



continuing the journey of

transforming grace:

transforming presence

Reflection for the Second Week of Lent | February 25, 2024

Opening Song: Give Thanks India Arie

Opening Prayer
Amanda Gorman, "The Hill We Climb"

Scripture
I will walk before the Lord, in the land of
the living Psalm 116

Poem
**Lenten Fasting for Feast of
Transforming Grace**

Fast from Words that Divide
Feast on words that invite
Fast from 'Either | Or' thinking
Feast on 'Both | And' living
Fast from convincing certitude
Feast on space for uncertainty
Fast from anger
Feast on space for serenity
Fast from algorithms
Feast on discernment
Fast from fear
Feast on being willing to speak
Fast from isolation
Feast on connection.

Practice
Jesus and the Woman at the Well

For Reflection and Dialogue
Fasting from Words that Divide

This week, try fasting from spoken and unspoken words that divide.

Be attentive to words which create 'Either | Or' instead of 'Both | And' thinking.

Notice the way you think and speak of those who are "other."

Share your experience with another person or group.

Closing Prayer

In the presence of our God of Love,
Let us watch for the invitation of Grace to be those who dismantle barriers that divide and polarize. May we choose to bear prophetic witness by our willingness to recognize our own complicity and create space for something else to be possible. Amen

Opening Song
John Legend, We Need Love

