

There is a time for everything, and a season for every activity under the heavens. —*Ecclesiastes 3:1*



**From Sarah Hart—Catholic Musician, Writer, Singer, Retreat Leader**

This photo is very special to my family. This is a photo of my uncle, Father Francis Brown, marching in Selma in 1965. My uncle was truly a soul after the heart of God, and this picture is one of the greatest statements about the kind of priest – and man – he was. I learned so much from him. When I see this picture now, I am so grateful to him and so many others, who have taken a stand for human rights and human dignity. But I also look at this photo, and wonder at how – more than 50 years later – we are still having the same struggles, the same prejudices, the same conversations. It can be difficult to comprehend, and exhausting to the spirit.

We read in Ecclesiastes that there is a time for everything. There is a time for change; and this is certainly not the first time in history that we have felt the tide turning in a powerful way. We should neither stand idly by nor in fear, and we can all do something. Some may choose to protest. Some may begin reading to gain deeper understanding. Some may post on social media, write songs or poems, hold conversations with friends. Some may gather in prayer daily. It is all important, and necessary, in such a time as this.

To be a people after the heart of God means we must be a people who are willing to listen, to learn, to pray, and to reach for our brothers and sisters even – I submit, especially – when it may make us uncomfortable. I desire change in my own heart, too, as much as I desire it for our world. Changing inwardly, reaching outwardly, loving at all times; this will be how we build the Kingdom of God, of Love, on earth.

Lord, have mercy on us all, and grant us peace in our day.

Love, peace - Sarah

## Prayer for Change (Sarah Hart)

Oh God,

I ask your mercy upon my eyes,  
that they may not see merely the flesh of another,  
but through to the soul of my brother, my sister.

I ask your mercy upon my ears,  
that they would be deafened to the lies of this world,  
and would always discern your voice,  
and believe the language of peace.

I ask your mercy upon my tongue,  
that I may speak compassionate truth with love,  
and profess the dignity of others,  
and sing for the oppressed.

I ask your mercy upon my hands,  
that they would be neither idle nor helplessly at my sides,  
but would reach freely and without hesitation to those who need.

I ask your mercy upon my feet,  
that they would not be stubbornly planted  
nor mired in the muck of complacency,  
but given to run with abandon  
to the places you would lead them to go.

And Lord, I ask your mercy upon my heart,  
that in its' breaking it would not give up,  
but rather be revived and resolved to love more fully,  
give more meaningfully,  
be ever more willing and open.

Do not let evil win me.  
Let the waters of your justice flow like a river through me,  
and let me be your peace  
all the days of my life.

Amen.