We are getting to the time of the year when we ask the question, how much more of being cooped up can I take? We long for sunny days, being outside, extended daylight, the joy of leaving heavy coats and gloves behind. I recently hear some spring birds singing, and I knew despite the snow, that spring would soon be upon us. A time when all life begins again. We can experience this renewal of life at any stage of our life if we put our minds and hearts to it. Every day can be a day of renewal we don't have to wait for spring to come. We can purposefully unclutter, let go and shed useless emotions such as the burden of anger, resentment, fear and disappointment that constrains us and causes us personal suffering. All of these negative emotions cause hurt and sorrow. No one is immune to suffering, and we know that negative emotions cause harm and pain. However, do we know we actually can choose what to do about negative feelings and our reactions? We can decide. We do have free will. We can determine our response. We can begin again and make a new beginning. Easier said than done, you might say and you would be 100 percent correct. Our scripture reading from Ephesians looks at this process. It calls us to change old ways knowing that it is difficult, but not impossible. Surrendering our control over a situation to try and fix or change others is the only way it happens. The beautiful thing is that you are never alone in doing this work. God who created you and knows you by name is only an intention of the heart away to make this change a reality. Of helping us through the tough stuff. In the Christen faith, we are beginning the Lenten period of the Church. A time of walking the path of the Savior knowing that there is the beautiful renewal in Easter. However, no matter your faith group, you can see the signs of spring. Human spirituality is a never-ending spiral of renewal, growth, and change. Listen to the song at the end of our service, it speaks of letting go, of surrendering and never looking back. This movement forward is the call to becoming whom you were meant to be, so much higher than the limits of what you think your best days are of your life. Go forth today, knowing the promise of renewal is yours. Let the inner rain cleanse your heart and soul moving you forward with a new purpose.