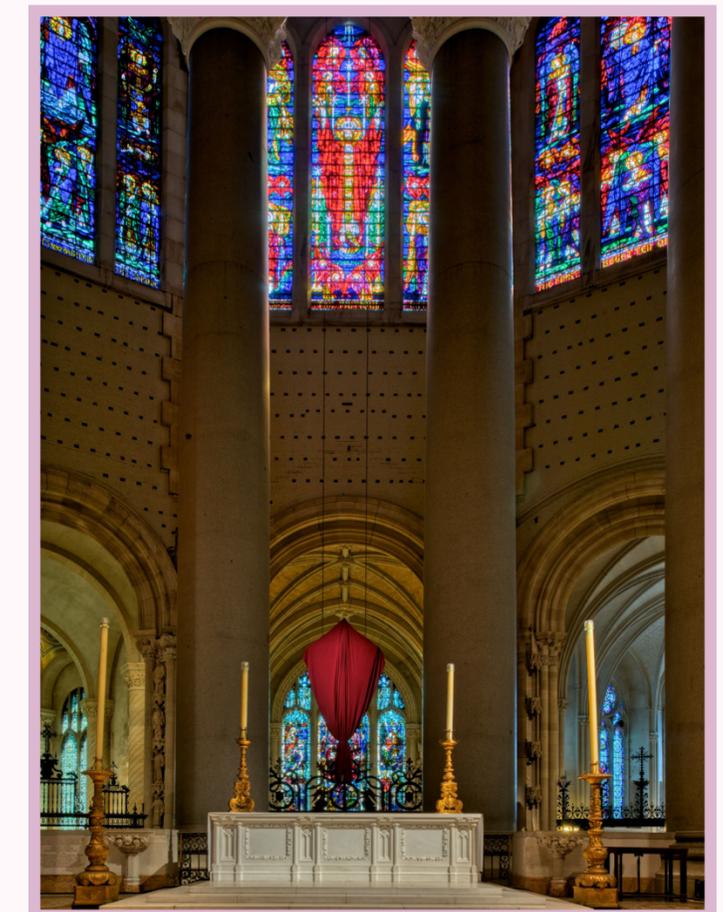


Lenten Meditations

Scripture

An Introduction		Ash Wednesday
<p>Lent is special season in the life of the Church. It is meant to be a time of self-examination and prayer in preparation for Easter. The roots of Lent are both scriptural—it mirrors the 40 days Jesus spent in the desert, after his baptism—and historical, rooted in the devotional practices of the earliest Christians. Lent knocks us out of step with the rest of the world and invites us to pause, look deeper, and be challenged by what we see.</p> <p>These daily meditations have been prepared by the clergy who serve in varying capacities on the Cathedral Close of the Episcopal Diocese of New York. Wherever you are in your journey of faith, this offering is meant to invite you into this sacred season of reflection, repentance, and ultimately, renewal.</p> <p>We invite you to download this guide and follow at your own pace. You may notice that we skip Sundays in this guide. Each Sunday is a celebration of Christ’s resurrection, a “mini Easter” feast within the larger Lenten fast. We encourage that Sundays are a day to be with your community in prayer. At the Cathedral, we gather on Sundays at 10:30am in person and online. You are always welcome to join us, and please keep an eye on our website for updates regarding the observance of the Lenten and Easter seasons at the Cathedral of St. John the Divine.</p>		<p>“God, be merciful to me, a sinner!” — Luke 18:13b</p> <p><u>Reflection</u> by The Very Rev. Patrick Malloy, Dean</p>
February 15	February 16	February 17
<p>Do not fret yourself because of evildoers; do not be jealous of those who do wrong. — Psalm 37:1</p> <p><u>Reflection</u> by The Rev. Canon Steven Lee, Vicar</p>	<p>Yet you say, “The way of the Lord is unfair.” Hear now, O house of Israel: Is my way unfair? Is it not your ways that are unfair?” — Ezekiel 18:25</p> <p><u>Reflection</u> by The Rev. Canon Eva Suarez, Canon for Community Engagement</p>	<p>‘I have learned the secret of being content’ — Philippians 4:11</p> <p><u>Reflection</u> by Sister Hannah Spiers, ccn, Community at the Crossing</p>

- 2/14, Luke 18:9-14
- 2/15, Psalm 37:1-18
- 2/16, Ezekiel 18:1-4, 25-32
- 2/17, Philippians 4:10-20



