



continuing the journey of transforming grace:

transforming practice

October 27, 2024

Opening Song

Cello Suite No. 1: G Major, Prelude | Yo-Yo Ma/Bach

Opening Prayer

Thea Bowman

"We have come together in Jesus' name and we pray, Oh Father/Mother, give us the spirit of transformation that the water of our lives may become purest wine and that your glory may be revealed to all the brothers and sisters, to the whole cosmos, to the limits of the universe. God's glory is revealed because we love on another across the barriers and boundaries of race, culture, and class. We love not just in words but in food and in prayer and in song and dance and in learning and working together."

Scripture

Mark 10: 51

"What do you want me to do for you?"

Listen and Learn

How emotions work | Neuroscientist Lisa Feldman Barrett

Questions for Reflection and Sharing

Many of us have journeyed through a variety of experiences of the US National Elections.

We recall moments of jubilation and those of deep disappointment. We have a series of memories around the experience of election night and the days and weeks that followed.

The journey of Transforming Grace has given us some tools for moments when we encounter polarization and division within our own circle of relationship. We have learned, and continue to learn, that the first step is to go within and ground ourselves before proceeding.

As we begin the final week before the election, it is time to begin to create a plan for our own post-election journey. While the outcome matters to informed voters, we find ourselves in a divided nation. Healing will be necessary, no matter the outcome.

Spend some time in the contemplative space of imagining how you might build bridges of relationship with the people "on the other side." Write down 3-5 commitments you want to make to live the practices of Transforming Grace.

Share your commitments with a thought partner or small group, recalling that mutual accountability is an important part of the journey that has begun during this election cycle, but is a lifetime of transformation.

Closing Prayer

For Peace | by John O'Donohue | Narrated by Sr. Patricia Twohill, OP

Closing Song

Please Prepare Me | Beautiful Chorus

