



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



*Sisters of*  
**Benet Hill  
Monastery**

*2024 Lenten Series  
Fourth Sunday*

## Opening Prayer

*Adapted from Born to Reconcile by Henri Nouwen*

If we dare to believe that we are beloved before we are born, we may suddenly realize that our lives are very, very special. We become conscious that we were sent here just for a short time, for twenty, forty, or eighty years, to discover and believe that we are beloved children of God. The length of time doesn't matter. We are sent into this world to believe in ourselves as God's chosen ones and then to help our brothers and sisters know that they are also Beloved Sons and Daughters of God who belong together. We're sent into this world to be a people of reconciliation. We are sent to heal, to break down the walls between us and our neighbors, locally, nationally, and globally. Before all distinctions, the separations, and the walls built on foundation of fear, there was a unity in the mind and heart of God. Out of that unity, we are sent into this world for a little while to claim that we and every other human being belong to the same God of Love who lives from eternity to eternity.

## Scripture

[Jesus and the Woman at the Well](#) by HeGetsUs.com (3:29)

## Silence then sharing about the meditation and / or practice from Week #3

What feelings emerged within you from the prayer or retelling of the story of Jesus and the woman at the well? How was it to fast from spoken and unspoken words that divide? Where did you notice words which created Either / Or instead of Both / And thinking? What did you notice about your thoughts and words about the "other?"

## Conversation skills

[That Open Secret about Political Polarization](#) by Jake Teeny, Tedx Evanston (15:10). For 1-2 minutes, dwell in the stillness of reflecting on what you've heard then share a feeling, thought, or question.

## Practice for Week #4

This week, intentionally seek out and invite a conversation with someone who thinks differently than you about key issues in our nation. Practice using some of the skills we've learned. Be attentive to words which create either / or instead of both / and thinking. Notice the way you feel, think, and respond during the conversation.

## Closing 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.

## Closing Song

[We Need Love](#) by John Legend (2:39)