

Today is the Third Sunday of Lent. We are well on our way to Easter....How are we doing? It is a good time to stop and assess how we are doing. Today's gospel shows us the way.

We begin the Liturgy with a short meditation on today's gospel, Jesus clearing the Temple (MUSIC)

Take a moment to relax....noticing your breathing, ...becoming still in the presence of this God who loves you so..... Close your eyes if you are comfortable. ....Surrender to God your busy mind... rest in a quiet place, a silent place.....In your mind's eye, see Jesus clearing the temple area of the money changers ... perhaps they have gone too far. They have forgotten their true purpose...Does that happen to you....Do you forget who you really are....Is it time to clear out what is no longer working for you...Ask Jesus to show you one thing that needs to be cleared out of your life now....Listen to his answer...Ask for his help...Thank him for his love....

Today let us turn from one thing that no longer works for us, that keeps us from the best version of ourselves, so that we may turn more fully to the God who loves us so. Amen