

Tom, a construction worker, would open up his lunch box every day and say, "Bologna again." The other men were tired of hearing him say the same thing every day. One of them finally said to him, "Tom, if you're so tired of your sandwiches, why don't you ask your wife to make you something besides a bologna sandwich?" Tom replied, "Oh, my wife doesn't make my sandwiches, I do."

Albert Einstein said, "The definition of insanity is doing the same thing over and over again, but expecting different results."

Lent invites us to review those things in our lives that we tend to do over and over again, expecting things to be different. Lent is a time to make new choices which will lift up our spirits and draw us closer to God.

A reading from the Holy Gospel according to Mark:

Jesus took Peter, James, and John and led them up a high mountain apart by themselves. And Jesus was transfigured before them, and his clothes became dazzling white, such as no fuller on earth could bleach them. Then Elijah appeared to them along with Moses, and they were conversing with Jesus. Then Peter said to Jesus in reply, "Rabbi, it is good that we are here! Let us make three tents: one for you, one for Moses, and one for Elijah." He hardly knew what to say, they were so terrified. Then a cloud came, casting a shadow over them; from the cloud came a voice, "This is my beloved Son. Listen to him." Suddenly, looking around, they no longer saw anyone but Jesus alone with them. As they were coming down from

the mountain, Jesus charged them not to relate what they had seen to anyone, except when the Son of Man had risen from the dead. So, they kept the matter to themselves, questioning what rising from the dead meant. The Gospel of the Lord.

One of my favorite lines in the entire Bible, “Lord, it is good to be here.” On the mountain of transfiguration Peter saw something that he had never seen before, a vision that would stay with him forever. When Peter exclaimed, “It is good to be here, he meant that he did not want to be anywhere else; he wasn’t thinking about where he had come from or worried about where he was going, he was savoring, embracing and being fully in the present to this sacred moment.

On my pilgrimage to the Holy Land, one of our stops was Mount Tabor, the place where Jesus was transfigured. While I was there, I was so excited to be on the mountain where Jesus face shone like the sun and where Moses and Elijah appeared. I remember thinking to myself, I don’t not want to be anywhere else, I was able pause and soak in this moment of grace.

We have all experienced moments of awe and wonder. It doesn’t always have to be a special place; it can be an event; a celebration or a simply walk in a park. Parents know it at the first glance of their child. Grandparents experience it when hugging their grandchildren.

St. Francis of Assisi had many moments of joy and wonder in the ordinary things of everyday life. Francis understood the formulae, he knew the recipe of living life fully. While people were rushing through life, Francis lived simply, at a deliberate pace. While others were hurrying through the busyness of life,

Francis embraced the gift of silence. While others lived with regrets and fears, Francis trusted God and lived in the present moment. Francis taught us the formulae that when we slow down, quiet down and trust in God, we are better able to experience moments of awe in our daily life.

In the movie “The color Purple”, Opra Winfred’s character says, “I think it angers God if you walk by the color purple in a field somewhere and don’t notice it.” I believe God smiles when we go through life celebrating the awesomeness and beauty which surrounds us.

There is so much splendor which surrounds us each day and in so many ways. Take time this week to deliberately slow down your pace, find time for silence, and trust God with your worries and fears.

After reflecting on the Gospel story of the Transfiguration, I wrote this poem, I titled it “Awe and Wonder”

As we journey through life day by day
Moments come and go; what to say.
Suddenly filled with awe and wonder
Our fears and worries go asunder.

Awe and wonder, filled Peter that day
When he went to that mountain to pray
Wishing time would stop to take it in;
Not to desire more, would be a sin.

Building three tents was Peter's prayer
To know more of God's gentle care.
Tents were not needed that sacred day.
Listen to Jesus, is what God would say.

Child of God, what about you,
Do you remember what to do?
Be still and know that God is there,
Just take God in and feels His care.

Awe and Wonder will fill you each day
When you slow and quiet down, I do pray
Reminding you of God's eternal love;
For the Lord is here and above.

Let us pray: please pray after me: Lord Jesus, open my eyes to
see the wonders of your creation, open my ears to hear the
stillness of your presence, open my heart that I may love the life
you have given me. Amen and Amen.