

# MEDITATION

## **The Mystery of Incarnation begets the Mystery of Redemption**

As the Mystery of Creation has come through Flesh (Adam), the Mystery of Redemption also came through Flesh (Jesus). So, we were saved and redeemed thanks to the Body of the Son of God who took the risk of accepting to be born as the Son of Man. It is through the Breaking of the Bread (the Sacrament of his Body, the Eucharist and the Church) that our Risen Lord, Jesus Christ, was recognized by his disciples after having risen from the dead. As a Church, the People of God, Members of the Body of Christ, we need to be broken in order to give loving and authentic witness to Christ, our Broken Lord and the Bridegroom of the Church. It is through her brokenness and not through a pretending powerfulness, invincibility or triumphalism that the world will recognize Jesus' Presence in the life of the Church. A Church that can humbly and in truth accept and even welcome her vulnerability, her weakness, her brokenness; a Church that can through her own life give witness to God's Mercy. That is the Church that can bring Peace, true Peace, to the rest of the World. Because she will let herself be completely purified and redeemed by her Lord in her own weaknesses and frailties, she will become a true channel of God's Mercy and Peace, like Jesus.

My sister, my brother, do not be ashamed of your brokenness, limits and shortcomings. They are God's way of reminding you that like all the rest of your fellow human beings in the world, you too need to be redeemed by his Mercy. He will bring his Salvation into your life through the open wounds of your body (physical, emotional and spiritual element). Do not be afraid to beg God for the grace of his Mercy and Healing in your life. There you will find Peace, Harmony and Unity in your own being. This will make you a witness and a channel of harmony and communion in your relationship with your brothers and sisters, who, like you, have been troubled in their life because of their shame and their guilty spirit in the face of their own brokenness. May, through the Breaking of the Bread in the Eucharistic Celebration, Sacrament of the Saving Wounds of our Risen Lord, we all find the Peace of our Heavenly Father!

Father Francois

