

Deoise Chiarraí
Mission 2026

Peace be to You all

SUNDAY 8TH - WEDNESDAY 11TH
FEBRUARY 2026



Mission Programme

Each day, you are invited to join in

- Daily Prayer in the Mission booklet
- Mass in your parish
- Prayer Petition online
- Mission Talk @ 8.00 p.m. online
- Daily Reflection online
- Family Time in the Mission booklet
- Just a Thought on Radio Kerry

Speakers include

Sr Finola Cunnane, *spiritual accompanier, educator, pilgrim*

Jim Deeds, *author, pastoral minister, facilitator*

John Lannon, *CEO of Doras, lecturer on human rights*

Gemma Mulligan, *pastoral co-ordinator, parent,
Godly Play accompanier*

To register for the Diocesan Mission, go to

www.dioceseofkerry.ie

By registering, you will receive an email each day of the Mission with the links for that day.





Table of Contents

A Message from Bishop Ray	2
Prayer: Resting in Jesus' presence	3
Sunday Prayer Moment	4
Monday Prayer Moment	6
Tuesday Prayer Moment	8
Wednesday Prayer Moment	10
Family Time	12

A Message from Bishop Ray

"Peace be with all of you!"



On May 8 2025, surely mindful of Pope Francis' death the morning after Easter Sunday, the first words in public of the newly elected Pope Leo were:

"Peace be with all of you! Dearest brothers and sisters, this is the first greeting of the Risen Christ, the good shepherd who gave his life for God's flock. I too would like this greeting of peace to enter your heart, to reach your families, to all people, wherever they are, to the whole earth. Peace be with you! This is the peace of the Risen Christ, an unarmed and disarming peace, humble and persevering. It comes from God, God who loves us all unconditionally."

May this year's mission help us recognise Jesus Christ as the true source of peace in all of us. Recall:

- Blessed are the **peacemakers**, they will be called children of God. (Mt.5:9)
- Lord, make me an instrument of your **peace**, . . . (St Francis)
- Lamb of God, you take away the sins of the world, grant us **peace**.
- My soul is longing for your **peace**, near to you my God.

I thank the team at the diocesan pastoral centre, and all involved in our diocesan online mission, especially the guest speakers. Please encourage others to join in.

+ Ray Browne

Diocese of Kerry, January 2026





Prayer: resting in Jesus' presence

As you come to enter into this time of resting in the presence of Jesus, you might like to take a few moments to be aware of all that is calling for your attention at this time. As you name the different parts of your life, you might like to imagine yourself placing them alongside you.....leaving you free to be present to Jesus who is present with you, here, now.

If it helps, you could put your phone on silent and set an alarm so that you can relax fully into this gift, this time with Jesus.

Find a comfortable position for your body. As you light a candle, let the warm light invite you to be still, to rest. Jesus, our friend and brother is here before us.

Let your body become still.....breathe....

Listen to your heartbeat.... breathe.....

Open yourself to Jesus' presence with you.... breathe

Pray the daily prayer slowly.... breathe...

Notice what it says to you.....breathe....

Pay attention to your life as you go about your day.



Sunday

Finding Inner Peace

*Peace I leave with you; my peace I give you.
... Do not let your hearts be troubled
and do not be afraid. Jn 14:27*

Invitation Cúireadh

Jesus invites us to live in peace, noticing that we are often troubled and afraid. What is disturbing your peace today? Is it fear of others and what they will think or say? Are we troubled by the unknown - awaiting a doctor's appointment, wondering about our future, bothered by a friendship or relationship that has gone sour? Jesus invites us to receive his peace and to allow it to find a home in us.

Reflect Machnamh

I am convinced that peace among nations will not happen until there is true peace within the hearts of individuals. Within my own life a stronger peace has gradually taken root, mostly due to my commitment to daily, personal meditation. When I open the door of my heart and spend time with the Holy One, I become aware of what thwarts my effort to be peaceful. If I tend to the source of the distress, this, in turn, leads me to greater serenity. Then, when I move beyond the door of my heart into the wider world, this embraced peace accompanies me. Unless I deliberately choose to turn away from inner harmony, I can count on it to bless the people and the work of my life.

Becoming aware of my inner conflicts sometimes occasions a brutal recognition and uncompromising verdict of needing to change my ways. Learning about peace is one thing. Putting peace into practice by changing attitudes and actions is quite another. If unrest, non-forgiveness, dissension, apathy, or discontent reside in me, the scent of this will be on each breath I take. Discordance will contaminate each part of my life.

