

*Make me a channel of your peace,
Where there is hatred, let me bring your love;
Where there is injury, your pardon Lord,
And where there's doubt, true faith in you.*

—The Peace Prayer attributed to Saint Francis

One of my favorite prayers is the Peace Prayer of Saint Francis—especially when it's sung to an adaptation composed by Sebastian Temple. I am the daughter of a Lutheran pastor and a music minister who met through choir in college; singing has been a pillar of my spiritual life since I could hold a hymnal. Some of my favorite memories are of my two younger sisters in the pew next to me, singing soft harmonies during Christmas or raucous Alle-you-know-whats during Easter. I tear out verses from bulletins to post on my fridge at home and sing refrains in my head while making tea at work.

Part earworm and part meditation, these are moments to commune with the cloud of witnesses who create and sustain a spiritual tradition that I love. I love this hymn because it puts things in perspective, puts me in perspective—not as the source of the peace, the love, the power that's going to put things right, but as the channel. My job is to be open, to be present, to do what I can.

Setting things to music makes them memorable, and this is a message worth remembering—a holy earworm for Saint Francis.

—Faith Rowold