



God Brings **NEW BEAUTY**

A Lenten Guide for 2021

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special thanks

Publication curated and edited by Hillary Peete.

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Featured artwork by Rocky Bridges—a native of Tarpon Springs, Florida who works in mixed media, usually involving metal. He is a graduate of The Cooper Union in New York, recipient of a three-year National Foundation for the Advancement of the Arts grant, and a Fulbright Scholar.

spcathedral.org/lent

Introduction

"What are you giving up for Lent?" is the question we most often hear in the days leading up to Ash Wednesday. We expect Lent to be a time of profound repentance, discipline, and fasting. Indeed, we've had a lot of that lately. This last year has already required us to give up so much, revealed deep inequalities, and left us wondering where God is in all this struggle. Not surprisingly, many of us aren't looking forward to giving up even more for Lent this year.

Inspired by the text of *Hymn 145* by Percy Dearmer, we invite you to ask a different Lenten question: "Where do you see God bringing new beauty?" You see, Lent is not only about sadness and repentance, but an invitation to participate in reconciling the world to God's dream for us. We hope you will discover where God is creating new beauty in our world, even from broken, imperfect people and circumstances. God brings new beauty out of the ashes and out of an empty tomb.

Within the pages of this Lenten guide, you'll find the art of local artist Rocky Bridges. The Cathedral walls feature many of Rocky Bridges' assemblages, paintings, and collages. Fitting of our theme of "new beauty," his art takes discarded, imperfect, or recycled objects and creates new and unexpected meaning and beauty.

The purpose of this booklet is to guide you through a meaningful season of authentic introspection, outward action, and seeking justice. Each day of the week will offer a particular way to engage these intentions:

Sunday	Meditate on the week's scripture readings from the lectionary
Monday	Commit to a spiritual practice for the week
Tuesday	Contemplate a piece of "found object" art by Rocky Bridges and reflection by Dean Stephen Morris
Wednesday	Be inspired by the life of a Saint
Thursday	Engage a meditation written by Cathedral clergy and staff
Friday	Listen to music by the Good Shepherd Collective and reflect on the lyrics
Saturday	Invite a friend or relative to be your prayer companion for these shared devotions

May this Lent be a time you see the light of Christ breaking into the world, bringing new beauty and redemption to a broken world.

—Hillary Peete, Director of Christian Formation

Ash Wednesday

Matthew 6:1-6, 16-21

Jesus said, "Beware of practicing your piety before others in order to be seen by them; for then you have no reward from your Father in heaven.

"So whenever you give alms, do not sound a trumpet before you, as the hypocrites do in the synagogues and in the streets, so that they may be praised by others. Truly I tell you, they have received their reward. But when you give alms, do not let your left hand know what your right hand is doing, so that your alms may be done in secret; and your Father who sees in secret will reward you.

"And whenever you pray, do not be like the hypocrites; for they love to stand and pray in the synagogues and at the street corners, so that they may be seen by others. Truly I tell you, they have received their reward. But whenever you pray, go into your room and shut the door and pray to your Father who is in secret; and your Father who sees in secret will reward you.

"And whenever you fast, do not look dismal, like the hypocrites, for they disfigure their faces so as to show others that they are fasting. Truly I tell you, they have received their reward. But when you fast, put oil on your head and wash your face, so that your fasting may be seen not by others but by your Father who is in secret; and your Father who sees in secret will reward you.

"Do not store up for yourselves treasures on earth, where moth and rust consume and where thieves break in and steal; but store up for yourselves treasures in heaven, where neither moth nor rust consumes and where thieves do not break in and steal. For where your treasure is, there your heart will be also."

The Collect

Almighty and everlasting God, you hate nothing you have made and forgive the sins of all who are penitent: Create and make in us new and contrite hearts, that we, worthily lamenting our sins and acknowledging our wretchedness, may obtain of you, the God of all mercy, perfect remission and forgiveness; through Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, for ever and ever. **Amen.**

Jesus said, "And whenever you pray, do not be like the hypocrites; for they love to stand and pray in the synagogues and at the street corners, so that they may be seen by others. Truly I tell you, they have received their reward. But whenever you pray, go into your room and shut the door and pray to your Father who is in secret; and your Father who sees in secret will reward you."

Matthew 6:5-6

Prayer is a lifting up of the mind unto God, or a friendly talking with the Lord, from an high and kindled affection of the heart.

-Edwin Sandys, 1516-1588

o often in the modern era we hold people at arm's length. It can be difficult to get to know others, and we can sometimes be wary about forming new and deep friendships—what might have come easy to us in younger days becomes increasingly difficult as we get older. Fake friendliness, overly enthusiastic advertisements with their bright eager smiles make us suspicious. Hypocrisy is easy to find, and a deeply troubling aspect of life. And Christians themselves are often accused of it—claiming to believe one thing and carrying ourselves another way. What is closest to our hearts and values may not be how we are actually living—and that is distressing both to ourselves when we see it in our own lives—and it is distressing to others when they see it in us.

"Do not be like the hypocrites" is Jesus' specific commandment to us with respect to our prayer life—set aside pretense, fake smiles, affectation—and get real with God. We are commanded by Christ to talk to God in true intimacy—"go into your room and shut the door" so that you can get honest, get direct, and grow in real relationship with God.

We of course pray in public, worship in public, and have aspects of our relationship with God conducted in public—but it is in the private and secret places of our life where we truly become friends with God, bare our souls to him, and receive the rewards of that holy intimacy. It is there where our true selves can become fully and consciously placed into the hands of our loving, living God. Here in this prayer relationship we offer our deepest concerns for ourselves and others—we are heard by God, and we grow in friendship with him. We are seen and known—and that itself is part of the reward we long for.

As these forty days of Lent unfold, seek God in secret prayer—let your pretenses fall away, and come to know him as your friend.

> Meditation written by: The Rev. Canon Ethan J. Cole, Canon for Congregational Life

February 19



VAPOR | Good Shepherd Collective Find video links: **spcathedral.org/new-beauty**

Oh the vapor of it all It's a chasing of the wind The powers of the earth So pale and thin We will set our hearts on you again

Heaven taunts the hearts of men We can feel it from within The beauty of it all The mystery The swelling of a voice A rising sea

Holy You O God are Holy Trees clap their hands for you Oceans, they dance for you

Oh the mystery of it all
I could never peer within
I could never find the words
To understand the fullness of a
God become a man

Holy You O God are Holy Trees clap their hands for you Oceans, they dance for you You are holy
Infinite and holy
A billion suns rise for you
Clouds paint the skies for you
Mountains stand tall for you
Valleys bow down to you
Everything rising to
Sing all our songs to you

Holy
The impossible and holy
Kings become fools for you
Kingdoms to ruins for you
Vapor finds ground in you
Music finds sound in you
Everything rising

Come like dawn
Like grace
Like sunlight
Bring this world to life
Come like rain
Like breath
Like springtime
Bring this world to life

Opening Prayer

Let the words of my mouth and the meditation of my heart be acceptable in your sight, **O Lord my strength and my redeemer.**

Glory to the Father, and to the Son, and to the Holy Spirit, As it was in the beginning, is now, and will be for ever. Amen.

Bless the Lord, O my soul, and all that is within me, bless his holy Name.

Bless the Lord, O my soul, and forget not all his benefits.

He forgives all your sins and heals all your infirmities;

He redeems your life from the grave and crowns you with mercy and loving-kindness.

Reflection

With your prayer companion, listen to "Vapor" from Friday's devotion. What feels leeting in your life? What are you holding too tightly? Discuss what Ash Wednesday neans to you. How do you feel when you hear the words "You are dust, and to dust you shall return?" Write down how you will tend to your soul this Lent in ways that will draw the search Cod.	
ou closer to God.	_

Closing Prayer

Creator God, you are the maker of all things, including me. I am but dust and ashes. You are the potter and I am the clay. Help me to remember that inasmuch as you care and tend to the birds that fly in the air, you tend and care for me. When I cling too tightly to the things of this world, loosen my grip so that I may more fully experience your mercy and abundance. **Amen.**



Now quit your care and anxious fear and worry; for schemes are vain and fretting bring no gain.

Lent calls to prayer, to trust and dedication;

God brings new beauty nigh;

reply, reply, reply with love to love most high;

reply, reply, reply with love to love most high.

First Week of Lent

Genesis 9:8-17

God said to Noah and to his sons with him, "As for me, I am establishing my covenant with you and your descendants after you, and with every living creature that is with you, the birds, the domestic animals, and every animal of the earth with you, as many as came out of the ark. I establish my covenant with you, that never again shall all flesh be cut off by the waters of a flood, and never again shall there be a flood to destroy the earth." God said, "This is the sign of the covenant that I make between me and you and every living creature that is with you, for all future generations: I have set my bow in the clouds, and it shall be a sign of the covenant between me and the earth. When I bring clouds over the earth and the bow is seen in the clouds, I will remember my covenant that is between me and you and every living creature of all flesh; and the waters shall never again become a flood to destroy all flesh. When the bow is in the clouds, I will see it and remember the everlasting covenant between God and every living creature of all flesh that is on the earth." God said to Noah, "This is the sign of the covenant that I have established between me and all flesh that is on the earth."

Psalm 25:1-9

To you, O Lord, I lift up my soul;

my God, I put my trust in you;

let me not be humiliated.

nor let my enemies triumph over me.

Let none who look to you be put to shame;

let the treacherous be disappointed in their schemes.

