

Connecting New

March, 2021

Many of us grew up believing that Lent was a time to do something more, something special to demonstrate our fidelity to God. Many of us still believe this. After all, we live in a culture that reverences accomplishment and many time-honored religious practices focus on self-discipline and sacrifice.

Gratefully, decades ago my spiritual director taught me that while doing good has merit, living life and doing good out of our groundedness in the life of God is better. Said another way, let all of our doing flow out of our being. This is the type of conversion that I believe God hopes for us, not only during Lent, but every day of the year. This is the type of conversion I aspire to live more deeply each day. Thus, I share the following poem that came to me recently.

This Lent

As I pondered what I might do for Lent,
Jesus interrupted, offering an unsolicited suggestion.
“You could listen for what I want you to know.
Listening not with effort, but with ease,
like awakening to the sound of birdsong
or noticing the music of children playing down the street before dinner.
This Lent, you could finally believe what I tell you –
that you are the delight of my heart and I couldn’t love you more.
This Lent, you could trust your own goodness and
claim the beauty and life that flows from it.
This Lent, you could let go of the rules that hold you back –
rules that seek control and conformity – and you could dance free spirited.
This Lent, you could live as though you are enough,
that you have done enough – I will never waiver from this truth.
This Lent, you could witness that the more love you receive,
the more it overflows through and with you,
love that is the radiance of God’s presence,
love that is the point of your existence.”

May we trust and believe what the love, beauty and delight of God whispers to our heart.

Peace and Blessings,
Clarence

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