News
EarthBeat



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PAUSE

REFLECT

When despair for the world grows in me

and I wake in the night at the least sound

in fear of what my life and my children's lives may be,

I go and lie down where the wood drake

rests in his beauty on the water, and the great heron feeds.

I come into the peace of wild things

who do not tax their lives with forethought

of grief. I come into the presence of still water.

And I feel above me the day-blind stars

waiting with their light. For a time

I rest in the grace of the world, and am free.

— Wendell Berry, "The Peace of Wild Things"

At a moment filled with such uncertainty, how might you "rest in the grace of the world" for a time today?

PRAY

Prioritize at least five minutes today to "rest in the grace of the world" in the way you imagined above, or try one of these 12 Nature Friendly Things to Do While You're Stuck at Home, which includes beginning an indoor herb garden using

eggshells.

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.