

[EarthBeat](#)

[Faith](#)



(Pixabay/jackmac34)



by Brenna Davis

[View Author Profile](#)

## [\*\*Join the Conversation\*\*](#)

Send your thoughts to *Letters to the Editor*. [Learn more](#)

March 11, 2020

[Share on Bluesky](#)[Share on Facebook](#)[Share on Twitter](#)[Email to a friend](#)[Print](#)

---

## 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.*

### Advertisement

This story appears in the **Lenten Daily Food Reflections** feature series. [View the full series.](#)