Show me your ways, O Lord,

and teach me your paths.

Lead me in your truth and teach me,

for you are the God of my salvation;

in you have I trusted all the day long.

Remember, O Lord, your compassion and love,

for they are from everlasting.

Remember not the sins of my youth and my transgressions;

remember me according to your love

and for the sake of your goodness, O Lord.

Gracious and upright is the Lord;

therefore he teaches sinners in his way.

He guides the humble in doing right

and teaches his way to the lowly.

All the paths of the Lord are love and faithfulness

to those who keep his covenant and his testimonies.

1 Peter 3:18-22

Christ also suffered for sins once for all, the righteous for the unrighteous, in order to bring you to God. He was put to death in the flesh, but made alive in the spirit, in which also he went and made a proclamation to the spirits in prison, who in former times did not obey, when God waited patiently in the days of Noah, during the building of the ark, in which a few, that is, eight persons, were saved through water. And baptism, which this prefigured, now saves you—not as a removal of dirt from the body, but as an appeal to God for a good conscience, through the resurrection of Jesus Christ, who has gone into heaven and is at the right hand of God, with angels, authorities, and powers made subject to him.

Mark 1:9-15

In those days Jesus came from Nazareth of Galilee and was baptized by John in the Jordan. And just as he was coming up out of the water, he saw the heavens torn apart and the Spirit descending like a dove on him. And a voice came from heaven, "You are my Son, the Beloved; with you I am well pleased."

And the Spirit immediately drove him out into the wilderness. He was in the wilderness forty days, tempted by Satan; and he was with the wild beasts; and the angels waited on him.

Now after John was arrested, Jesus came to Galilee, proclaiming the good news of God, and saying, "The time is fulfilled, and the kingdom of God has come near; repent, and believe in the good news."

The Collect

Almighty God, whose blessed Son was led by the Spirit to be tempted by Satan: Come quickly to help us who are assaulted by many temptations; and, as you know the weaknesses of each of us, let each one find you mighty to save; through Jesus Christ your Son our Lord, who lives and reigns with you and the Holy Spirit, one God, now and for ever. Amen.

February 22

SPIRITUAL PRACTICE | Show Love With Love

Love is who God is and what God does. If you've ever read anything by Presiding Bishop Michael Curry or heard him preach, then you know his now famous phrase — "if it's not about love, it's not about God."

When we love, we reflect God's love to everyone. Yes, sometimes human love is perfectly imperfect, broken love. Choose love anyway. Presiding Bishop Curry encourages us to think about a kind of love that is outward focused, which means that the opposite of this kind of love isn't hate — it's selfishness.

This week, practice choosing love. Practice an outward kind of love in a way that feels authentic to you.

Call a friend. If you live with others, offer a warm hug. Pick a name in the Cathedral directory and mail them a postcard. Send a coffee gift card to a parent with at-home learners. Drop off donations to the Little Food Pantry at St. Bede's. Contribute to a cause that impacts your community.

Show LOVE to:	Show LOVE by:
Example: my delivery and mail carriers	Example: leaving cold water outside with a thank you note
	-
	-
-	-
	-



Folding Red Chair Series

A folding chair ceases to serve the purpose for which it was created when it is folded. Can it still be considered a chair when one cannot sit in it? Notice the cross and its wretchedness. The red chairs above the horizon remind us of the Holy Spirit.

February 24

SAINT | Hildegard

Hildegard of Bingen, born in 1098 in the lush Rhineland Valley, was a mystic, poet, composer, dramatist, doctor, scientist. Her parents' tenth child, she was tithed to the Church and raised by the anchoress Jutta in a cottage near the Benedictine monastery of Disibodenberg.

Drawn by the life of silence and prayer, other women joined them, finding the freedom, rare outside women's religious communities, to develop their intellectual gifts. They organized as a convent under the authority of the abbot of Disibodenberg, with Jutta as abbess. When Jutta died, Hildegard, then 38, became abbess. Later she founded independent convents at Bingen (1150) and Eibingen (1165), with the Archbishop of Mainz as her only superior.

From childhood, Hildegard experienced dazzling spiritual visions. At 43, a voice commanded her to tell what she saw. So began an outpouring of extraordinarily original writings illustrated by unusual and wondrous illuminations. These works abound with feminine imagery for God and God's creative activity.

In 1147, Bernard of Clairvaux recommended her first book of visions, Scivias, to Pope Eugenius III, leading to papal authentication at the Synod of Trier. Hildegard became famous, eagerly sought for counsel, a correspondent of kings and queens, abbots and abbesses, archbishops and popes.

She carried out four preaching missions in northern Europe, unprecedented activity for a woman. She practiced medicine, focusing on women's needs; published treatises on natural science and philosophy; wrote a liturgical drama, *The Play of the Virtues*, in which personified virtues sing their parts and the devil, condemned to live without music, can only speak. For Hildegard, music was essential to worship. Her liturgical compositions, unusual in structure and tonality, were described by contemporaries as "chant of surpassing sweet melody" and "strange and unheard-of music."

Hildegard lived in a world accustomed to male governance. Yet, within her convents, and to a surprising extent outside them, she exercised a commanding spiritual authority based on confidence in her visions and considerable political astuteness. When she died in 1179 at 81, she left a rich legacy which speaks eloquently across the ages.

God of all times and seasons; Give us grace that we, after the example of your servant Hildegard, may both known and make known the joy and jubilation of being part of your creation, and show forth your glory not only with our lips but in our lives; through Jesus Christ our Savior, who lives and reigns with you and the Holy Spirit, one God, for ever and ever. **Amen.**

"...when God waited patiently in the days of Noah..."

I Peter 3:20

leven months in COVID-time can instill a desire for a very different kind of Lent after a wilderness of isolation and introspection. It's not for lack of much that calls for forgiveness, repentance, and amendment of life. There's plenty still. But another 40 days of wilderness time? Rather, how about some light to draw us forward to Easter? Mightn't that do as much good for the world as anything else?

Consider the rainbow in the sky that excites us whenever we see one—especially a double or triple one. God said it would be the sign of God's covenant with all flesh. "When I bring clouds over the earth and the bow is seen in the clouds, I will remember my covenant that is between me and you and every living creature of all flesh; and the waters shall never again become a flood to destroy all flesh." (Gen. 14-15). After the flood destroying all life on earth with just the few saved in Noah's ark, God covenants never again to destroy life, no matter how much sin and evil we humans can inflict on each other, on the life of other creatures, and on the earth itself. God will wait patiently.

LGBTQ people adopted the Rainbow flag as their own—a flag of light refracted into all the colors that make up a single ray of white light. There would not be that one ray that separates light from darkness without all its constituent colors coming together. That flag can also be a sign of God's patience. God waits patiently as we struggle to share this embrace God has for all His creation, regardless of race, nationality, tribe, religion, sexual identity, or plant and fauna, both terrestrial and aquatic, even the air and water itself.

Yet the wilderness of COVID will still be with us. "The Spirit immediately drove him out into the wilderness... in the wilderness forty days" (Mark 12-13). Jesus had just come from his baptismal experience of the power of God's Spirit, impelling him into what would be his public witness and ministry. Jesus had felt power come into himself. Everyone at some point has felt empowered—whether spiritually, emotionally, intellectually, physically, or sexually. Power impels our capacity to act. Wisdom, however, teaches us the need for discernment in how best to act out of that power. Jesus was tempted in the wilderness forty days by how this power would play out in his life.

God waits patiently for our discernment too—forty more days is not too much to ask in spiritual terms. Jesus' life shows us the answer that came to him—the power of love. What power has been given me? How might God ask me to use that power in my life's circumstances? How would God's embrace of all creation show up in my power to love?

> Meditation written by: The Rev. Sam V. Tallman

February 26



HIS EYE IS ON THE SPARROW | Good Shepherd Collective Find video links: spcathedral.org/new-beauty

Why should I feel discouraged, why should the shadows come, Why should my heart be lonely, and long for heav'n and home, When Jesus is my portion? My constant Friend is He: His eye is on the sparrow, and I know He watches over me; His eye is on the sparrow, and I know He watches me.

I sing because I'm happy, I sing because I'm free, For His eye is on the sparrow, and I know He watches over me.

Opening Prayer

Let the words of my mouth and the meditation of my heart be acceptable in your sight, **O Lord my strength and my redeemer.**

Glory to the Father, and to the Son, and to the Holy Spirit, As it was in the beginning, is now, and will be for ever. Amen.

To you, O Lord, I lift up my soul; My God, I put my trust in you; Let me not be humiliated, Nor let my enemies triumph over me.

Let none who look to you be put to shame; Let the treacherous be disappointed in their schemes.

Show me your ways, O Lord, **And teach me your paths.**

Lead me in your truth and teach me, For you are the God of my salvation; In you I have trusted all the day long.

Reflection

with your prayer companion, take five acep breaths inhaling through your hose and out
through your mouth. In this moment, invite $\operatorname{God's}$ peace. Center and reflect on areas of
your heart that may be hardened, where you have not practiced love towards yourself.
Think of those who you have hardened your heart towards. Share your thoughts and
write down your prayers. Offer them to God and pray for them today.

Closing Prayer

Lord, you know me inside and out. You know my gifts and my failings, my talents, and my struggles. Help me to look at myself with love and affection; to see who and where I am, right now. Help me to clear my mind of all distractions and listen to your Holy Spirit. Lord, show me areas where I can offer unconditional love to myself and to others. **Amen.**



To bow the head in sackcloth and in ashes, or rend the soul, such grief is not Lent's goal; but to be led to where God's glory flashes, his beauty to come near. Make clear, make clear, make clear where truth and light appear; make clear, make clear, make clear where truth and light appear.

