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**Reflections on the Season: Good Will to Men**

**By Anne Dibala, M.D., The Recovery Coach™**

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Such are the words that are sung, read, and printed repeatedly throughout this holiday season.

So what do we mean by this expression? "Good" means that which is positive, wholesome, health-inducing, salubrious. "Will" means something desired. "Good will" is considered to mean good wishes or intentions. "Toward men" in this day and age, is construed as meaning "toward human beings, female and male alike."

In this holiday season what do you mean when you utter this phrase? To which people do you wish to express wishes of well-being, joy, hope, success and prosperity? How far does your generosity of spirit extend?

Just a thought to consider as we enter a season which has its underpinnings based upon a teacher who espoused love, forgiveness, and peace even in this world populated by human beings with frail human natures and human emotions, unchanged in our basic natures as 2000 years ago.

One of the differences is that we are more technologically advanced, in some geographic and geopolitical areas. In these regions of technological advancement, we actually may be more socially isolated from a family perspective, and more separated from the basic natural gifts of clean air and pure water.

I hope and pray that we may all examine the manifold gifts that each and every one of us has. May we also reflect upon the phrases we utter in speech, song, and written form, during this short holiday period. These few remaining days of the year 2003 are rapidly coming to an end. May this time give you peace and good will, my friend.

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## **Reflections on the Peace Prayer of Saint Francis of Assisi**

**By Lisa M. Hendey**

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Book Review – Reflections on the Peace Prayer of Saint Francis of Assisi

By Albert Haase

Reviewed by Lisa M. Hendey

Certain inspirational sayings and prayers transcend denominational lines, becoming part of the fabric of faith and inspiration for masses of believers seeking solace or comfort in difficult times. In *Reflections on the Peace Prayer of Saint Francis of Assisi* (Saint Anthony Messenger Press & Franciscan Communications, September 2004, paperback 84 pages) author Albert Haase, O.F.M. dissects the classic "Peace Prayer" which is attributed to St. Francis of Assisi. In his enlightening introduction, Haase offers a brief history of the prayer, noting that it has been embraced by as a "prayer for all times and all peoples", having been used by such notables as Margaret Thatcher at her inauguration and at the funerals of Mother Teresa of Calcutta and Diana, Princess of Wales.

Given today's climate of political upheaval and war in so many areas of our world, contemplation of the Peace Prayer seems to be even more relevant than ever. This compact, twelve chapter book examines each phrase of the prayer in detail. Personal reflections and stories of individuals living out the aspects of the Prayer are offered and draw the reader into a closer understanding of what is meant by each simple expression. Each chapter ends with four reflective questions for individual or group consideration.

For individuals looking to truly live out the concept "Lord, make me an instrument of your peace", Albert Haase's book will become a treasured resource and invaluable prompt to both prayer and action. Groups looking for a concise study should enjoy gathering to read and contemplate the book as they examine how to become peacemakers in their own communities and in the world at large.

For more information on *Reflections on the Peace Prayer of Saint Francis of Assisi* visit <http://www.amazon.com/exec/obidos/ASIN/0867165723/catholicmomcom>

Lisa M. Hendey is a mother of two sons, webmaster of numerous web sites, including <http://www.catholicmom.com>, <http://www.digitalcropper.com>, and <http://www.christincoloring.com>, and an avid reader.

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