

October 4, 2025

Daily Reflections



INSTRUMENTS OF PEACE

By Julie Mussché

A Quote

“We have been called to heal wounds, to unite what has fallen apart, and to bring home those who have lost their way.”

ST. FRANCIS OF ASSISI

Reflection

After my step-dad retired from the Navy, my family relocated back to Southern California and lived in an apartment complex in North Long Beach. My uncle owned the residential facility, which my parents managed as part of our living arrangement. It was at this point I insisted on attending a Catholic school; this had been a burning desire since my Confirmation in Japan. With the support of my aunt, also my Godmother, my parents relented and I was enrolled in a school less than a mile from my new home.

The order that served as teachers and administrators at the school were the Franciscan Sisters of Mary Immaculate. They were wonderful examples of what it meant to be part of the Franciscan tradition, embracing in particular their vow of poverty and a prayerful life. They emanated humility, kindness, conciliation, patience, generosity of spirit and simplicity. They also laughed a lot, which was cool. Through their guidance and modeling, I learned what it meant to be a follower of Jesus and got to know my identity as a Catholic.

Prayer was a big part of the school day, starting with Mass every morning and praying the Angelus at noon. There was also Eucharistic Devotion and praying the rosary on occasion. Books on the lives of saints were readily available and encouraged for reading. The Sisters prayed the Divine Office seven times a day, and every now and then one might catch them singing the prayers. Above all, my Sister mentors helped me distinguish false piety from a truly devout life in how they lived out the Gospel in loving God and each other in a day-to-day and tangible way. For them, prayer had action.

Today, the feast of St. Francis of Assisi, we end the Season of Creation. Francis saw all of creation as sacred and connected with humanity by the Divine spark. Likewise, Francis was a unifier, recognizing God's reflection in all people and the inherent dignity of each person without distinction. During this time of discord and senseless violence toward each other and our Mother Earth, may we look to the example of St. Francis.



For Pondering

Consider St. Francis of Assisi--what do you know of him? What do you admire and hope to emulate?

For Prayer

Peace Prayer of St. Francis

*Lord, make me an instrument of Your peace;
Where there is hatred, let me sow love;
Where there is injury, pardon;
Where there is discord, harmony;
Where there is error, truth;
Where there is doubt, faith;
Where there is despair, hope;
Where there is darkness, light;
And where there is sadness, joy.
O Divine Master, Grant that I may not so much seek
To be consoled as to console;
To be understood as to understand;
To be loved as to love.
For it is in giving that we receive;
It is in pardoning that we are pardoned;
And it is in dying that we are born into eternal life.*

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