Today, bring peace with you to every creature, to solitary corners and crowded streets, to each hostility and every anxiety. Most of all, embrace confidently the bountiful peace of Indwelling Love so your presence in the world becomes one of healing tranquillity.

from Bringing Peace Spiritual Practice by Joyce Rupp

Pray Guígh

*God of peace,
you enfold me in your presence,
when I sit awhile with you.*

*Let each breath I take today
remind me of the peace you offer me,
the serenity you wish for me and for all people. Amen.*

Act Gníomhaigh

As I go through my day, I breathe in Jesus' peace, one breath at a time. I speak words of peace to those I meet.

Monday



Becoming Communities of Peace

*Whatever you have learned or received or heard
from me or seen in me - put it into practice.
And the God of peace will be with you. Phil 4:9*

Invitation Cúireadh

Jesus offers us a way of being with others - as disciples we try to model our attitudes and behaviours on him. What is this like for us? What would happen if we loved each other as Jesus loves us? If we included the outsider as Jesus reached out to tax collectors and sinners of his day? How would it be if we were to let go of guarding what we have and work instead towards the fair sharing of the world's resources between all people? Creating communities of peace involves creating local neighbourhoods of respect, welcome and fairness

Reflect Machnamh

Dear brothers and sisters, all too much violence exists in the world and our societies. Amid wars, terrorism, human trafficking and widespread aggression, our children and young people need to be able to experience the culture of life, dialogue, and mutual respect. Above all, they need the witness of men and women who embody a different and non-violent way of living.

From local and everyday situations up to the international order, whenever those who have suffered injustice and violence resist the temptation to seek revenge, they become the most credible

agents of non-violent peacebuilding processes. Non-violence, as a method and a style, must distinguish our decisions, our relationships and our actions.

The Gospel and the Church's social doctrine are a constant source of support for Christians in this effort. They can also act as a compass for everyone, since the fostering of a culture of peace is a task entrusted to all, believers and non-believers alike, who must advance it through reflection and a praxis inspired by the dignity of the person and the common good.

Message of Pope Leo XIV to the Movements and Associations of the "Arena of Peace" May 30 2025

Pray Guígh

*Loving God,
you create each one of us in your image and likeness.*

*Unearth the soil of our hearts,
clinging to the weeds of jealousy and resentment;
loosen our heart's tendrils on divisiveness and envy.*

Cultivate your peace in us, we pray. Amen.

Act Gníomhaigh

Today I look with fresh eyes at those I meet and consciously sow seeds of peace, not division or exclusion - at home, in our area, at church.



Tuesday

Working for a Peaceful World

*Blessed are the peacemakers,
for they will be called children of God. Matt 5:9*

Invitation Cuireadh

To be a peacemaker is to be a child of God. Every time we choose vengeance and violence, in word or in action, we perpetuate war and conflict. Jesus invites us to work for peace as peoples, as nations, as a global community.

Reflect Machnamh

This verse in Matthew's Gospel is the only time the word peacemakers is ever used in the whole Bible. Peacemakers literally are the "ones who reconcile quarrels." We can clearly see Jesus is not on the side of the violent but on the side of the nonviolent. Jesus is saying there must be a connection, a clear consistency, a constant unity between means and ends. There is no way to peace other than peace-making itself.

War is a means of seeking control, not a means of seeking peace. Pax Romana is the world's way of seeking control and calling it peace. The Romans thought they had peace, but violence will always create more violence, especially on the edges, in the colonies. At the centre, among folks who are "insiders," it has what it calls peace, yet the violence has merely been exported to those on the edges of society. That is no real

peace. Our rich gated communities with security entrances are evidence of the same today. As Pope Paul VI said, "If you want peace, work for justice."

In the Sermon on the Mount, Jesus defines peace in a different way that we call Pax Christi, the peace of Christ. In the remaining Beatitudes, Jesus will connect his peace with justice and self-sacrifice (see Matthew 5:10). The Pax Romana creates a false peace by sacrificing others; the Pax Christi waits and works for true peace by sacrificing the false self of power, prestige, and possessions.

Fr Richard Rohr - daily-meditations/jesus-calls-us-to-make-peace/

Pray Guígh

*Give us the depth of soul, O God,
to constrain our might,
to resist the temptations of power,
to refuse to attack the attackable,
to understand that vengeance begets violence,
and to bring peace—not war—wherever we go.
For you, O God, have been merciful to us.
For you, O God, have been patient with us.
For you, O God, have been gracious to us.
This we ask through Jesus,
the one without vengeance in his heart.
This we ask forever and ever. Amen.*

www.joanchittister.org/prayer-for-world-peace

Act Gníomhaigh

Today I act justly and pray for world peace.

