



### *how ancient the Sign of Peace is?*

The Sign of Peace is a highly symbolic act pointing towards the disposition of heart required for receiving the Holy Eucharist. The symbolism is from Jesus, “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” (Mth 5:23-24). The early Church took these words to heart and shared an actual kiss at Mass. In the 17th century, the kiss of peace fell out of use but Vatican II restored it as the sign of peace. Let it remind us that to be in communion with Christ, we must love God but also be in peaceful communion with our brothers and sisters. *Want to know more? Our Adult Formation offerings cover this and much more!*