

Plus and Minus = A Whole Lot More To Give Can you believe that we are only three and a half weeks away from Ash Wednesday. As we approach Lent, we are contemplating what we will be giving up for this season. But my question is: Why do we always have to give something up? What about doing something extra as well as letting something go? (this is the PLUS and the MINUS) Make time to do more, instead of always less. Lent, of course, is the 40 days when many of us give up some of our vices and other things as a spiritual exercise of self denial in anticipation of Easter. But this season also can be a time to step up and take on more things. We push ourselves and make time to do something good and positive. Lent should be a time to refocus and find new ways to encourage habits and practices that promote physical, mental, social and spiritual wellbeing. Of course, every persons Lenten journey is unique. There is so much need out there. Honestly, doing something extra (the PLUS) can sometimes be more challenging that giving something up (the MINUS). The bottom line is that you don't have to only "MINUS" something. Just keep an eye out for the opportunities to "PLUS" something in your life: Faithfully attend every week the Stations of the Cross, say the Rosary daily, get up an extra 15 minutes early to say prayers, do a random act of kindness once a day, recite the Divine Mercy Chaplet, stop by an adoration chapel , go the Monastery to pray, practice Lectio Divina, leave a note with some kind words to a co worker, family member, neighbor or your children, arrive to Mass early for some extra time with God. The list is endless. So when you practice the plus and minus, you are going to gain a lot more.

-Sherrie Clutts DRE