter and Paul Church. Srs. Sarah Stauble, Rita Dressman and JoAnn Hauntz visited from Louisville, and as always, were welcomed with open arms as attendees were directed inward to an examination of non violence as a way of life, choosing, as Angela did, to make peace a relational thing rather than a passive state. The sisters took a very complex issue and helped us to see in it a vision of goodness, an active awareness of knowing when to be silent and when to speak.

Sr. Rita introduced us to a marvelous little book called Mary of Nazareth by Fr. John Dear in which three aspects of creative non-violence are described and each related to movements in Mary's own journey. Contemplative non-violence was compared to The Annunciation, active non-violence to The Visitation, and prophetic non-violence to the Crucifixion and the Resurrection. The presentation was intermingled with discussion, prayer and observation during which the following thoughts were noted.

Nom-violence is a call, a way of life, an action and a voice.

It's about caring for the earth and each other.

It's a change in your mind and heart.

It's about sustainability and the way to be truly just.

It's a choice. It's peace filled. It's prayer filled.

St. Angela's writings show how deeply she valued harmony and indicate that the seeds of a broader peace begin with peace in our own hearts, thoughts and

actions. Our day of prayer, discussion, contemplation, music laughter and good food was an inspirational interlude for companions on a journey.