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PAUSE

REFLECT

Lighter Moments

I'm sitting here with a piece of chocolate

and marshmallow squeezed together like a pie

and thinking this is best it can be -

but then I think how superficial my life's goals

must be if I can be content with a pop

of chocolate; but then I think that's superficial,

too, because it's often the lighter moments

of life that light up the daily stint,

that show us there are sparks inside the meanest

and I can revel in "Peanuts" or "Blondie" for they touch

a string that ought to be played more often,

and perhaps if it were we'd see them as grace.

Jesuit Fr. William Rewak in his Heartbeat, Poems for Meditation

PRAY

Slow down and delight in a "lighter moment" by eating a food that makes you feel gratitude and joy. Pray in thanksgiving for the grace God makes available to us in something as small as a piece of (fair trade) chocolate.

Lenten Daily Food Reflections

pause | reflect | act

***Editor's note**: These daily reflections on food, faith, climate and our lives will provide spiritual sustenance for the Lenten journey. They are inspired by the Lenten Food Waste Fast at the Ignatian Solidarity Network.*

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This story appears in the **Lenten Daily Food Reflections** feature series. View the full series.