



continuing the journey of

transforming grace:

transforming presence

Reflection for the week of January 14, 2024

Song of Gathering: Walk With Me, Goldford

Opening Prayer

Listen to Martin Luther King, Jr. as he shares his “[Kitchen Table Prayer](#)”, a moment when his experience of God helped him to overcome the fear from threats of violence against him.

Imagine yourself sitting at the table with Martin Luther King, Jr. Now raise up your own prayer for the Grace you need at this moment to listen, speak, or act.

Scripture

“What are you looking for?” Jn 1:38

Equality by Maya Angelou

You declare you see me dimly,
through a glass which will not shine,
though I stand before you boldly,
trim in rank and marking time.

You do own to hear me faintly,
as a whisper out of range,
while my drums beat out the message
and the rhythms never change.

Equality, and I will be free.
Equality, and I will be free.

You announce my ways are wanton,
that I fly from man to man,
but if I'm just a shadow to you,
could you ever understand?

We have lived a painful history,
we know the shameful past,
but I keep on marching forward,
and you keep on coming last.

Equality, and I will be free.
Equality, and I will be free.

Take the blinders from your vision,
take the padding from your ears,
and confess you've heard me crying,
and admit you've seen my tears.

Hear the tempo so compelling,
hear the blood throb in my veins.
Yes, my drums are beating nightly,
and the rhythms never change.

Equality, and I will be free.
Equality, and I will be free.

Questions for Reflection & Dialogue

What blinders keep us from seeing what divides us?

Practice

Watch one of these videos:

[PBS: A look at the history of racism in America and its role in today's divisions](#)

[Carnegie Foundation looks at the question of Polarization](#)

Like Martin Luther King, Jr did at his kitchen table, dwell in 3-5 minutes of silence. Notice what rises within you. Be aware this week of ways that historical polarization invites you to either break the cycle or continue it.

Closing Prayer

written by Martin Luther King, Jr

“God, help us as individuals and as a world to hear it now before it is too late: Seek ye first the Kingdom of God and God's justice and all these other things shall be added unto you.”

