

Shalom

We do not come through suffering and difficult times unscarred.

We are changed by them.

We're not the same people anymore..

Often it brings some sort of growth into our lives and **that** is usually not a pleasant experience.

We only have to think of the past year of lockdowns and isolation and keeping your distance, the worry and the fear.

Pope Francis, recently wrote

'To enter into crisis is to be sifted. Your categories and ways of thinking get shaken up; your priorities and lifestyles are challenged.

You cross a threshold, either by your own choice or by necessity, that you can't avoid.'

Today's Gospel shows us that even the most difficult situations **can** be transformed.

The disciples have isolated themselves, they are living in fear, they are keeping their distance from the world.....

And the Risen Christ comes and he stands amongst the disciples even though the doors were firmly closed.

And He gives them His Peace! Shalom!

The peace that he gives them (Shalom) is a peace of body, of mind and of spiritand it moves the disciples from despair and being 'locked away' to being "filled with joy".

Jesus then asks the disciples to be an unending witness to God's love.

"As the Father sent me, so am I sending you!"

They, and we, are invited to be for others what Jesus has been for them.

The Risen Jesus is active in all our lives and in the world around us, he is with us in our worry and anxiety and our socially distancing.....but we must be careful not to close ourselves off or let fear take over.

John tells us that he writes these things so that we may come to believe and have life.

Our call is to bring this **Peace**, this **SHALOM**, and this **Joy** to others,

'so I send you' - Jesus says to us!

Who will you reach out to today?