

By Pat Haggerty

Getting into the groove of Lent is not unlike learning a new piece of music---either for singing or playing. One must figure out its meaning, discover its tempo and try to figure out how to make it work for us. We already know the meaning of Lent; it is traveling that journey that will lead us to the glorious Resurrection. The tempo is our slow and steady pace of prayer, fasting and almsgiving as Matthew has directed us in his gospel (6: 1-6, 16-18). As for making it our own, well, that is totally personal.

There is a plethora of suggestions about recommendations for Lent. We can find them in Catholic publications, on-line and even in our church bulletins. Sometimes, all those ideas can be overwhelming. What to do? Do I follow the list of 40 things to do each day of the Lenten season? Do I purchase a book of meditations for Lent? Do I read a blog post by Sister Barbara who is the media specialist for her order? Yikes! I am already confused.

I'll be honest; sometimes I don't hit my groove for Lent until the middle of the season. I am not going to let that happen this year! I am going to figure out my plan of action and get to it. It might involve a combination of many things, but I like the eclectic approach to life and spirituality. So, if I decide to adhere to a list, purchase a book and follow Sister Barbara's

post---so be it.

I am not suggesting that we be so strict with our approach that we abandon spontaneity and opportunity. Being a follower of Christ is all about taking chances and seizing opportunities to do good and to bring Christ to others. As St. Paul tells us in his second letter to the Corinthians, “We are ambassadors for Christ”. Let us utilize these days of Lent to be those ambassadors.

What is going to work for me this Lent is to travel this journey in a slow, mindful and charitable manner. I may miss opportunities, but I won’t give up. I will stay focused and I will adhere to my plan to the best of my ability. I will find my “rhythm” in the quiet spaces of my heart, so that I may hear the voice of God leading me on.

May you too find your rhythm and find the risen Christ at the end of your journey.