

**Examen on Racism, Lamentation, and Conversion**  
January 30, 2021 - Stretching toward Anti-Racism Retreat

**Begin by pausing and remembering that you are in the presence of our creative and loving God.**

**GRATITUDE:** Give thanks to God for the gift of variety in the human family. Thank God for your uniqueness, and for what makes you a child of God.

**AWARENESS:** Ask God for a deeper understanding of the ways that race and culture have shaped your life in positive or negative ways.

**REFLECTION:** Ask God for the grace to see creation with God's eyes. Beauty and suffering are held in God's unfailing hand.

**FORGIVENESS:** Ask God for the grace of lamentation. Pray for conversion of heart. Ask God to help us move toward cultural and racial equity and toward reconciliation.

**GRACE/RENEWAL:** Offer a closing prayer for our human family. Thank God for the gift of your own heritage and identity. Thank God for the multitude of peoples in our world. Pray for your continuing conversion; For courage, so that when the Holy Spirit moves, you may take action toward reconciliation, equity, and inclusion.

**Glory Be to the Father, the Son, and the Holy Spirit...**