

# KEEP THE LIGHT ON...

## ...AND GET DIRECTIONS

It seems almost necessary that we continually “move,” i.e. seek to discover something new, something fresh in life. Most often what we seek is to bring deeper meaning to our lives and find greater fulfillment. Such is why we say that each of our lives is a great and often mysterious journey. And whether we walk strong and sure or haltingly and pensive, all of us have our feet upon this path. But, periodically we need to pause, refresh ourselves, get directions and re-vision our destination. For us Lent is this rest stop along the way of our great journey.

As you begin this spiritual time of Lent I would like to suggest and recommend some of the time honored tools for this time of your renewal:

- ✿ First, find and create quiet. Certainly this refers to the quiet that surrounds you but it also means the more intense and fruitful quiet that can be found within. **Fasting**—from food but also from activity and activities—is a traditional way of fostering both types of quiet.
- ✿ Second, focus your eyes, most especially the eyes of your soul, on seeing things which need to be seen. The tradition of **almsgiving**—seeing others’ needs—allows you to simultaneously see your own deepest needs.
- ✿ Third, be courageous and draw upon the indomitable strength which lies in every human heart enabling you to make choices that stir the ordinary into the extraordinary. The tradition of more frequent and of deeper **prayer**—a truly courageous act because it makes us so vulnerable—gives us strength in the face of whatever the journey will require of us.

My hope-prayer for you is one that sees you at the end of these 40 days setting your feet more firmly on the path of your life’s journey, committed to what lies ahead, eyes focused and clear as they see the wondrous goal you seek and who seeks you.

God speed on your journey!

- fr. Ray

