



# continuing the journey of *transforming* grace: transforming presence

Reflection for the First Week of Lent | February 18, 2024

## *Opening Song:* A Little Peace, Creators for Change, A Little Peace

All I need is a little peace

A little peace

Heard the news from a friend, cried in silence  
Hard to bear or understand all this violence  
There are times when my will is close to broken  
It takes all I got to keep my heart open  
Why do we turn away from each other?  
'Cause we all make mistakes, we all suffer  
From the fear, from the shame that we harbor  
Let us lay down our armor

## *Opening Prayer*

from Thea Bowman, FSPA

"I think the difference between me and some people is that I'm content to do my little bit. Sometimes people think they have to do big things in order to make change. But if each one would light a candle we'd have a tremendous light."

May we receive the grace to do our little bit this day.

## *Scripture*

"The Spirit drove Jesus out into the desert, and he remained in the desert for forty days, tempted by Satan. He was among wild beasts, and the angels ministered to him.

After John had been arrested, Jesus came to Galilee proclaiming the gospel of God: "This is the time of fulfillment. The kingdom of God is at hand. Repent, and believe in the gospel."

Mark 1: 12-15

## *Watch and Reflect*

Social Media and Political Polarization in America, 60 minutes

Then, listen to the invitation of [Web Designer, Tiffany Shlain](#), who began a movement 10 years ago to designate a technology shabbat, as a way of disconnecting to connect. Consider a technology shabbat of an hour, several hours or a day. [View Video](#).



## *For Practice and Dialogue*

Experiment with a technology shabbat by turning off and tuning in to your inner experience.

Then, return to a newspaper article, a news story or a conversation with mindful discernment.

Describe your experience with this experiment.

This week, notice how technology algorithms may influence the information you receive.

## *Closing Prayer*

Melinda Pellerin, SSJ, reflection from [National Black Sisters Conference Website](#), used with permission

We lift our voices

We are a people of faith, resilience and hope

We lift our voices in prayer

Our dark past has taught us to survive,  
to trod down the road toward freedom.

We lift our voices, weary, but always steady;  
wading through the waters but no way tried.

We lift up our voices, true to the God who  
created us.

We lift up our voices in good trouble,  
in solidarity with our past, stronger and fortified towards,  
and for the future.