





Brief Context

On this walk we follow Francis beyond Assisi to the small town of Gubbio in the northeastern part of Umbria, and then much farther away to Egypt.

Scripture Reflection: John 4:1-42

The story of Jesus and the Samaritan woman could have played out in many different ways. It is worth noting that when Jesus approached this woman, everything he did was to build trust and to build relationship. They had all kinds of differences. He was male, she female. She had not exercised the restraint in her relationships with the opposite sex that he had. He was Jewish and she was a Samaritan. He was in good standing in the community but she was not---and on and on. But Jesus found commonality and then moved closer to her. Thereby he was able to hear more of her personal story.

Jesus did not primarily focus on points of disagreement, though he did mention those. He instead focused on their common humanity under God—mentioning that all people need to worship God in spirit and in truth. This is what the Father desired. He included her in this type of worship which opened the door to her new-found faith.

Can you imagine yourself calming your inner reactions to folks with whom you disagree or who are threatening to you, in order to make space for listening and thereby gaining greater understanding? What would this be like for you? What is one first step you could take in this direction?



Breath Prayer 2 CORINTHIANS 13:11

Finally, brothers and sisters, rejoice! Strive for full restoration, encourage one another, be of one mind, live in peace. And the God of love and peace will be with you.

Breathe in: Live in peace... Breathe out: God is with me

Contemplation

Pick a time this week to go people-watch. Maybe when you go to the store or when you're at the dog park, pay attention to the people around you. Ask the Holy Spirit to enlighten you about their dignity and how they are made in the image of the Divine. Spend as much time people watching as you are alert to God's voice telling you about other human's value and beauty.

Action

Are there people in your life who come to mind when you think about conflict and disunity? Maybe you've felt distant and estranged from some people because of political or theological disagreements.

- What might be God's invitation for you in stepping closer to them in peace and unity?
- What do you need to do internally and externally to reconcile?
- What will it take for you to say yes to this invitation? What's one concrete next step?



WALK 4: MAKE PEACE

Prayer PRAYER OF ST. FRANCIS, ANONYMOUS AUTHOR

Lord, make me an instrument of your peace. Where there is hatred, let me sow love; where there is injury, pardon; 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 to eternal life.

Walk Reflections

We invite you to experience the Franciscan Way with your whole self. When we tune into our breath and all of our senses, we can become more present to our bodies, our surroundings, and to God. Use the space below to write or draw anything that you would like to remember about your walk. For example, what did you see, hear, smell, touch, taste? Also note any responses you had to reflections questions within the walk.

- Where do you perceive breaks in shalom? With creation? Between people?
- What might it take to build a bridge instead of widening the divisions?





