

According to wikiHow, "memory can be a fickle thing. Sometimes we remember the smallest details of moments that we'd rather forget, and we struggle to recall the most important things." Is there anyone else that makes a to-do list each morning, not so much to feel a sense of accomplishment as to remember what 'to do' during the day? WikiHow continues, "if you take the time to understand how your memory works, you can use these natural tendencies to remember more things, more easily." Well now, there's an open door to encouraging one's gray matter! Perhaps we can apply this to the Lenten journey we find ourselves beginning. Lent offers us a time to remember what is truly important in our lives, altering them for the better, and forgiving ourselves for the human flaws that can consume us.

First, *be mindful about creating memories*: is God calling you? During the Lenten season God's call to us is to slow down and breathe; to consciously look at where we have been and where we should be going; to turn around from that which harms us and to step into whole living with the Eternal. These next six weeks offer us afresh the chance to create memories with loved ones, friends, or a loving fur baby! A memory that we can cherish is something for which our hearts long, our inner spirits crave, and our minds need to stay sharp. *If you make this moment a significant and conscious act of storing a memory, you may find it much easier to recall the memory later.*

Second, *engage your visual memory*: where do you see God? A great-granddaughter's smile; the swirling leaves on a windy, grey day; the deep set eyes of an elderly friend? Social media offers a plethora of beautiful images reminding us of God's presence. On any given Sunday morning, the Saint Paul Sanctuary paints in breathtaking stained glass the presence of God. One of the rituals over the past thirty years is that of a 5:45 a.m., block and one-half walk to work! It has been a joy, even on the most inclement of mornings, to savor that brief jaunt visually...dark, moon, the outline of the bell tower, a simmering boiler chimney...each memories to remind me of God's presence in this place. Rather than worrying about what to give up in these next six weeks, perhaps we can take inspiration from making a visual memory. *It can be hard to remember everything that you hear...memory is a primarily visual function.*

And third, *use your imagination*: how is God made manifest to you? Reading Scripture can be an informative place to begin about God-images..."our Rock and Hiding Place," writes the psalmist. My dear friend, the Rev. Susan Sanders, always says, "I don't need pictures or movies...I can imagine Jesus for myself!" Many hymns and songs of faith offer a glimpse into what a manifestation of the Almighty could be for you. "The care the eagle gives her young" has always inspired me to think of God in tangible terms. "A mighty fortress" might bring comfort to you. Or "somebody knockin' at your door" could bring you to know God's care and love, even when we don't expect it. *Conjure a vivid mental image* these next six weeks, give your spirit pause to wander through the Scriptures or the hymnal and see how God might appear to you anew.

Now, where did I put my glasses?

Rev. Jerry