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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.*

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