



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



Sisters of
**Benet Hill
Monastery**

*2024 Lenten Series
Third Sunday*

Opening Song

[Give Thanks](#) by India Arie (3:56)

Opening Prayer

Holy One, we ponder and lament the divisiveness and polarities which rob us of the hope that the reign of God is emerging among us. Help us to sincerely examine the ways we are contributing to the polarities among us and to imagine that another way is possible. We pray for the courage to face our complicity and practice the skills that will enable us to contribute to the coming of the Kin-dom of God. Amen.

Scripture

“I will walk before the Lord, in the land of the living.” Psalm 116

Spoken Poem

[The Hill We Climb](#) – Amanda Gorman (6:47)

Silence

Sharing about our practice from Week 2

Share with three or four others about your practice from Week 2 (8:00 - 10:00):

Describe your experience with a technology sabbath. Or...

Share about an experience where you were able to use the five skills for conversing like a level human being? (Breathe deeply; create common ground; ask a sincere question; listen to learn; tell me more)

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

Understanding social media and political polarization in America

[Angry in America](#) by CBS/60 Minutes (13:38)

For 1-2 minutes, dwell in the stillness of reflecting on what you've heard.

Share with three or four others about a polarizing experience you've had on a social media platform. How might you handle this differently now? What is emerging for you about polarization and your role in addressing it? (8:00 – 10:00). Choose a spokesperson to share from your group with the larger group.

Practice for Week #3

This week, try fasting from spoken words or using words on social media 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."

Closing Prayer

Author unknown, but first known to be publicly spoken by Mother Teresa in 1981

Lord, lead us from death to life, from falsehood to truth. Lead us from despair to hope, from fear to trust. Let peace fill our hearts, our world and our universe. Let us dream together, pray together and work together to build one world of peace and justice for all.

Closing Song

[Rhapsody of Rest](#) by Sara Thomsen (4:35)