

Week Five... Finding Peace Within and Being Peace

If possible, so far as it depends upon you, live peaceably with all. —Romans 12:18



During the Lenten season, Paul urged peaceful conduct with all people, and benevolence. This exhortation can help us better use these 40 days when God calls us to meet Him in our desert place.

Lent is a time for spiritual discernment. It is by sincere discernment we can find peace, and live peacefully with ourselves and others. It is impossible to carry out a fruitful spiritual discernment if we do not regularly dedicate time to solitude and inner peace. Moments in which we abandon our social profiles and agendas, times where we no longer define ourselves by our profession, our commitments, our curriculum - moments in which we face the nakedness of just being. This is what we are called to do during Lent; enter into a solitude that will allow us to find ourselves, to rediscover ourselves, to find peace. Even in this journey of spiritual discernment, we are not alone, but always under the gaze of the divine presence of God. God shows us our true identity.

It is impossible to listen to the murmurs of the Spirit within us if we do not regularly immerse ourselves in silence. Every day we must break with the noise of our lives, close the door for a moment to the frantic din of our "modernity"; close the email, cut off the Wi-Fi and let God speak to our hearts. God speaks when we are silent before Him. Be silent and adopt a peaceful attitude in all situations; put the strength of your soul to the task of being still and listening.

This is my prayer and wish for you this Lenten season.

—The Rev. Jean Beniste, *Rector of Christ Episcopal Church in Waukegan, Illinois and South Florida Haiti Board Member*

Prayer for this Week:

Lord God, at this time in our lives, we thank you for your constant love and presence with us. This Lenten Season God, you call us to enter in our desert place to meet you. Together with our brothers and sisters of Bondeau (Haiti), and the South Florida Haiti Project, we want to come to you with our humble hearts, for a dialogue. God, so often we see the good we want to do, but we hesitate and walk away. Please, Lord, help us keep giving even when we are tired and discouraged, to help us always to follow your inspirations and be peaceful instruments for all situations. Amen

South Florida Haiti Project (SFHP), invites you to take a journey of the heart with the community of Bondeau, Haiti. Each week in Lent we are sharing images and voices from our partnership that will draw your heart into our shared Lenten journey. We offer these as a gift acknowledging we are blessed to be a blessing.

For those of you not familiar with Bondeau, Haiti and Bon Samaritain ("Good Samaritain") Episcopal Church and School, it is located just over 60 miles west of Port-au-Prince and serves as the anchor and gathering place for this rural, coastal community. Over the last 17 years, the people of Bondeau and South Florida Haiti Project have formed a remarkable partnership.