

How am I to enter into Lent?

How to "*change the direction in which I am looking for happiness.*"?

What shall I give up and of what shall I partake as food
for the journey to resurrected life?

Possible small acts of renunciation

- fasting from news
- fasting from the television
- fasting from food, sweets, alcohol
- fasting from negative commentary of some sort
- countless ways of fasting; each of us has our own variety

Then, we are invited to *uncritically* observe the impacts on self:

- the discomfort
- the freed-up time
- the freed-up money
- What is being revealed? Is a kind of purification taking place, a cleansing of self-will, of habitual, mechanical, self-calming behaviors? Is there a wakefulness arising?

Possible acts created by these spaces

- reading Scripture
- listening to sacred music
- walks in nature
- lengthening our prayer times
- reading a special book, maybe one we're not likely to read
- creations of beauty
- or, maybe it's simply redefining the contours of our daily existence and infusing them with a renewed intentionality: "I will do this yard work, this ironing, this chauffeuring, this attendance at a meeting and re-orient it with an attentiveness and consciousness born of spaciousness, rather than hurriedness."

Excerpt from [The Word of the Week](#) of March 3, 2019