Second Week of Lent

Genesis 17:1-7, 15-16

When Abram was ninety-nine years old, the Lord appeared to Abram, and said to him, "I am God Almighty; walk before me, and be blameless. And I will make my covenant between me and you, and will make you exceedingly numerous." Then Abram fell on his face; and God said to him, "As for me, this is my covenant with you: You shall be the ancestor of a multitude of nations. No longer shall your name be Abram, but your name shall be Abraham; for I have made you the ancestor of a multitude of nations. I will make you exceedingly fruitful; and I will make nations of you, and kings shall come from you. I will establish my covenant between me and you, and your offspring after you throughout their generations, for an everlasting covenant, to be God to you and to your offspring after you.

God said to Abraham, "As for Sarai your wife, you shall not call her Sarai, but Sarah shall be her name. I will bless her, and moreover I will give you a son by her. I will bless her, and she shall give rise to nations; kings of peoples shall come from her."

Psalm 22:22-30

Praise the LORD, you that fear him; stand in awe of him, O offspring of Israel;

all you of Jacob's line, give glory.

For he does not despise nor abhor the poor in their poverty;

neither does he hide his face from them;

but when they cry to him he hears them.

My praise is of him in the great assembly;

I will perform my vows in the presence of those who worship him.

The poor shall eat and be satisfied,

and those who seek the LORD shall praise him:

"May your heart live for ever!"

All the ends of the earth shall remember and turn to the LORD, and all the families of the nations shall bow before him.

For kingship belongs to the LORD;

he rules over the nations.

To him alone all who sleep in the earth bow down in worship; all who go down to the dust fall before him.

My soul shall live for him;

my descendants shall serve him;

they shall be known as the Lord's for ever.

They shall come and make known to a people yet unborn

the saving deeds that he has done.



Romans 4:13-25

For the promise that he would inherit the world did not come to Abraham or to his descendants through the law but through the righteousness of faith. If it is the adherents of the law who are to be the heirs, faith is null and the promise is void. For the law brings wrath; but where there is no law, neither is there violation. For this reason it depends on faith, in order that the promise may rest on grace and be guaranteed to all his descendants, not only to the adherents of the law but also to those who share the faith of Abraham (for he is the father of all of us, as it is written, "I have made you the father of many nations")—in the presence of the God in whom he believed, who gives life to the dead and calls into existence the things that do not exist. Hoping against hope, he believed that he would become "the father of many nations," according to what was said, "So numerous shall your descendants be." He did not weaken in faith when he considered his own body, which was already as good as dead (for he was about a hundred years old), or when he considered the barrenness of Sarah's womb. No distrust made him waver concerning the promise of God, but he grew strong in his faith as he gave glory to God, being fully convinced that God was able to do what he had promised. Therefore his faith "was reckoned to him as righteousness." Now the words, "it was reckoned to him," were written not for his sake alone, but for ours also. It will be reckoned to us who believe in him who raised Jesus our Lord from the dead, who was handed over to death for our trespasses and was raised for our justification.

Mark 8:31-38

Jesus began to teach his disciples that the Son of Man must undergo great suffering, and be rejected by the elders, the chief priests, and the scribes, and be killed, and after three days rise again. He said all this quite openly. And Peter took him aside and began to rebuke him. But turning and looking at his disciples, he rebuked Peter and said, "Get behind me, Satan! For you are setting your mind not on divine things but on human things."

He called the crowd with his disciples, and said to them, "If any want to become my followers, let them deny themselves and take up their cross and follow me. For those who want to save their life will lose it, and those who lose their life for my sake, and for the sake of the gospel, will save it. For what will it profit them to gain the whole world and forfeit their life? Indeed, what can they give in return for their life? Those who are ashamed of me and of my words in this adulterous and sinful generation, of them the Son of Man will also be ashamed when he comes in the glory of his Father with the holy angels."

The Collect

O God, whose glory it is always to have mercy: Be gracious to all who have gone astray from your ways, and bring them again with penitent hearts and steadfast faith to embrace and hold fast the unchangeable truth of your Word, Jesus Christ your Son; who with you and the Holy Spirit lives and reigns, one God, for ever and ever. **Amen.**

SPIRITUAL PRACTICE | Learning

Truth and light. These are guiding principles of many faiths. Both are synonyms for knowledge and reflect a desire for clear-eyed perspective in our messy, complex world.

All that we know informs who we are and how we see the world. The more we know, the more levers we have to pull when it comes to connecting with others, appreciating their backgrounds and points of view, and cultivating empathy.

This week, practice connecting with God through learning.

Sure, if learning is going to be a spiritual practice, you could certainly learn about God, our liturgies, the origins of biblical stories, other religious traditions, etc. But, what if we thought about it more broadly as just learning something new?

Dedicate time to learning something that fills a gap in your own knowledge or skillset. Do you want to learn how to quill, make fresh marshmallows, or code a webpage? Are you interested in learning more about Greek mythology, the history of inauguration dresses, flying dinosaurs, or the rules of shuffleboard? Watch a tutorial or pick up a book, and learn!

This week,	I learned how to / about:		
Reflecting	on what I learned, I'll take awa	yy:	



Beneath the Order Beyond Truth

Yellow. Caution. Jaundice. Upside down dorsal fin. I imagine the caution we must take with us down into the abyss. The great unknown where danger often lurks. Beneath the order. Beyond truth.

SAINT | Sojourner Truth

Isabella (Sojourner Truth) was the next-to-youngest child of several born to James and Elizabeth, slaves owned by a wealthy Dutchman in New York. For the first 28 years of her life she was a slave, sold from household to household.

She fled slavery with the help of Quaker friends, first living in Philadelphia, then New York, where she joined the Mother Zion African Methodist Episcopal Church when African Americans were being denied the right to worship with white members of St. George's Church in Philadelphia. Belle (as Isabella was called) became a street-corner evangelist in poverty-stricken areas of New York City, but quickly realized people needed food, housing and warm clothing. She focused her work on a homeless shelter for women.

When she was about 46, Belle believed she heard God say to her, "Go east." So, she set out east for Long Island and Connecticut. Stopping at a Quaker farm for a drink of water, she was asked her name. "My name is Sojourner," Belle said. "What is your last name?" the woman asked. Belle thought of all her masters' names she had carried through life. Then the thought came: "The only master I have now is God, and His name is Truth."

Sojourner became a traveling preacher, approaching white religious meetings and campgrounds and asking to speak. Fascinated by her charismatic presence, her wit, wisdom, and imposing six-foot height, they found her hard to refuse. She never learned to read or write, but quoted extensive Bible passages from memory in her sermons. She ended by singing a "home-made" hymn and addressing the crowd on the evils of slavery. Her reputation grew and she became part of the abolitionist and women's rights speakers' network.

During a women's rights convention in Ohio, Sojourner gave the speech for which she is best remembered: "Ain't I A Woman." She had listened for hours to clergy attack women's rights and abolition, using the Bible to support their oppressive logic: God had created women to be weak and blacks to be a subservient race.

O God, whose Spirit guides us into all truth and makes us free: Strengthen and sustain us as you did your servant Sojourner. Give us vision and courage to stand against oppression and injustice and all that works against the glorious liberty to which you call all your children; through Jesus Christ our Savior, who lives and reigns with you and the Holy Spirit, one God, for ever and ever. **Amen.**

"Praise the Lord, you that fear him; stand in awe of him, O offspring of Israel; all you of Jacob's line, give glory."

Psalm 22:22

ur spiritual practice this week took its cue from the second stanza of Percy Dearmer's hymn, "Now quit your care." Dearmer was one of the great advocates for beauty in the liturgy: beauty of language, beauty of movement, beauty of vestments and furnishings of all kinds. This week he exhorted us to "be led to where God's glory flashes, his beauty to draw near." The Psalmist likewise invites us to stand in awe before the Lord, to reflect back on God the glory that is always his.

Where do you find those moments of awe, those glimpses of beauty? Sometimes they break through in the midst of the daily round. "Sometimes a light surprises the Christian while he sings," wrote the evangelical Anglican poet William Cowper, who struggled all his life with depression but still sometimes knew the beautiful presence of God: "it is the Lord who rises with healing in his wings." Often, though, our minds, like Peter's, are set on ordinary, run-of-the-mill things, human things, and we must tear our eyes away from those and fix them instead on divine things. If we take the time to look, to stand in awe, we will often be graced with some new vision, if only for a moment.

For the world is charged with the grandeur of God. It will flame out, like shining from shook foil. —Gerard Manley Hopkins

So look for the grandeur of God to flame out in a perfect sunset, in a quiet moment of contemplation, in a graceful word given or received, in a burden lifted or a challenge taken on. And stand in awe of him, O offspring of Israel.

> Meditation written by: The Rev. Canon Dr. Thomas Williams, Canon Theologian



AMAZING GRACE | Good Shepherd Collective Find video links: **spcathedral.org/new-beauty**

Amazing grace, how sweet the sound That saved a wretch like me I once was lost, but now I am found Was blind, but now I see

(I can see I can see so clearly now)

'Twas grace that taught my heart to fear And grace my fears relieved How precious did that grace appear The hour I first believed

I once was lost, but now I am found Was blind, but now I see

(I can see I can see so clearly now) Through many dangers, toils and snares We have already come 'Twas grace has brought us safe thus far And grace will lead us home

We once were lost, but now we're found We once were blind, but now we see

(I can see I can see so clearly now)

When we've been there ten thousand years Bright, shining as the sun We've no less days to sing God's praise Than when we've first begun

Opening Prayer

Let the words of my mouth and the meditation of my heart be acceptable in your sight, O Lord my strength and my redeemer.

