March – Old to New – from A Little Spiritual Care by Sharon Ballantyne

A Reflection

How curious are you? Silly things often catch my fancy of curiosity. Why do they say March in like a lamb, out like a lion? It's a lamb's beginning here in Halifax, and hoping it won't go out like a lion end of March, but it will be what it will be. It is more likely to be used in context of in like a lion and goes out like a lamb. Google search said "The phrase "In like a lion, out like a lamb" is an old English proverb, with roots traceable to a 1624 play by John Fletcher and later codified in Thomas Fuller's 1732 Gnomologia. It describes the transition from winter (lion) to spring (lamb) in the Northern Hemisphere, often linked to celestial constellations (Leo/Aries) or Biblical imagery. Days are warming, snow wants to melt and how grateful we are for adding water to our water tables, hopefully helping protect land and plants through the seasons ahead.

The weekend already seemed lighter, standing in a sunspot, Echo's favourite spot, it was an opportunity to drink in the warmth!

Perhaps it is like tossing off the winter blanket to welcome the newness of spring! Of course, I am imagining I hear more birds and there must be less ice and snow, right!?

"Most of us spend a lot of our lives trying to get out of something old and confining and into something new and free. That's why we so easily identify with Moses and the freed Hebrew slaves on their journey through the wild wasteland known as the wilderness" (Brian McLaren).

The Lent season often finds us in the wilderness in our reflections, and spiritual journey. What is nourishing and nurturing you in your journey through 2026? With so much negativity back in the news, we wonder how the excitement of Canadian hockey and Olympics of a week ago has now pulled people down to violence, wars, economy concerns and on and on. So within us, we need to mind how we hold all, with great tension, or with lightness so as keep our sense of presence and alertness up, body, mind and spirit.

Can you do something this week to give your body a super boost? Your mind a super boost and your spirit a super boost? Even an intentional, mindful glass of water taken in deep gratitude and with intention for body cleansing and healing can create shifts. I have found myself taking more mugs of hot water each day to focus on such intentionally. Obviously, the H2O is good for our body but it is a real mindful boost as well. Offering gratitude in moment of prayer and pause. All in a drink of water!

"Instead of seeking the answers that might put their questions to rest, the manna taught the Israelites to continually live the questions, to understand that the journey to freedom is about remaining awake and curious and not going into sleep mode" (Estelle Frankel).

Using our energy wisely is important. As many of us feel like becoming more awake after some winter hibernating, it is important not to overdo our efforts. What will you take out of the desert experiences?

Be curious today and open to what you might discover in your day.

A Bible Verse Proverbs 18:15 New revised Standard Version Updated Edition
"The heart of the discerning acquires knowledge, for the ears of the wise seek it out."

A Prayer
God of curiosity, thank you for curiosity and openness. Help us remain curios and open, letting go of old to make room for new and to be fed body, mind and spirit. In Jesus' name. Amen.