

For Lent. I am so glad we have entered the season of Lent. Maybe, just maybe, it'll help put out some of the fires. This is a time when we strip away the unnecessary and try to become more mindful of God and how He works in our lives; a time when we practice fasting, prayer, and almsgiving. I say we start off this Lent by challenging one another to fast from insensitive, irresponsible and idiotic comments. Yeah, that task alone should keep us on our toes. Next, we take something on – let's be tolerant, encouraging, listen more, and forgive often. And lastly, we throw in some acts of kindness in the mix for good measure. Now, there's a recipe for a good Lent.

What a great time to unplug from the incessant hostility around us, and water down these social fires with patience, positivity, and goodwill. Let's do this, people!

Wishing all of you a blessed Lenten season.

"No act of virtue can be great if it is not followed by advantage for others. So, no matter how much time you spend fasting, no matter how much you sleep on a hard floor and eat ashes and sigh continually, if you do no good to others, you do nothing great."
-John Chrysostom

"We need to take time to connect with the poor, resist our unceasing cravings, and pray. But we also need to gather with friends and family, share in God's good provision, eat delicious food, tell stories that encourage us all, and celebrate the risen Lord."
-Chris Seay

"For you are dust, and to dust you shall return."
-Genesis 3:19



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