Glory to the Father, and to the Son, and to the Holy Spirit, As it was in the beginning, is now, and will be for ever. Amen.

Praise the Lord, you that fear him; stand in awe of him, O offspring of Israel; all you of Jacob's line, give glory.

For he does not despise nor abhor the poor in their poverty; neither does he hide his face from them; but when they cry to him he hears them.

My praise is of him in the great assembly;

I will perform my vows in the presence of those who worship him.

The poor shall eat and be satisfied. And those who seek the Lord shall praise him:

"May your heart live for ever!"

Reflection

With your prayer companion, discuss what you know to be true about God. For example,
"God is love" or "God is always with us." As much as we may try, though, we will never
fully understand or know God. How can you embrace the mystery of God? Reflect
together and share ways that God's grace bridges the gap between what we know and
don't know. Pray for God's truth and light to be made clear in your life.

Closing Prayer

Great and awesome God, you have said that your thoughts are nothing like our thoughts. And neither are your ways our ways. It is true, though daily we may try. Lord, I cannot fathom the depths of your love, your grace, your compassion, and sacrifice. Help me to seek you. Help me to seek your face. Help me to outstretch my hands and my heart—wholly to you. Help me to learn and know your ways so that they will be like yours. That my thoughts will be like yours. That I may know, live, and walk with you in spirit and in truth. Amen.



For is not this the fast that I have chosen? (The prophet spoke) To shatter every yoke, or wickedness the grievous bands to loosen, oppression put to flight, to fight, to fight, to fight till every wrong's set right. To fight, to fight, to fight till every wrong's set right.

Third Week of Lent

Psalm 19

The heavens declare the glory of God, and the firmament shows his handiwork.

One day tells its tale to another,

and one night imparts knowledge to another.

Although they have no words or language,

and their voices are not heard,

Their sound has gone out into all lands,

and their message to the ends of the world.

In the deep has he set a pavilion for the sun;

it comes forth like a bridegroom out of his chamber;

it rejoices like a champion to run its course.

It goes forth from the uttermost edge of the heavens

and runs about to the end of it again;

nothing is hidden from its burning heat.

The law of the Lord is perfect

and revives the soul:

the testimony of the Lord is sure

and gives wisdom to the innocent.

The statutes of the Lord are just

and rejoice the heart;

the commandment of the Lord is clear

and gives light to the eyes.

The fear of the LORD is clean

and endures for ever;

the judgments of the Lord are true

and righteous altogether.

More to be desired are they than gold,

more than much fine gold,

sweeter far than honey,

than honey in the comb.

By them also is your servant enlightened,

and in keeping them there is great reward.

Who can tell how often he offends?

cleanse me from my secret faults.

Above all, keep your servant from presumptuous sins;

let them not get dominion over me;

then shall I be whole and sound,

and innocent of a great offense.

Let the words of my mouth and the meditation of my heart be acceptable in your sight, O Lord, my strength and my redeemer.

I Corinthians 1:18-25

The message about the cross is foolishness to those who are perishing, but to us who are being saved it is the power of God. For it is written,

"I will destroy the wisdom of the wise, and the discernment of the discerning I will thwart."

Where is the one who is wise? Where is the scribe? Where is the debater of this age? Has not God made foolish the wisdom of the world? For since, in the wisdom of God, the world did not know God through wisdom, God decided, through the foolishness of our proclamation, to save those who believe. For Jews demand signs and Greeks desire wisdom, but we proclaim Christ crucified, a stumbling block to Jews and foolishness to Gentiles, but to those who are the called, both Jews and Greeks, Christ the power of God and the wisdom of God. For God's foolishness is wiser than human wisdom, and God's weakness is stronger than human strength.

John 2:13-22

The Passover of the Jews was near, and Jesus went up to Jerusalem. In the temple he found people selling cattle, sheep, and doves, and the money changers seated at their tables. Making a whip of cords, he drove all of them out of the temple, both the sheep and the cattle. He also poured out the coins of the money changers and overturned their tables. He told those who were selling the doves, "Take these things out of here! Stop making my Father's house a marketplace!" His disciples remembered that it was written, "Zeal for your house will consume me." The Jews then said to him, "What sign can you show us for doing this?" Jesus answered them, "Destroy this temple, and in three days I will raise it up." The Jews then said, "This temple has been under construction for forty-six years, and will you raise it up in three days?" But he was speaking of the temple of his body. After he was raised from the dead, his disciples remembered that he had said this; and they believed the scripture and the word that Jesus had spoken.

The Collect

Almighty God, you know that we have no power in ourselves to help ourselves: Keep us both outwardly in our bodies and inwardly in our souls, that we may be defended from all adversities which may happen to the body, and from all evil thoughts which may assault and hurt the soul; through Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, for ever and ever. Amen.

SPIRITUAL PRACTICE | Ask Hard Questions

The teaching of Isaiah is clear here — the right kind of fasting, the kind of fasting God wants from us, involves saving others from oppression. Jesus knew this too; he was in the business of being counter-cultural. But what does that actually mean for us today?

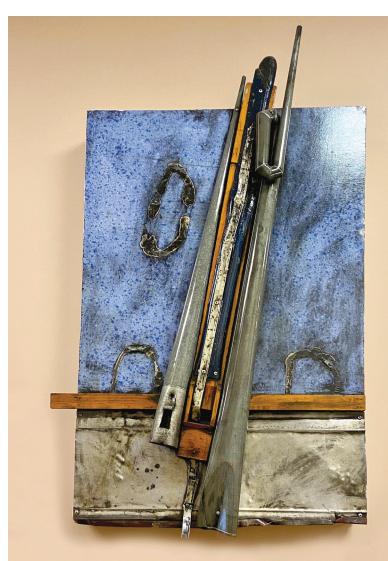
Maybe the question here brings the true value. Questions make us dig deep into our own insecurities; they expose what we don't know; they challenge and frustrate us. Questions lead to more questions, which sometimes lead to answers — but it's okay if they don't.

This week, practice asking tough theological questions.

How can we put our faith into action? Is it easier to love God than neighbor? How can I practice Godly love when there are some people I'd really rather not love? How can I work toward alleviating oppression when I still have so much to learn about my own or inherited prejudices? When we think about environmental and ecological theological concerns, am I an oppressor?

Ask the tough questions. Sit with them. Reflect and talk about them, and more questions will come. That's a good thing.

Tough theological questions for our day:



St. Peter's Cross

Commissioned by the Cathedral in 2017, using metal and wooden pipes from the Cathedral's 1915 Austin organ.

Peter was crucified upside down as he considered himself unworthy to die in the manner in which his Lord died. What does this tell us about martyrdom? Everything is turned downside up... even the horizon.

SAINTS | William Garrison and Maria Stewart

William Lloyd Garrison was born in Newburyport, Massachusetts, in 1805. His father, a sailor, had abandoned the family when he was five years old. His experience of poverty at a young age awakened in him a religious zeal for justice and a hatred for slavery. After working on a Quaker periodical in Baltimore, Garrison returned to Boston and, with the help of the black community, started his own antislavery paper, *The Liberator*.

His proclamation of purpose in the first issue became famous around the country: "On [the subject of slavery] I do not wish to think, or speak, or write, with moderation. No! No! Tell a man whose house is on fire to give a moderate alarm... but urge me not to use moderation in a cause like the present."

The Liberator came to be the dominant voice in the abolitionist movement demanding immediate emancipation without compensation to slave owners. Garrison invoked the ire and rage of people all over the country, particularly in slaveholding states. In 1835 an angry mob attacked Garrison who was jailed for his own safety.

In what was a radical policy for the time, Garrison opened up his columns to black and female writers. Among those to respond to his call was Maria W. Stewart, a freeborn African-American woman who showed up at his office in 1831 with several essays that were published in *The Liberator*.

Born in Hartford, Connecticut, Stewart was orphaned at the age of five and grew up in the home of a white minister. She married James W. Stewart, a successful shipping outfitter, but was widowed just three years later. Soon after she experienced a religious conversion and responded with her vigorous antislavery advocacy. Her efforts called upon African Americans in the south to rise up against slavery and for northern blacks to resist racial restrictions. When her speaking career ended after three years, she became a schoolteacher and then Head Matron of Freedom's Hospital in Washington D.C., which was later to become Howard University.

God, in whose service alone is perfect freedom: We thank you for your prophets William Lloyd Garrison and Maria Stewart, who testified that we are made not by the color of our skin but by the principle formed in our soul. Fill us, like them, with the hope and determination to break every chain of enslavement, that bondage and ignorance may melt like wax before flames, and we may build that community of justice and love which is founded on Jesus Christ our cornerstone; who with you and the Holy Spirit lives and reigns, one God, now and for ever. **Amen.**

March II

ometimes, things have to break down completely before they can be reimagined and rebuilt. Our reading from the Gospel of John describes the scene where Jesus destroys the temple marketplace in an attempt to both set things to right and to offer a foreshadowing of his own fait accompli death and resurrection to come. It was necessary to break down assumptions in order to help his followers seek to understand a new revelation of God. Like the assembled crowd in the temple that day, we are often going about our business believing we are doing the right and just thing ourselves, blind to the truths of injustice and clouded by our nose-to-the-grindstone focus on the socalled American Dream.

