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## PAUSE

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### REFLECT

My Eyes So Soft

By Hafiz

Don't surrender your loneliness so quickly

let it cut more deep.

*Let it ferment and season you*

*as few human or even divine ingredients can*

Something missing in my heart tonight

has made my eyes so soft

my voice so tender

my need of God

absolutely clear.

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### PRAY

What spice (e.g. cinnamon, basil, etc.) represents how you're feeling today? Take a few moments to have a conversation with God about how you've been *seasoned* during this time of social distancing.

What might you learn from quarantine and (possibly) loneliness this Lent?

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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.](#)