



# continuing the journey of transforming grace:

## transforming practice

June 2, 2024

### *Opening Song:*

Blessing to the World, Karen Drucker

### *Opening Prayer*

Prayer of Transformation: Written by Sr. Thea Bowman

We have come together in Jesus' name, and we pray, Oh Father/Mother, give us the spirit of transformation that the water of our lives may become purest wine and that your glory may be revealed to all the brothers and sisters, to the whole cosmos, to the limits of the universe. God's glory is revealed because we love one another across barriers and boundaries of race, culture, and class. We love not just in words but in food and in prayer and in song and dance and in learning and working together.

Let us say AMEN

### *Scripture*

**John 6:51**

"I am the living bread that came down from heaven, says the Lord; whoever eats this bread will live forever."

### *Listen and Reflect*

During our gathering of Transforming Grace, the five step process introduced by Ugandan-born Canadian educator Irshad Manji to reduce defenses and help everyone take action together was explored. Manji, Founder and CEO of the Moral Courage College, believes these skills exponentially increase the chances of healthy outcomes in conversations with those with whom we might disagree.

Recognizing that humans tend to react defensively to opposing views, she offers these five skills to promote constructive conversations: 1. Take a Breath 2. Create Common Ground 3. Ask a Sincere Question 4. Listen to Learn 5. Tell Me More,

Over the next five weeks, each of these skill steps will be explored through the Transforming Grace reflections. This week, you are invited to learn a bit more from Irshad Manji in a 17 minute recording of a keynote address she did last month for the National Governors Association.



For your convenience, the original video is also provided below:

**Video used at Transforming Grace:  
GATHER | DISCERN | CREATE**

**#DisagreeBetter, Nashville Convening,  
National Governors Association**

### *Questions for Reflection and Dialogue*

After watching the video, bring to mind a situation where the five step process might have provided a way forward in a difficult conversation or situation. Share this with another and practice contemplative listening as you engage in dialogue.

Consider creating an intention to practice one or more steps of this process during the week ahead.

### *Closing Reflection*

**Richard Rohr, On Prayer and Politics**

### *Closing Song*

**Goodness of God: CeCeWinans**