
Canon's Corner: Carolynne Williams

Occasional offerings from the Canons of the Cathedral



Moving Through Fear Spiritually

The blessing that is offered frequently following the post communion prayer is familiar to most of us. This blessing reminds us to trust God in all circumstances.

The peace of God, which passeth all understanding, keep your hearts and minds in the knowledge and love of God, and of his Son Jesus Christ our Lord; and the blessing of God almighty, the Father, the Son, and the Holy Ghost, be amongst you, and remain with you always. Amen. (BCP p. 339)

For those who hear and receive it, this blessing can permeate the places within us and we may walk with it. Walking with the blessing on our journey moves us from a place of fear to a place without fear, toward a place of courage. The blessing reminds the listener and the giver of the blessing, that we are not alone and that through all circumstances we can have and retain peace.

This season of Lent offers opportunity for spiritual growth which can propel us forward to seek the Holy Presence within. The peace which surpasses all understanding can make a space within each of us for the Holy to live, permitting us to live without fear.

Learning to live without fear seems to take a long time, if not a lifetime. Some fears are good; they keep us alive when we feel threatened. But the fears that keep us in a place of immobility and discouragement need to be removed.

Be encouraged. Inner peace can take hold and with it the mystery of the presence of God, always.

This season of Lent reminds us of that fact. Let us not leave, spiritually, the peace which only God can give and which does surpass all understanding.

May the peace of the Lord be always with you.

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