

The Sign of Peace

Question: Why do Catholics give the sign of peace to one another at Mass?

Answer: The sign of peace is a part of the Mass that takes place immediately after we offer the Lord's Prayer. Inspired by the Jesus' words to his first followers, we stand together in a spirit of communion to pray as Jesus taught us: "Our Father who art in heaven..." In this prayer, we call for the coming of God's kingdom in all its fullness and ask that God provides for our needs — "Give us, this day, our daily bread" — to forgive our sins and to bring us to the joy of heaven.

It is almost natural, then, that the rite of peace would follow. As the celebrant prays that Christ's peace will fill our hearts, our communities, the Church, and the whole world, we extend to those around us a sign of peace (usually a hug or a handshake) as a symbol of the communion that we experience now and will experience forever in the fullness of the reign of God.

We are also reminded of Jesus' teachings that if we are at prayer and remember that a brother or sister is holding something against us, then we are to go and seek reconciliation with them before we continue our prayer (see Matthew 5:23). And so, the sign of peace also reminds us of the need to truly be in communion — united in love and peace — with God and one another before we approach the altar to receive the Eucharist.

So, the next time you're at Mass and the time comes for the sign of peace, remember that this is a moment to celebrate the gift of Christ's peace that each of us has received

from God and to pass that peace along to those around us. We need this moment to practice, because this is also the same peace of Christ that we are instructed to carry out into the world at the end of Mass when the priest or deacon says to us, "Go, in peace, glorifying the Lord by your life." ©LPi



Man-Up West-Catholic Fellowship for Men.

January 12th, 2024: Ryland Jones, Dowling Catholic, Ut Fidem Male Coordinator joins Man-Up West Power Lunch. Ryland, an Army veteran will discuss his role with the young men at DCHS as well as his personal journey to the Catholic Church. We'll discover how Ryland, and the Ut Fidem program are helping young men "Keep and grow their Faith" in high school and beyond. Ut Fidem is spreading beyond Des Moines. Come and find out how and where, as well as how you can get involved.

Lunch from Chick-fil-A for a free will offering /Program: High Noon, Friday, January 12th, St. Francis of Assisi Catholic Church- 7075 Ashworth Rd, West Des Moines, IA 50266 We encourage you to register for this event at: www.iowacatholicradio.com



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Job Openings around the Diocese...

Our Lady's Immaculate Heart Catholic Church has an opening for a Business Manager. This individual reports directly to the pastor and oversees the stewardship of the physical, financial and personnel resources of the parish. This is a full-time, salaried, benefits eligible position. For a full job description, visit www.olih.org/employment-opportunities. Send resumes to Fr Michael, frmichael@olih.org.

St. Ambrose Cathedral is looking for a full-time Director of Family Faith Formation. St. Ambrose is a diverse community of many cultures. Please see the website for a full job description: <https://www.saintambrosecathedral.org/community-news/>.

Worldwide Marriage Encounter

Just as we celebrate Thanksgiving by gathering with family. Why not celebrate your Marriage by attending a Worldwide Marriage Encounter Weekend? It's a positive, simple, common sense, private experience between husband and wife that revitalizes your marriage. Questions can be directed to 563-920-9419. Weekends are being held February 16-18 in Marshalltown, April 12-14, 2024 in Epworth; September 27-29, 2024 in Dubuque; and November 8-10, 2024 in Holstein.



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