



*A program of the Leadership Conference
of Religious Women (LCWR)*



*Sisters of
Benet Hill
Monastery*

*2024 Lenten Series
Second Sunday*

Opening Song

[We Shall Be Known](#) by MaMuse (3:26)

“In this great turning we shall learn to lead in love”

Opening Prayer

Spirit of God, open our ears that we might hear the word of difference. Open our minds, that we might learn beyond our comfort. Open our hearts, that we might know the call to love in this moment, this day, this week.

Scripture

“A leper came to Jesus and kneeling down, begged him and said, ‘If you wish, you can make me clean.’ Moved with pity, he stretched out his hand, touched him, and said to him, ‘I do will it. Be made clean.’ The leprosy left him immediately, and he was made clean.” MK 1:40

Spoken Poem

[Rainbow in the Clouds](#) – Maya Angelou (1:55)

Silence

Sharing about our practice from Week 1

Share with two or three others about your practice from Week 1 (8:00 - 10:00):

What news sources did you listen to for your practice?

What did you hear that saddened you? Surprised you?

What is emerging for you in this exploration of polarization at this time in your life?

Where are you experiencing curiosity or a desire to understand more deeply?

Choose a spokesperson to share from your group with the larger group.

Developing skills for understanding

Engage in this work right where you live, rather than focusing on elected or campaigning leaders. Begin by keeping alert for the opportunities in your daily life.

[Five skills for conversing like a level human being](#) by Irshad Manji (8:44)

For 2 – 3 minutes, dwell in the stillness of asking for the grace to lessen the fear and increase the courage to reach across your own divide, inviting another to “tell me more.”

Share with two or three others about a place where someone may have experienced being excluded as a leper. How might you extend an invitation of inclusion in a similar situation now? Describe what is stirring within you. (8:00 – 10:00). Choose a spokesperson to share from your group with the larger group.

Practice for Week #2

Web Designer Tiffany Shlain began a movement 10 years ago to designate a technology shabbat (sabbath) as a way of *disconnecting to connect* more deeply in the world. You may view her video invitation [here](#). Try a technology shabbat of an hour, several hours, or an entire day. Tune in to your inner experience. When you return to your technology, notice how technology algorithms may influence the information you receive. We’ll explore social media and how it adds to political polarization in Week #3.

Closing Prayer

A 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.” God, give us the grace to do our little bit each day.

Closing Song: [A Little Peace](#), Creators for Change