



**We are
Called**

TO HEAL. TO UNITE. TO JUSTICE.

Minority Mental Health Month

Huddle Resources, 2022

Peace Be with You

Introduction

As we approach a nearly post-COVID environment, in some spheres, life is as close to normal as anyone can remember. Our path forward is unknown, making us restless, unsettled. What happens next?

Of course, nobody can really know for certain what comes next. We rely on muscle memory and lean into the discomfort of learning and growing. In a time where our stores of empathy are dangerously low, how can we let go of our judgment and worry to instead welcome in God who is Jesus, who is Peace?

Minority Health Month this year also coincides with the Easter Season, and so we invite you to use your imagination as you place yourself in the position of the apostles immediately following the death of Jesus on the cross. Quite literally, the trauma of what they have experienced is such that they cannot help but question everything that they know.

As you use your imagination to place yourself in this scene, consider what it must have been like: the disciples have just recently witnessed the suffering and death of their Rabbi, their leader, their dear friend. Now, not long after, they encounter a miracle in the flesh. “Peace be with you,” Jesus says. Even from this first encounter, we are invited to peace — peace when we feel engulfed in the chaos of the unknown, peace when we are overwhelmed with any and every other emotion this trying time has brought out in us. As you use these brief reflections with colleagues and staff this Minority Health Month, we hope that you might find a path to peace in your own life, that you may better offer peace to others.