

# “Say YES”

by Jacqueline Laughlin

Many of us did not grow up with a spiritual practice of observing Lent. The forty days in anticipation of the pain and suffering of the CROSS can cause most people to bow out of an invitation to participate.

For some, deprivation, fasting, denial, and self-flagellation are the tickets to heroically mimic the likes of Jesus. It is the “Way of Love “ that shows your proper reverence and appreciation of HIS ultimate sacrifice that you might be saved. Atonement for Sin 101!

This Ash Wednesday we gathered to share our Ash Wednesday Zoom ritual. We were invited to consider Pleasure, Joy, and Love as the true legacy of Jesus.

*[I suggest leaving this out; feels confusing to me} So what is so good about ashes? How would we be marked as Christians? Would we be willing to be seen with ashes prominently placed on our foreheads? Will the first thing someone sees about you cover your new age spiritual third eye? Can you try coming out this Lenten Season?*

What practices could we take up to be more loving, more compassionate—witnessing to Christ’s love in our lives?

Do you have a favorite love song? The one that when you hear the music, or the words, you become amorous and yield to the power of love that overtakes you? You smile!

Do you have a favorite hymn or tune that may not be so so speechless in the romantic vein but when you hear it, your faith ignites and you surrender to the sweet love of God for you.

Maybe you feel an outpouring of kindness you are seldom inclined to feel? You might surrender to be Love and light to folks and situations that you don’t like or the ones that have even hurt you deeply?

Lent is an extraordinary time of Devotion. It is an opportunity to open our heart, to practice love, to feel joy, experience the redemptive power of love, to just try something weird and new . . . maybe plant a winter garden, see what grows!



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Or when you see or hear about something that makes you sad or angry, like you're being taken advantage of once again—instead of the usual HELL NO! and other expletives not appropriate for Lenten devotionals, try saying OK! It's the baby cousin of YES. See what happens.

Many people like farm fresh eggs or raise baby chickens for Easter. They order baby chicks usually a day or so old and they are delivered overnight at the post office. The post office calls and you rush to pick them up and get them settled in.

With all the COVID craziness; and postal delays, our farm owner-steward - neighbor, sister Paige, got a late night call saying no one picked up these chicks. The person said, "I am your divine letter carrier who knows you have (LOVE) chickens. Can I drop them by?"

She said: “No it’s late; then “why me!” And then: “OK I guess, I am not really prepared, we have more than enough animals and chickens already.” So Into the bathtub they went. Forty days go by in no time at all—you’d be surprised. One died, nine lived!

My suggestion for your Lenten LOVE practice this year is JUST pick two love songs . . . sing and dance along as if no one’s watching. See what happens when your heart opens wide!

Here are my two songs:

<https://music.youtube.com/watch?v=6Cl4gefRAi4&list=RDAMVM6Cl4gefRAi4>

They will know we are Christians by our LOVE! (from my youth)

<https://youtu.be/PCCGIXME164>

All you gotta do is say yes  
don’t’ deny what you feel  
You make me so so so so so so . . . .

Open your mind and say yes—that’s for my growed-up self when Jesus calls me by name, and I want to say no, are ya talking to me?



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