The saints we recognize this week are William Lloyd Garrison and Maria Miller Stewart, who The Episcopal Church honors for their efforts to fight against the lucrative and un-Christ-like business of slavery. Both of them spent much of their lives shattering the norms from their contexts as a white man and a black woman. Garrison and Stewart each called their neighbors to account for continuing to engage in the hideous practice of enslaving humans, for they knew things needed to change and that change would only come when its reality was thrust upon their witnesses.

While we may not be personally called to be the ones to upend harmful systems, we are indeed called to examine our beliefs and individual consciences to see how we benefit from unjust systems and are complicit to them in our personal practices. The goal, of course, is not to seek to have our name added to the church year's recognition of the great cloud of witnesses, but rather to seek to live into our baptismal promise to strive for justice and respect the dignity of all people.

> Meditation written by: The Rev. Paige Hanks



THE MEDICINE | Good Shepherd Collective Find video links: **spcathedral.org/new-beauty**

There's a sickness here that threatens to divide us And we're all afraid to say its name out loud But, Lord, I know that you can heal us of this virus So, we need you, we need you right now There's a darkness here that's dangerous and aggressive It getting harder every day to shake its power But, Lord, I know that you can free us from oppression So, we need you, we need you right now

Cause we don't know what to do
So, we turn our eyes to you
We've run out of words to say
But if you come and have your way
You can save us from ourselves
Before our wounds hurt someone else
We need you now

What does it mean to have compassion for another?

How can I claim to love a God that I can't see?

If I can find the will to harm and kill my brother

Cause he neglected to look like me I can speak the words of men and songs of angels
I can give all my possessions to the poor

But if your love can't move the mountain of my hatred

Somehow, I missed you, and I need you so much more

Cause I don't know what to do
So I turn my eyes to you
I've run out of words to say
You can come and have your way
You can save me from myself
Before my wounds hurt someone else
I need you now

We need you now
We need your healing
We need a miracle
We can't do it on our own
We need you now

Opening Prayer

Let the words of my mouth and the meditation of my heart be acceptable in your sight, **O Lord my strength and my redeemer.**

Glory to the Father, and to the Son, and to the Holy Spirit, As it was in the beginning, is now, and will be for ever. Amen.

The law of the Lord is perfect and revives the soul; the testimony of the Lord is sure and gives wisdom to the innocent.

The statutes of the Lord are just and rejoice the heart; the commandment of the Lord is clear and gives light to the eyes.

The fear of the Lord is clean and endures for ever; the judgements of the Lord are true and righteous altogether.

More to be desired are they than gold, more than much fine gold, sweeter far than honey, than honey in the comb.

Reflection

With your prayer companion, share some of your tough questions from Monday's
spiritual practice. Together, discuss what it means to remain faithful and determined in
your walk with God even when there are not easy answers. Is there a particular question
that is especially challenging for you today? Ask for prayers to continue to seek after
God's wisdom and the courage "to fight till every wrong's set right."

Closing Prayer

Loving God, when I am shrouded and unsure, dismayed and confused, be thou my light. Be thou my shepherd. Help me to be still and wait on you. Guide me. Speak to me. That I would not go astray in my thoughts, words, deeds, or my walk, but continue in your way. Help me to remember and trust that all things are in your care and timing. I trust you will anoint my lips and grant me grace to speak in truth and love. **Amen.**



For righteousness and peace will show their faces to those who feed the hungry in their need, and wrongs redress, who build the old waste places, and in the darkness shine.

Divine, divine, divine it is when all combine! Divine, divine, divine it is when all combine!

Fourth Week of Lent

The Collect

Gracious Father, whose blessed Son Jesus Christ came down from heaven to be the true bread which gives life to the world: Evermore give us this bread, that he may live in us, and we in him; who lives and reigns with you and the Holy Spirit, one God, now and for ever. **Amen.**

Numbers 21:4-9

From Mount Hor the Israelites set out by the way to the Red Sea, to go around the land of Edom; but the people became impatient on the way. The people spoke against God and against Moses, "Why have you brought us up out of Egypt to die in the wilderness? For there is no food and no water, and we detest this miserable food." Then the Lord sent poisonous serpents among the people, and they bit the people, so that many Israelites died. The people came to Moses and said, "We have sinned by speaking against the Lord and against you; pray to the Lord to take away the serpents from us." So Moses prayed for the people. And the Lord said to Moses, "Make a poisonous serpent, and set it on a pole; and everyone who is bitten shall look at it and live." So Moses made a serpent of bronze, and put it upon a pole; and whenever a serpent bit someone, that person would look at the serpent of bronze and live.

Psalm 107:1-3, 17-22

Give thanks to the Lord, for he is good,

and his mercy endures for ever.

Let all those whom the Lord has redeemed proclaim

that he redeemed them from the hand of the foe.

He gathered them out of the lands;

from the east and from the west,

from the north and from the south.

Some were fools and took to rebellious ways;

they were afflicted because of their sins.

They abhorred all manner of food

and drew near to death's door.

Then they cried to the Lord in their trouble,

and he delivered them from their distress.

He sent forth his word and healed them and saved them from the grave.

Let them give thanks to the Lord for his mercy and the wonders he does for his children.

Let them offer a sacrifice of thanksgiving and tell of his acts with shouts of joy.



Ephesians 2:1-10

You were dead through the trespasses and sins in which you once lived, following the course of this world, following the ruler of the power of the air, the spirit that is now at work among those who are disobedient. All of us once lived among them in the passions of our flesh, following the desires of flesh and senses, and we were by nature children of wrath, like everyone else. But God, who is rich in mercy, out of the great love with which he loved us even when we were dead through our trespasses, made us alive together with Christ—by grace you have been saved—and raised us up with him and seated us with him in the heavenly places in Christ Jesus, so that in the ages to come he might show the immeasurable riches of his grace in kindness toward us in Christ Jesus. For by grace you have been saved through faith, and this is not your own doing; it is the gift of God—not the result of works, so that no one may boast. For we are what he has made us, created in Christ Jesus for good works, which God prepared beforehand to be our way of life.

John 3:14-21

Jesus said, "Just as Moses lifted up the serpent in the wilderness, so must the Son of Man be lifted up, that whoever believes in him may have eternal life.

"For God so loved the world that he gave his only Son, so that everyone who believes in him may not perish but may have eternal life.

"Indeed, God did not send the Son into the world to condemn the world, but in order that the world might be saved through him. Those who believe in him are not condemned; but those who do not believe are condemned already, because they have not believed in the name of the only Son of God. And this is the judgment, that the light has come into the world, and people loved darkness rather than light because their deeds were evil. For all who do evil hate the light and do not come to the light, so that their deeds may not be exposed. But those who do what is true come to the light, so that it may be clearly seen that their deeds have been done in God."

SPIRITUAL PRACTICE | Setting Intentions

Jesus had a lot to say about caring for the hungry and oppressed, and, as his followers, we know that charity and justice are critical goals for us as well. But the goal is the destination – what's the journey that gets us there? Intentions. Setting intentions can help guide our thinking, internal motivations, and our actions as we work toward becoming the people we are called to be.

Whatever holds our brain's attention has a special power, and setting intentions can help us put that power to good use. Intentions can help us be more present, to break us out of auto-pilot mode. Our intentions affect how we show up for others, and the cumulative effect of these small intentions or steps is divine, divine, divine!

This week, practice setting intentions.

Be specific and phrase it in the present tense. Write it down, put it on a sticky note on your bathroom mirror, or even share it with your friends. And then hold yourself accountable by reflecting back on whether your intentions impacted your behaviors. Then, set new intentions for another day or week.

Today, I intend to		
Evamples:		

Examples:

- Today, I intend to be a good listener when I meet my friend for our driveway coffee date.
- Today, I intend to bring more balance to my workday.
- Today, I intend to be patient with everyone I encounter.



Untitled

Even under blue skies, on the prettiest of days, the cruelty in life occurs. Shots ring out piercing all signs of caution. Blood will out.

SAINT | Óscar Romero

Óscar Arnulfo Romero y Galdémez was born on August 15, 1917, in San Salvador. At the age of twelve, he was apprenticed to a carpenter, but was later able to attend seminary. His family's economic circumstances forced him to withdraw to work in a gold mine. Ultimately he entered another seminary and was eventually sent to the Gregorian University in Rome to study theology. After his ordination to the priesthood, he returned to his native land, where he worked among the poor, served as an administrator for the Church, and started an Alcoholics Anonymous group in San Miguel.

When he was appointed a bishop, radicals distrusted his conservative sympathies. However, after his appointment as Archbishop of San Salvador in 1977, a progressive Jesuit friend of his, Rutilio Grande, was assassinated, and Romero began protesting the government's injustice to the poor and its policies of torture. He met with Pope John Paul II in 1980 and complained that the leaders of El Salvador engaged in terror and assassinations. He also pleaded with the American government to stop military aid to his country, but this request was ignored.

Romero was shot to death while celebrating Mass at a small chapel near his cathedral on March 24, 1980. The previous day, he preached a sermon calling on soldiers to disobey orders that violated human rights. He had said, "A bishop will die, but the Church of God which is the people will never perish." The Roman Catholic Church declared him "a servant of God," and he is honored as a martyr by many Christian denominations worldwide.

