

For the shake-up season. Hello, Lent!

Yesterday brought us the beginning of this holy season and, for me, it couldn't have come at a better time. I find myself being consumed by the level of wide-world criticism, negativity and hostility, and none of it is doing anything to fuel my spiritual soul. On the contrary, I'm engaging in it and that's just sharpening my tongue. So I welcome this season of Lent. I need it. I need it like a man with his head on fire needs water.

I know that during the next few weeks, I'll intentionally put myself even more in tune with God. He will fill my heart with positivity and peace, and hopefully that'll cool my thoughts [and my tongue]. I'm counting on His divine therapy, really, because I know there are better things on which to focus my energy. "Lent is the time for greater love," Mother Teresa would say, and that's exactly what I'm shooting for: greater love for others. That's my Lenten resolution, what's yours?

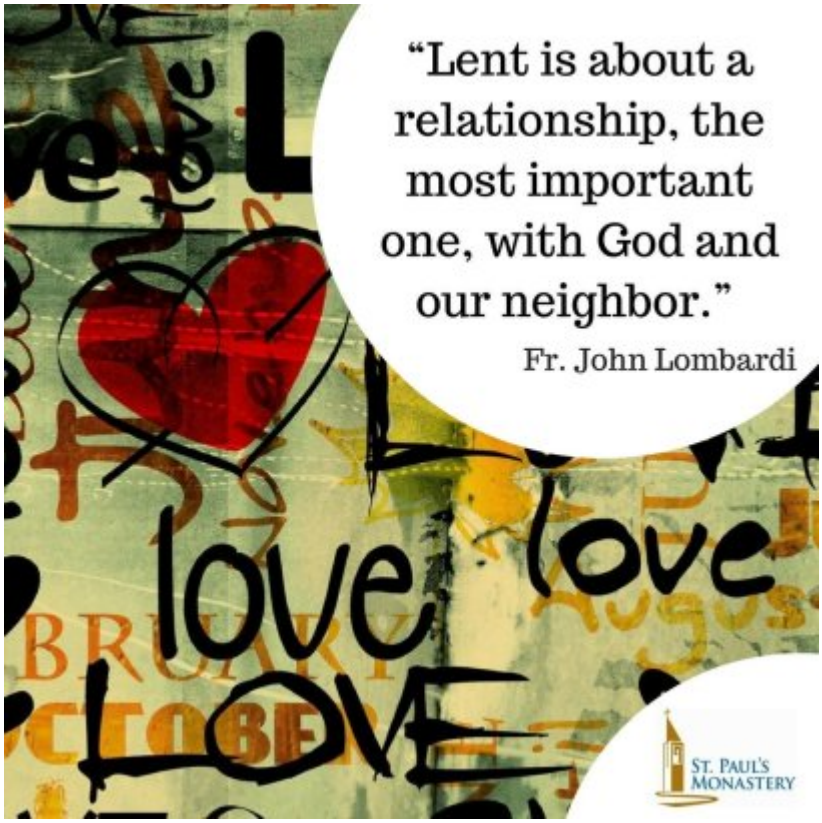
Because Lent is here to shake me up, I am thankful.

What are you thankful for today?

Until next Thursday's post…si Dios quiere.

"Even the darkest moments of the liturgy are filled with joy, and Ash Wednesday, the beginning of the lenten fast, is a day of happiness, a Christian feast."
-Thomas Merton

"Make few resolutions. Make specific resolutions. And fulfill them with the help of God."
-St. Josemaria Escriva



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