



Catholic Women Preach – Future Church Pope Leo XIV Word Day of Peace 2026 Message

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Pope Leo, in his 2026 World Day of Peace Message, invites humanity to reject the logic of violence and war, and to embrace an authentic peace based on love and justice. Pope Leo XIV advocates for a peace that does not depend on weapons but rather disarms inner violence and transforms relationships.

This peace -Pope Leo says- must be **unarmed**, that is, **not based on fear, threats or weapons**. And it must be **disarming**, capable of *transforming conflicts, opening hearts and generating mutual trust and hope*. It is not enough to call for peace; we must embody it in a way of life that rejects every form of violence, whether it be visible or systemic.

Why a nonviolent and unarmed peace?

Non-violence is a core value of the Gospel, in which Jesus combined an unmistakable rejection of violence with the power of love and truth in action for justice and peace. At its core, non-violence is firmly rooted in positive values such as love, compassion, empathy, and respect for all human beings' inherent worth and dignity. *And this principle requires to be unarmed.*

How this peace could be unarmed?

- ⇒ **Through Dialogue and Diplomacy** – Pope Leo refers to dialogue and reciprocity. Mediation, diplomacy, and international law are emphasized as paths to peace. We need to care the multilateralism based on the rule of law, heavily affected by the new and pragmatic way of diplomacy we are confronted.
- ⇒ **Through advocating for Disarmament** - Referring to Saint John XXIII, who first promoted integral disarmament, Pope Leo calls for a profound change that includes mind and life, promoting evangelical humility. The issue of Integral Human Disarmament and Security -one of Pax Christi International priorities, could be implemented by all of us. **How?** By raising awareness and advocating against the proliferation of nuclear weapons, small arms and light weapons, as well as supporting community-based initiatives that address the root causes of violence. When looking at contexts where young people are involved in gangs or other violent environments (as it is the case in Haiti, where youth in gangs uses US weapons), Christians should advocate in promoting the creation of safer conditions for civilians and promoting a culture of peace.
- ⇒ **Through Transformative Change... As peacebuilders, we identify four Dimensions of Change:**

Personal Change: it refers to the conversion of hearts – related to non-weaponized us, even thoughts and words. It is the way we cultivate prayer; *we live our spirituality.*



Relational Change: Pope Leo urges the abandonment of inner violence, promoting reconciliation based on love, justice and fraternity. One promising response to war and violence is the just peacebuilding approach, which focuses on violence prevention and restorative justice. At the heart of just peacebuilding is the intentional building of relationships at every level of society dedicated to nonviolent transformation of conflict, the pursuit of social justice and the creation of cultures of sustainable peace. It is promoting ecumenical and interreligious dialogue as paths of peace and as languages of encounter within traditions and cultures.

Cultural Change: to look beyond blood ties or ethnicity, beyond associations that accept only those who are similar and reject those who are different. With connection and respect: the message invites us to see the other not as an adversary, but as a brother or sister, overcoming fear.

Structural Change: promoting development through policies and practices that improve the necessary conditions for a lasting and unarmed peace.

Let's reflect on the **greeting of the Risen Christ, "Peace be with you"** (Jn 20:19); it is an invitation addressed to everyone — believers and non-believers, political leaders and citizens — to build the Kingdom of God and to work together to build a humane and peaceful future.

Pope Leo mentions that it is not enough desire peace; he refers to a **"lasting transformation"** in which those who receive it are transformed and, consequently, the context when relations are happening is transformed. *"Peace is more than just a goal; it is a presence and a journey."* So, true peace is **Active and Transformative**... Pope Leo says: *"Peace is a breath of the eternal: while to evil we cry out "Enough," to peace we whisper "Forever."*

How this transformation takes place?

Building Peace from a Nonviolent approach, following Nonviolent Jesus. It is a promising way of understanding the church's teaching on war and peace. It is based both on a careful reading of the signs of the times, where the Spirit of God is acting in history, and a careful discernment of what the Gospel is calling us to do as a People of God.

"The peace of the risen Jesus is unarmed". Jesus promotes the acceptance of suffering rather than responding to Violence with Violence. He encourages a peaceful approach even in the face of aggression, embodying the essence of non-violence.

Non-violent activists often demonstrate immense courage and resilience in the face of adversity. They are willing to endure hardship and make personal sacrifices to pursue their principles and convictions.

Loving God, thank you for Pope Leo and his message of a disarmed and disarming peace!

Thank you for being present in our darkest moments and for giving us the strength to overcome them, through love, empathy, and the ability to build peace within ourselves, with our neighbors, and with nature, which is suffering under a destructive and polluting system.

Bless us in this world with so many piecemeal wars; let us feel your strength and your power, now and forever. Amen.