Almost nine months after Romero's assassination, four Maryknoll nuns were also killed in the course of their duties by the El Salvadoran army. Nine Jesuit priests were similarly murdered in November of 1989. A statue of Romero stands at the door of Westminster Abbey as part of a commemoration of twentieth-century martyrs.

Almighty God, you called your servant Óscar Romero to be a voice for the voiceless poor, and to give his life as a seed of freedom and a sign of hope: Grant that, inspired by his sacrifice and the example of the martyrs of El Salvador, we may without fear or favor witness to your Word who abides, your Word who is Life, even Jesus Christ our Lord, to whom, with you and the Holy Spirit, be praise and glory now and for ever. **Amen.**

"Indeed, God did not send the Son into the world to condemn the world, but in order that the world might be saved through him."

John 3:17

n our Old Testament reading this week we hear the story of the Israelites who, when bitten by a poisonous serpent, could look at a bronze serpent Moses had affixed to the top of a staff and be healed. In a similar way, we, when we have fallen into sin, can look upon Jesus on the cross, and ask that our sin be forgiven. In doing so we make a decision to turn away from the darkness that is sin and toward the light that is life in Christ. In this way, we too can be healed. Paul reminds us that this forgiveness comes, not from or because of anything we have done, but simply because of the love God has for us and His grace freely given to us.

As we contemplate this great act of love I think in gratitude we are moved to respond. I think that there are two ways we might consider responding on a regular basis as we follow the lead of Jesus.

The first is to make space every day to spend some quiet time in prayer. Fellowship with the Father is a great way to recharge and reorient our lives.

The second is to pass on the love freely given to us by sharing it with others.

Jesus consistently reached out to those on the margins, those who were least, those who were outcasts. Following His way, we too can look for ways to provide assistance those society considers "less than." In doing these two simple things, we can demonstrate our gratitude for the gift of grace freely given to us.

> Meditation written by: The Rev. Scott Nonken



THE GRAVITY OF LOVE | Good Shepherd Collective Find video links: spcathedral.org/new-beauty

Hift my eyes up to the hills This my morning song Where my strength comes from Hift my eyes up to the hills This my evening song Where my help comes from

This is the gravity of love Just as the moon follows the sun You're all around me You're holding everything This is the hope of every land Just as the universe expands Your love is reaching You're holding everything

We lift our eyes up to the hills When will our help come? Lord we cry, "How long?" We lift our eyes up to the hills Even as we run Hope is chasing us

This is the gravity of love Just as the moon follows the sun You're all around me You're holding everything This is the hope of every land Just as the universe expands Your love is reaching You're holding everything

We are going to make it through We are going to make it through Love will do what it takes To get me to you We are going to make it through

Opening Prayer

Let the words of my mouth and the meditation of my heart be acceptable in your sight, **O Lord my strength and my redeemer.**

Glory to the Father, and to the Son, and to the Holy Spirit, As it was in the beginning, is now, and will be for ever. Amen.

Then they cried to the Lord in their trouble, and he delivered them from their distress.

He sent forth his word and healed them and saved them from the grave.

Let them give thanks to the Lord for his mercy and the wonders he does for his children.

Let them offer a sacrifice of thanksgiving and tell of his acts with shouts of joy.

Reflection

With your prayer companion, reflect on places in your life where you have seen God's
light shine in moments of darkness. During difficult times, it can help to look beyond
ourselves and seek ways to serve others. Discuss people you know who reflect God's
light despite their own challenging circumstances. Give thanks for the lives of martyrs
like Oscar Romero, Martin Luther King, Jr. and Viola Gregg Liuzzo. Pray for those
working at great personal risk today to shine a light in the darkest corners of our world.

Closing Prayer

God of glory, light, and goodness, you are the rising sun, and the bright wondrous star of the night. Nothing is greater than what your love can conquer. Help us, Lord, to be your light-bearers when all around is shadow and despair. Help us to remember your promise that you are with us and always will be. Light of the world, let your face shine upon us and your peace rest in our hearts. **Amen.**



Then shall your light break forth as doth the morning; your health shall spring, the friends who make shall bring God's glory bright, your way through life adorning; and love shall be the prize. Arise, arise, arise! And make a paradise! Arise, arise, arise! And make a paradise!

Fifth Week of Lent

The Collect

Almighty God, you alone can bring into order the unruly wills and affections of sinners: Grant your people grace to love what you command and desire what you promise; that, among the swift and varied changes of the world, our hearts may surely there be fixed where true joys are to be found; through Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, now and for ever. **Amen.**

Jeremiah 31:31-34

The days are surely coming, says the LORD, when I will make a new covenant with the house of Israel and the house of Judah. It will not be like the covenant that I made with their ancestors when I took them by the hand to bring them out of the land of Egypt—a covenant that they broke, though I was their husband, says the LORD. But this is the covenant that I will make with the house of Israel after those days, says the LORD: I will put my law within them, and I will write it on their hearts; and I will be their God, and they shall be my people. No longer shall they teach one another, or say to each other, "Know the LORD," for they shall all know me, from the least of them to the greatest, says the LORD; for I will forgive their iniquity, and remember their sin no more.

Psalm 119:9-16

How shall a young man cleanse his way?

By keeping to your words.

With my whole heart I seek you;

let me not stray from your commandments.

I treasure your promise in my heart,

that I may not sin against you.

Blessed are you, O Lord;

instruct me in your statutes.

With my lips will I recite

all the judgments of your mouth.

I have taken greater delight in the way of your decrees

than in all manner of riches.

I will meditate on your commandments

and give attention to your ways.

My delight is in your statutes;

I will not forget your word.



Hebrews 5:5-10

Christ did not glorify himself in becoming a high priest, but was appointed by the one who said to him.

"You are my Son, today I have begotten you";

as he says also in another place,

"You are a priest forever. according to the order of Melchizedek."

In the days of his flesh, Jesus offered up prayers and supplications, with loud cries and tears, to the one who was able to save him from death, and he was heard because of his reverent submission. Although he was a Son, he learned obedience through what he suffered; and having been made perfect, he became the source of eternal salvation for all who obey him, having been designated by God a high priest according to the order of Melchizedek.

John 12:20-33

Now among those who went up to worship at the festival were some Greeks. They came to Philip, who was from Bethsaida in Galilee, and said to him, "Sir, we wish to see Jesus," Philip went and told Andrew; then Andrew and Philip went and told Jesus. Jesus answered them, "The hour has come for the Son of Man to be glorified. Very truly, I tell you, unless a grain of wheat falls into the earth and dies, it remains just a single grain; but if it dies, it bears much fruit. Those who love their life lose it, and those who hate their life in this world will keep it for eternal life. Whoever serves me must follow me, and where I am, there will my servant be also. Whoever serves me, the Father will honor.

"Now my soul is troubled. And what should I say—'Father, save me from this hour'? No, it is for this reason that I have come to this hour. Father, glorify your name." Then a voice came from heaven, "I have glorified it, and I will glorify it again." The crowd standing there heard it and said that it was thunder. Others said, "An angel has spoken to him." Jesus answered, "This voice has come for your sake, not for mine. Now is the judgment of this world; now the ruler of this world will be driven out. And I, when I am lifted up from the earth, will draw all people to myself." He said this to indicate the kind of death he was to die.

SPIRITUAL PRACTICE | Nature Gazing

Have you ever hosted an out-of-towner and witnessed their first impression to our city? It probably went something like this, "WOW! You live in paradise!" With the busy-ness of life and the "Safer at Home" reality, it can be easy to forget how lucky we are to live in such a beautiful city with so many opportunities to enjoy the great outdoors.

This week, practice connecting with God through nature.

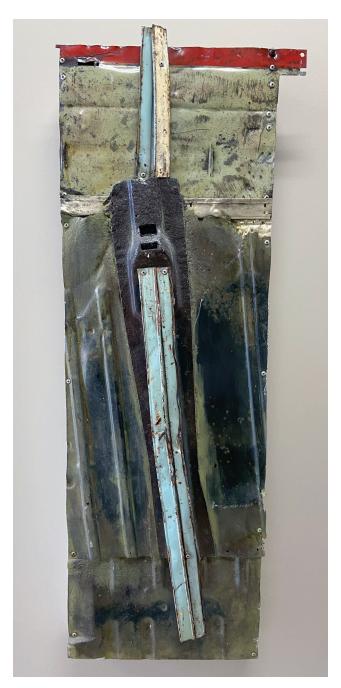
Sit in your yard for a few minutes. Take a slow walk in the park. Visit the beach. Paddle down a river. Swing, or climb, or slide at the playground. Count a banyan tree's roots. Remember your sunscreen and mask!

Leave your music at home and listen to the sounds of nature. Appreciate the light. Breathe in fresh air. Witness signs of life outside of yourself — trees, wind, water, clouds. Reflect on the gratitude for what you're experiencing.

How, where, when did you feel God in nature? Note your thanks for the love that nature unconditionally shows.

Dear			
NAME FOR (
Thank you for the			
	ADJECTIVE	NOUN (nature activity)	EXCLAMATION
Being in nature today, s	surrounded by your	creations, I felt	
			FEELING
I saw	, smelled	, felt	
NOUN(S)		NOUN(S)	NOUN(S)
and saw your glory in $_$		_	Thank you for
	ADJECTIVE	NOUN	
the opportunity to be w	vith you in this space	e today.	
		CLOSING	,

YOUR NAME



The Crucifixion

Note the dark coloration. Yet the color red sits highest on the horizon. The Holy Spirit reigns supreme even with a hole in the heart. The center, or heart of this piece juts out... exposed.