Wednesday

Family – A Peaceful Place

*Above all, clothe yourselves with love,
which binds everything together in perfect harmony.*

Col 3:14

Invitation Cuireadh

We can cope with anything that life throws at us, if we have love in our lives – a loving partner or a true friend or the support of family. Family can offer us a real experience of being loved and accepted for who we are. Loving others needs sustenance, or we won't last the journey. Jesus invites us to draw from the well of God's love, who has carved each of us on the palm of his hand. We try to offer a glimpse of that love and acceptance to our family members.

Reflect Machnamh

The Lord's presence dwells in real and concrete families, with all their daily troubles and struggles, joys and hopes. Living in a family makes it hard for us to feign or lie; we cannot hide behind a mask. If that authenticity is inspired by love, then the Lord reigns there, with his joy and his peace. The spirituality of family love is made up of thousands of small but real gestures. In that variety of gifts and encounters which deepen communion, God has his dwelling place. This mutual concern "brings together the human and the divine" for it is filled with the love of God. In the end, marital spirituality is a spirituality of the bond, in which divine love dwells.

A few minutes can be found each day to come together before the living God, to tell him our worries, to ask for the needs of our family, to pray for someone experiencing difficulty, to ask for help in showing love, to give thanks for life and for its blessings, and to ask Our Lady to protect us beneath her maternal mantle. With a few simple words, this moment of prayer can do immense good for our families. The various expressions of popular piety are a treasure of spirituality for many families.

Pope Francis - Amoris Laetitia §315 & 376

Pray Guígh

*O God of Morning Light,
Mothering Presence, God our Father,
flood our family with the light of your love,
and let us see afresh the gift of each member of our family,
in their strength and in their weakness.
May your gentle presence guide each of us this day. Amen..*

Act Gníomhaigh

Today I pray for each member of my family, being honest with God about my relationship with each person. I ask Jesus to help me to be a person of peace in my home.

Family Time

Making the Mission together

Celebrating our appreciation of one another

Put all the family members' names in a hat. Each person draws a name. They then decorate and write a Thank You card to that family member and hide it somewhere in the house. After dinner, the family have to go looking for their card. They can't tell anyone if they find someone else's card!

Making peace with one another

Jesus tells us that we are all sisters and brothers, and God is our father. Pope Francis said family life would be enhanced by saying Please, Thank you and I'm sorry to family members. Today, try it out!

Plant plants in harmony with nature

Nature reflects God's beauty.

Take care of our local biodiversity by planting some native wildflowers or plants.

Ask a friend or in a garden centre if you are not sure. Wait and watch them grow and flower!

Family Activity Jar

Peace is built by spending time with others and appreciating their perspective on life. Today invite everyone to write one free/not expensive family activity on a piece of paper and each weekend, one person in the family gets to take a lucky dip and see which activity comes out for the whole family to do.



Morning Prayer Paidir na Maidine

Father in heaven, you love me,
you're with me night and day.
I want to love you always in all I do and say.
I'll try to please you, Father.
Bless me through the day. Amen.

*A Dhia, tá grá agat dom.
Bíonn tu liom de lá is d'óiche.
Ba mhaith liom grá a thabhairt duit
gach noiméad den lá.
Ba mhaith liom tú a shásamh.
A Athair, cabhraigh liom. Áiméan*

Night Prayer Paidir na hOíche

God, our Father, I come to say
thank you for your love today.
Thank you for my family,
and all the friends you give to me.
Guard me in the dark of night,
and in the morning send your light. Amen.

*A aingil uasail, a aingil Dé,
cabhraigh liom ar feadh an lae.
Bí lem' ais go síoraí dlúth,
'S ná lig domsa dul amú.*

Prayers taken from Grow in Love/I nGrá Dé by Veritas

Prayer for Peace



Jesus, Lord of our history,
Faithful companion and living presence,
You who never tire of coming to meet us,
Here we are, in need of your peace.

We live in times of fear and division.
Sometimes we act as if we were alone,
Building walls that separate us from one another,
Forgetting that we are brothers and sisters.

Send us your Spirit, Lord,
To rekindle within us
The desire to understand one another, to listen,
To live together with respect and compassion.

Give us the courage to seek paths of dialogue,
To respond to conflict with gestures of fraternity,
To open our hearts to others without fear of differences.

Make us builders of bridges,
Able to overcome borders and ideologies,
Able to see others through the eyes of the heart,
Recognizing in every person an inviolable dignity.

Help us create spaces where hope can flourish,
Where diversity is not a threat
But a richness that makes us more human. Amen.

Pope Leo XIV - August 2025

