

# Lent 2021 – Ash Wednesday – February 17, 2021 – Reflection

Since last March, life as we knew it has certainly changed a lot. For a long time, we just stayed at home, isolated and even quarantined. As things gradually began to open up again, even a little, procedures changed from what we were used to. In churches, we had to maintain distance, wear masks, and use hand sanitizer liberally. Doctor and dentist appointments, haircut and styling sessions, school days and even some trips to the store began with someone taking our temperature to make sure we weren't ill before being admitted.

Lent is kind of like that too. In prayer, we come to the Lord who will read our hearts and tell us of the quality of our love for God and our sisters and brothers. If there is fever that is sign of sickness of spirit, our sacrifices and fasting become the chicken soup for the soul to restore spiritual health and, our generosity to charity is just what the Doctor ordered to make up for a multitude of sins.

Come to the Lord and let Him take the temperature of your soul. Then let prayer, fasting and almsgiving be the medicine that restores your health in mind, body, and spirit.