SAINT | Aelred

Aelred was born in 1109, of a family which had long been treasurers of the shrine of Cuthbert of Lindisfarne at Durham Cathedral. While still a youth, he was sent for education in upper-class life to the court of King David of Scotland, son of Queen Margaret. The King's stepsons Simon and Waldef were his models and intimate friends. After intense disillusion and inner struggle, Aelred went to Yorkshire, where he became a Cistercian monk at the abbey of Rievaulx in 1133.

Aelred soon became a major figure in English church life. Sent to Rome on diocesan affairs of Archbishop William of York, he returned by way of Clairvaux. Here he made a deep impression on Bernard, who encouraged the young monk to write his first work, *Mirror of Charity*, on Christian perfection. In 1143, Aelred led the founding of a new Cistercian house at Revesby. Four years later he was appointed abbot of Rievaulx. By the time of his death from a painful kidney disease in 1167, the abbey had over 600 monks, including Aelred's biographer and friend, Walter Daniel. During this period, Aelred wrote his best known work, *Spiritual Friendship*.

Friendship, Aelred teaches, is both a gift from God and a creation of human effort. While love is universal, freely given to all, friendship is a particular love between individuals, of which the example is Jesus and John the Beloved Disciple. As abbot, Aelred allowed his monks to hold hands and give other expressions of friendship. In the spirit of Anselm of Canterbury and Bernard of Clairvaux, Aelred writes:

There are four qualities which characterize a friend: Loyalty, right intention, discretion, and patience. Right intention seeks for nothing other than God and natural good. Discretion brings understanding of what is done on a friend's behalf, and ability to know when to correct faults. Patience enables one to be justly rebuked, or to bear adversity on another's behalf. Loyalty guards and protects friendship, in good or bitter times.

Almighty God, you endowed the abbot Aelred with the gift of Christian friendship and the wisdom to lead others in the way of holiness: Grant to your people that same spirit of mutual affection, that, in loving one another, we may know the love of Christ and rejoice in the gift of your eternal goodness; through the same Jesus Christ our Savior, who lives and reigns with you and the Holy Spirit, one God, now and forever. **Amen.**

"Then a voice came from heaven, 'I have glorified it, and I will glorify it again." The crowd standing there heard it and said that it was thunder."

John 6:28-29

have what would be considered a higher than normal fascination with the weather, even to the point where I seriously considered meteorology as an occupation. It fascinates me how the basics of heat and moisture in our atmosphere can combine to create some of the most beautiful and even catastrophic events on our planet; it's simultaneously awe-inspiring and terrifying.

It's no wonder that the Bible has lots of imagery and stories about God's control of the weather as a testament to God's mighty power. Thunder, lightning, and dark clouds seem to often describe God in appearances before the people, and in our Gospel reading from John for this Sunday, God confirms that Jesus is God's Son, and the people hear the voice as thunder.

The people in biblical times didn't have the knowledge that thunder was just a biproduct of the lightning, and how the rapidly heated and displaced air creates that sonic boom of thunder. To them, it was an example of cosmic forces that only a powerful Deity could wield. So imagine them hearing stories about Jesus and how he could even calm the storm on the Sea of Galilee, taking away the fear and offering peace. It's a reminder that while God is present in the thunder, God is also present in the sunshine, the gentle rain, and in the rainbow.

During our Lenten respite as we have the chance to seek Jesus anew, may our tropical Florida weather give us ample opportunities to reflect on God's great goodness and to look for God in all things. May we also share in the privilege of preserving and caring for God's creation for others.

> Meditation written by: Dwight Thomas, Canon for Music and Precentor



THE SUN WILL RISE | *Good Shepherd Collective* Find video links: *spcathedral.org/new-beauty*

The sun will rise, the sun will rise
Bringing life to the earth
As it springs from the ground
The sun will rise, the sun will rise
Won't you dry all your tears, lay your burden down?

Opening Prayer

Let the words of my mouth and the meditation of my heart be acceptable in your sight, O Lord my strength and my redeemer.

Glory to the Father, and to the Son, and to the Holy Spirit, As it was in the beginning, is now, and will be for ever. Amen.

Create in me a clean heart, O God, and renew a right spirit within me.

Cast me not away from your presence and take not your holy Spirit from me.

Give me the joy of your saving help again and sustain me with your bountiful Spirit.

Reflection

hrough friendship. As Saint Aelred reminds us, friendship is a gift from God. Are the riendships that have been a lifeline over the last year during quarantine? Are there riendships that have suffered or grown distant? Consider St. Aelred's four qualities friend. Commit yourself to strengthening your friendships and pray that you might effect God's love to others.	s of

With your prayer companion, reflect on the ways you have experienced God's love

Closing Prayer

Faithful God, you created us to be connected. Through the gift of friendship, we have a glimpse into what it means to be known and loved by you. Help me to remember that I can not do it all alone. When I feel in over my head or at the end of my rope, allow me to feel your grace and comfort through the words and actions of a friend. Open my eyes and heart to those who feel forgotten. Help me to see you in all people and remember that we are all one in Christ Amen.

Holy Week

The Collect

Almighty and everliving God, in your tender love for the human race you sent your Son our Savior Jesus Christ to take upon him our nature, and to suffer death upon the cross, giving us the example of his great humility: Mercifully grant that we may walk in the way of his suffering, and also share in his resurrection; through Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, for ever and ever. **Amen.**

Mark 11:1-11

When they were approaching Jerusalem, at Bethphage and Bethany, near the Mount of Olives, Jesus sent two of his disciples and said to them, "Go into the village ahead of you, and immediately as you enter it, you will find tied there a colt that has never been ridden; untie it and bring it. If anyone says to you, "Why are you doing this?" just say this, 'The Lord needs it and will send it back here immediately." They went away and found a colt tied near a door, outside in the street. As they were untying it, some of the bystanders said to them, "What are you doing, untying the colt?" They told them what Jesus had said; and they allowed them to take it. Then they brought the colt to Jesus and threw their cloaks on it; and he sat on it. Many people spread their cloaks on the road, and others spread leafy branches that they had cut in the fields. Then those who went ahead and those who followed were shouting,

"Hosanna!

Blessed is the one who comes in the name of the Lord!
Blessed is the coming kingdom of our ancestor David!

Hosanna in the highest heaven!"

Then he entered Jerusalem and went into the temple; and when he had looked around at everything, as it was already late, he went out to Bethany with the twelve.



Psalm 118:1-2, 19-29

Give thanks to the LORD, for he is good;

his mercy endures for ever.

Let Israel now proclaim,

"His mercy endures for ever."

Open for me the gates of righteousness;

I will enter them:

I will offer thanks to the LORD.

"This is the gate of the LORD;

he who is righteous may enter."

I will give thanks to you, for you answered me and have become my salvation.

The same stone which the builders rejected has become the chief cornerstone.

This is the Lord's doing.

and it is marvelous in our eyes.

On this day the Lord has acted;

we will rejoice and be glad in it.

Hosannah, Lord, hosannah!

LORD, send us now success.

Blessed is he who comes in the name of the LORD;

we bless you from the house of the LORD.

God is the LORD; he has shined upon us;

form a procession with branches up to the horns of the altar.

"You are my God, and I will thank you;

you are my God, and I will exalt you."

Give thanks to the LORD, for he is good;

his mercy endures for ever.

SPIRITUAL PRACTICE | *Discovery*

Five weeks ago, you were invited into a new kind of Lent. In *Hymn 145*, Percy Dearmer reminds us that, "to bow the head in sackcloth and in ashes, or rend the soul, such grief is not Lent's goal." This Lent we were called into a time of authentic introspection. Through scripture, art, music, prayer, and meditations, we challenged ourselves to discover God's beauty, mercy, and justice in our everyday lives.

Did you find yourself dedicated to God in new ways? Did you seek after God's truth even when it meant asking hard questions? Were you inspired by the lives of saints who "put oppression to flight?"

When we approach discovery as a spiritual practice, we might see things in a new light

that were right in front of us the whole time or gain insight that causes us to live our lives more closely aligned with the way of Jesus. In the space below, reflect on what you have discovered this Lent.

Create Your Own Found Object Art

This week you are invited to create your own piece of found object art. Collect items of a variety of shapes, textures, and colors. Perhaps you want to find nature objects, like branches or rocks. Look around where you are seated now. Are there objects you could breathe new life into? Your creation can be small enough to assemble on this page, or it might take over your dining room table. Delight in creating new beauty!				

SAINT | Joseph of Arimathea

All that is certainly known of Joseph of Arimathaea comes from the narratives of the burial of Jesus in the Gospels. Though John speaks of Joseph as a secret disciple of our Lord, and associates him with Nicodemus, another member of the Jewish Sanhedrin who was drawn to Jesus, we know nothing of any further activity of these men in the early Christian community. Later, however, legends developed about their leadership in the Church. One of the more attractive is the story of Joseph's coming to the ancient Church of Glastonbury in Britain and bringing with him the Holy Grail (the cup used at the Last Supper). This tradition cannot be dated earlier than the thirteenth century. Although this and other stories obtained wide credence, they are not based on historical facts.

Joseph's claim for remembrance does not depend on such legends, however beautiful and romantic. When our Lord's intimate disciples were hiding for fear of the authorities, Joseph came forward boldly and courageously to do, not only what was demanded by Jewish piety, but to act generously and humanely by providing his own tomb for the decent and proper burial of our Lord's body, thus saving it from further desecration.

