



Sisters of
**Benet Hill
Monastery**

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

*2024 Lenten Series
Fifth Sunday*

Opening Scripture / Song

[Psalm 51: Create a Clean Heart in Me](#) by Francesca LaRosa (3:39)

Opening Prayer

Susan Durber from *Rage and Hope, 75 Prayers for a Better World*

Creator God,
Show us how to bake
in the Kingdom of God;
Not the flatbread of a cold equality
that is reasonable, clinical and clean,
but in the yeasted, enriched dough
of a joyful, generous
and overflowing abundance.

Loving Jesus,
who broke unleavened bread
at your Last Supper,
and who then, risen from death,
shared bread at your disciples table
so that their eyes were opened,
come to us in our time,
and open our eyes to imagine new
the kingdom of God.

Breath of God, Holy Spirit,
Revive the dull, leaden dough
of our tired world,
and lighten our justice making,
with bubbles of confident hope,
that we may do our work,
that we may pound and knead,
as we wait and long
for the rising of a new world,
in which all are fed,
and all are full,
with the richness of life.

Sharing our Lenten journey

What have you heard and learned over these five weeks of journeying together? Where have you experienced a shift or a change in your understanding of polarization in our nation? What are you feeling called to do as a person of faith?

Listen and Reflect

[Please Call Me by My True Names](#) (3:28) a Poem by Thich Nhat Hanh

This poem was written by Thich Nhat Hanh back in the 1970s. He wrote it in response to hearing the news about a young refugee girl from Vietnam throwing herself into the sea and drowning after being raped by Thai sea pirates. After meditating all day on his anger in response to hearing this news and questioning what he could do if he was there, this poem was composed. The audio is from 2009 when he recited this poem at Grace Cathedral in San Francisco during an evening of poetry recital and song.

How does our journey continue?

Our team is meeting with Bishop Golka this week to bring him up-to-date on Transforming Grace and other initiatives. What do you want Bishop Golka to know? At Benet Hill, we need to form a larger team to improve and continue this journey. If you're interested, please speak up to Ruth!

Closing Prayer

Pope Francis

Keep alive within us the flame of hope, so that with patience and perseverance we may opt for dialogue and reconciliation. In this way may peace triumph at last, and may the words "division", "hatred" and "war" be banished from the heart of every man and woman. Lord, defuse the violence of our tongues and our hands. Renew our hearts and minds, so that the word which always brings us together will be "brother"(sister), and our way of life will always be that of: Shalom, Peace, Salaam!

Closing Song

[I am Willing](#) by Holly Near (4:08)