



*Well Fed: Holy Food for a Reconciled Life*

Table Topics for Week 4 of Lent 2020

Describe a time you connected with a stranger.  
What did you learn about them?  
What did you learn about yourself?

Think about your best friend/spouse/partner. How did you meet them? How did you connect with them?

Where do you feel most connected to those around you?  
Why?

What tools/methods do you use to connect with others?

What limits your ability to connect?

Why do you feel genuine human connection is important in our daily lives?

What steps do you plan to take this Lenten season to deepen your connection with others?

Share your responses and reflections with a community of others studying the same topic.

Go to [www.dioet.org/well-fed/](http://www.dioet.org/well-fed/) to write, share photos, or share a 1-minute video.

Print 2-sided on card stock or standard paper and cut at black lines.

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