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## PAUSE

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## 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?

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## 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](#).

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## 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.](#)