Merciful God, whose servant Joseph of Arimathaea with reverence and godly fear prepared the body of our Lord and Savior for burial, and laid it in his own tomb: Grant to us, your faithful people, grace and courage to love and serve Jesus with sincere devotion all the days of our life; through Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, for ever and ever. **Amen.**

he triumphal entry into Jerusalem by Jesus and his disciples was a highly symbolic and deliberately provocative act. As one scholar put it, "this was more of a planned political demonstration than the religious celebration we sentimentalize today as Palm Sunday." The Roman state always made a show of force during the Jewish Passover as pilgrims thronged Jerusalem to celebrate their liberation from Egypt centuries earlier.

I imagine there were two processions entering Jerusalem that Friday morning in the spring of AD 30. From the east, Jesus descended the Mount of Olives into Jerusalem to fulfill Zechariah's prophecy: "Look, your king is coming to you, gentle and riding on a donkey, on a colt, the foal of a donkey" (Zechariah 9:9). From the west, the Roman governor Pilate entered Jerusalem, with all the pomp and circumstance of state power, aboard some mighty stallion. Pilate's brigade showcased Rome's military might, power and glory. Jesus' entry, by stark contrast, was an anti-imperial and anti triumphant counter-procession of peasants that proclaimed an alternate and subversive community that for three years he had called "the kingdom of God."

On Palm Sunday, Jesus invites us to join his subversive counter-procession into all the world. And remember this, Christian subversion takes as its model Jesus himself, "who, being in the very nature of God, did not consider equality with God something to be grasped, but made himself nothing, taking the very nature of a servant, being made in human likeness. And being found in appearance as a man, he humbled himself and became obedient to death — even death on a cross" (Philippians 2:6-11).

> Meditation written by: The Very Rev. Stephen B. Morris, Dean

April 2



GOD OUR MOTHER | Good Shepherd Collective Find video links: **spcathedral.org/new-beauty**

God our father, giver of daily bread Blessing our hands and covering our heads God our mother, leading us into peace Drawing and comforting all those in need Hallowed

Hallowed be thy name Hallowed Hallowed be thy name

Hallowed

Hallowed be thy name

In all the earth

Holy Spirit, guiding our every step
Deliver us and grant places of rest
Jesus savior, grabbing us from the grave
Cheating the fall and breathing the light of day
Hallowed
Hallowed be thy name
Hallowed

Hallowed be thy name

Hallowed

Hallowed be thy name

In all the earth

Opening Prayer

Let the words of my mouth and the meditation of my heart be acceptable in your sight, **O Lord my strength and my redeemer.**

Glory to the Father, and to the Son, and to the Holy Spirit, As it was in the beginning, is now, and will be for ever. Amen.

Blessed is he who comes in the name of the Lord; we bless you from the house of the Lord.

God is the Lord; he has shined upon us; form a procession with branches up to the horns of the altar.

"You are my God, and I will thank you; you are my God, and I will exalt you."

Give thanks to the Lord, for he is good; his mercy endures for ever.

Reflection

moments of peace and rest you experienced this week. If none come to mind, can you turn to God, Jesus and the Holy Spirit and allow yourself to rest in comfort? Write down worries or concerns that might prevent you from finding places of rest. Pray that you find God's comfort in new ways this week.

With your prayer companion, listen to "God Our Mother" from Friday's devotion. Discuss

Closing Prayer

Loving shepherd, I am safe in your loving arms. Let me dwell here forever. You are my peace. In each moment, let me remember this eternal truth: I am loved by you. In this is all peace. In this is all hope. In this is all rest. At all times. In every way. Let nothing keep me from you. You are my resting place. **Amen.**

Easter Sunday

The Collect

O God, who for our redemption gave your only-begotten Son to the death of the cross, and by his glorious resurrection delivered us from the power of our enemy: Grant us so to die daily to sin, that we may evermore live with him in the joy of his resurrection; through Jesus Christ your Son our Lord, who lives and reigns with you and the Holy Spirit, one God, now and for ever. **Amen.**

Isaiah 25:6-9

On this mountain the $\ensuremath{\mathsf{Lord}}$ of hosts will make for all peoples

a feast of rich food, a feast of well-aged wines,

of rich food filled with marrow, of well-aged wines strained clear.

And he will destroy on this mountain

the shroud that is cast over all peoples,

the sheet that is spread over all nations;

he will swallow up death forever.

Then the Lord God will wipe away the tears from all faces,

and the disgrace of his people he will take away from all the earth,

for the LORD has spoken.

It will be said on that day, Lo, this is our God;

we have waited for him, so that he might save us.

This is the LORD for whom we have waited:

let us be glad and rejoice in his salvation.

Psalm 118:1-2, 19-29

Give thanks to the LORD, for he is good; his mercy endures for ever.

Let Israel now proclaim.

"His mercy endures for ever."

The Lord is my strength and my song,

and he has become my salvation.

There is a sound of exultation and victory

in the tents of the righteous: "The right hand of the Lord has triumphed!

the right hand of the Lord is exalted!

the right hand of the Lord has triumphed!"

I shall not die, but live,

and declare the works of the LORD.

The Lord has punished me sorely, but he did not hand me over to death.

Open for me the gates of righteousness;

I will enter them;

I will offer thanks to the LORD.

"This is the gate of the LORD;

he who is righteous may enter."

I will give thanks to you,

for you answered me

and have become my salvation.

The same stone which

the builders rejected

has become the chief cornerstone.

This is the Lord's doing,

and it is marvelous in our eyes.

On this day the Lord has acted;

we will rejoice and be glad in it.

Acts 10:34–43

Peter began to speak to Cornelius and the other Gentiles: "I truly understand that God shows no partiality, but in every nation anyone who fears him and does what is right is acceptable to him. You know the message he sent to the people of Israel, preaching peace by Jesus Christ-he is Lord of all. That message spread throughout Judea, beginning in Galilee after the baptism that John announced: how God anointed Jesus of Nazareth with the Holy Spirit and with power; how he went about doing good and healing all who were oppressed by the devil, for God was with him. We are witnesses to all that he did both in Judea and in Jerusalem. They put him to death by hanging him on a tree; but God raised him on the third day and allowed him to appear, not to all the people but to us who were chosen by God as witnesses, and who ate and drank with him after he rose from the dead. He commanded us to preach to the people and to testify that he is the one ordained by God as judge of the living and the dead. All the prophets testify about him that everyone who believes in him receives forgiveness of sins through his name."

John 20:1–18

Early on the first day of the week, while it was still dark, Mary Magdalene came to the tomb and saw that the stone had been removed from the tomb. So she ran and went to Simon Peter and the other disciple, the one whom Jesus loved, and said to them, "They have taken the Lord out of the tomb, and we do not know where they have laid him." Then Peter and the other disciple set out and went toward the tomb. The two were running together, but the other disciple outran Peter and reached the tomb first. He bent down to look in and saw the linen wrappings lying there, but he did not go in. Then Simon Peter came, following him, and went into the tomb. He saw the linen wrappings lying there, and the cloth that had been on Jesus' head, not lying with the linen wrappings but rolled up in a place by itself. Then the other disciple, who reached the tomb first, also went in, and he saw and believed; for as yet they did not understand the scripture, that he must rise from the dead. Then the disciples returned to their homes. But Mary stood weeping outside the tomb. As she wept, she bent over to look into the tomb; and she saw two angels in white, sitting where the body of Jesus had been lying, one at the head and the other at the feet. They said to her, "Woman, why are you weeping?" She said to them, "They have taken away my Lord, and I do not know where they have laid him." When she had said this, she turned around and saw Jesus standing there, but she did not know that it was Jesus. Jesus said to her, "Woman, why are you weeping? Whom are you looking for?" Supposing him to be the gardener, she said to him, "Sir, if you have carried him away, tell me where you have laid him, and I will take him away." Jesus said to her, "Mary!" She turned and said to him in Hebrew, "Rabbouni!" (which means Teacher). Jesus said to her, "Do not hold on to me, because I have not yet ascended to the Father. But go to my brothers and say to them, 'I am ascending to my Father and your Father, to my God and your God." Mary Magdalene went and announced to the disciples, "I have seen the Lord"; and she told them that he had said these things to her.

Hymn 145

Now quit your care and anxious fear and worry; for schemes are vain and fretting bring no gain.

Lent calls to prayer, to trust and dedication;

God brings new beauty nigh; reply, reply, reply with love to love most high; reply, reply, reply with love to love most high.

To bow the head in sackcloth and in ashes, or rend the soul, such grief is not Lent's goal; but to be led to where God's glory flashes, his beauty to come near.

Make clear, make clear, make clear where truth and light appear; make clear, make clear, make clear where truth and light appear. For is not this the fast that I have chosen?

(The prophet spoke) To shatter every yoke, or wickedness the grievous bands to loosen, oppression put to flight, to fight, to fight till every wrong's set right. To fight, to fight, to fight till every wrong's set right.

For righteousness and peace will show their faces
to those who feed the hungry in their need,
and wrongs redress, who build the old waste places,
and in the darkness shine.
Divine, divine, divine it is when all combine!
Divine, divine, divine it is when all combine!

Then shall your light break forth as doth the morning; your health shall spring, the friends who make shall bring God's glory bright, your way through life adorning; and love shall be the prize.



Arise, arise, arise! And make a paradise! Arise, arise, arise! And make a paradise!