

IN SPIRIT AND TRUTH: THE MASS

Kiss of Peace

This is article 16 of 21 of the Mass series

The Sign of Peace or "Kiss of Peace" is a pre-requisite act for the reception of Holy Communion. The Kiss of Peace is a tangible sign of the disposition of heart required to receive the Holy Eucharist (Kosloski, 2017).

The spiritual symbolism of this gesture is found in the following Gospels:

1. Jesus said, "If you are offering your gift at the altar, and there remember that your brother has something against you, leave your gift there before the altar and go; first be reconciled to your brother, and then come and offer your gift" (**Matthew 5:23-24**).
2. Jesus said, the second most important commandment is "to love your neighbor as yourself" (**Mark 12, 31**).
3. Jesus taught our Lord's Prayer "Forgive us the wrongs we have done, as we forgive the wrongs that others have done to us." (**Mathew 6:11-12**).
4. Jesus met them & said, "Peace be with you" (**Mathew 28: 9**).

Ergo, this liturgical gesture calls us to practice Jesus's peace with our neighbor. Jesus brought us His peace through His death and resurrection (Lovera & Roche, 2014).

The Kiss of peace has its roots in the Mediterranean culture to greet family and friends with a kiss. The Second Vatican Council reviewed this ancient custom and decided to restore the original action, leaving the respective conference of bishops to determine the most appropriate cultural sign (Kosloski, 2017). In the United States, we shake hands or embrace those standing close by and say to one another "Peace" or "Peace be with you".

Through the rite of peace, the church seeks peace and unity for herself and humanity (GIRM, 82).

This week's *In Spirit and Truth* is written by Sahaya Josephine