Lenten Meditations

Scripture

February 19	February 20	February 21
<p>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. — Mark 1:12-13</p> <p><u>Reflection</u> by The Rev. Canon Eva Suarez, Canon for Community Engagement</p>	<p>Clap your hands, all you peoples; shout to God with a cry of joy. — Psalm 47:1</p> <p><u>Reflection</u> by The Very Rev. Patrick Malloy, Dean</p>	<p>When some Midianite traders passed by, his brothers drew Joseph up, lifting him out of the pit, and sold him to the Ishmaelites for twenty pieces of silver. — Genesis 37:28</p> <p><u>Reflection</u> by The Rev. Rhonda Rubinson</p>
February 22	February 23	February 24
<p>For we are the aroma of Christ to God among those who are being saved and among those who are perishing: to the one group a fragrance from death to death, to the other a fragrance from life to life. — 1 Corinthians 2:15-16</p> <p><u>Reflection</u> by The Rev. Canon Victor Conrado, Diocesan Canon for Congregational Vitality and Formation</p>	<p>When Jesus heard this, he said to them, “Those who are well have no need of a physician, but those who are sick; I have come to call not the righteous but sinners.” — Mark 2:17</p> <p><u>Reflection</u> by The Rev. Canon Steven Lee, Vicar</p>	<p>O that I had wings like a dove! I would fly away and be at rest. I would flee to a far-off place and make my lodging in the wilderness. — Psalm 55:7-8</p> <p><u>Reflection</u> by The Rev. Canon Jeanne Person, Cathedral trustee</p>

- 2/19, Mark 1:1-13
- 2/20, Psalms 45, 47, and 48
- 2/21, Genesis 37: 25-36
- 2/22, 1 Corinthians 2:14-3:15
- 2/23, Mark 2:13-22
- 2/24, Psalm 55

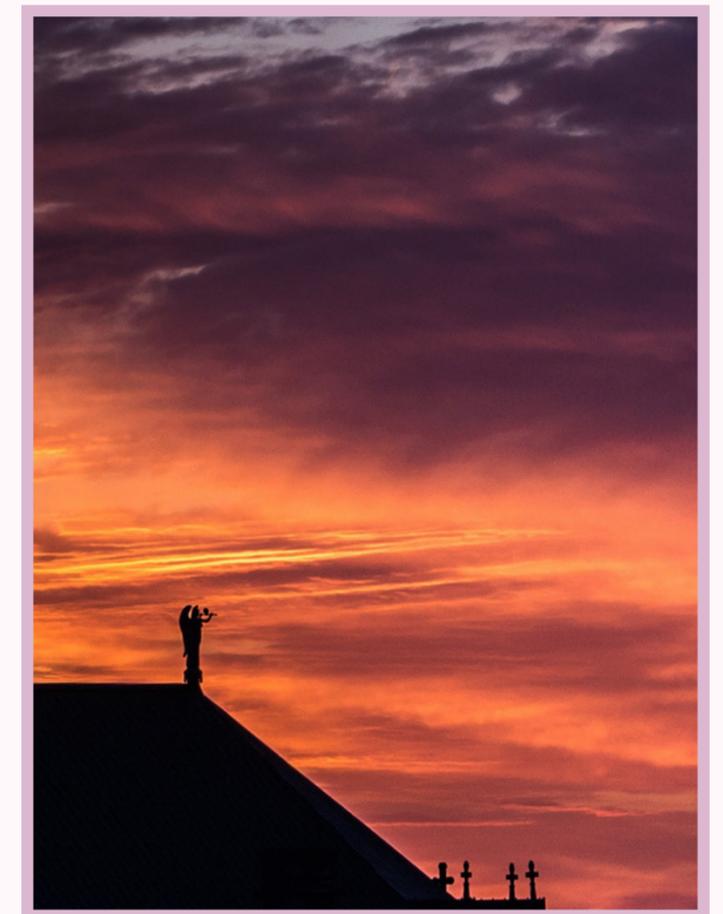


Lenten Meditations

Scripture

February 26	February 27	February 28
<p>But I will come to you soon, if the Lord wills, and I will find out not the talk of these arrogant people but their power. For the kingdom of God depends not on talk but on power. — 1 Corinthians 4:19-20</p> <p><u>Reflection</u> by The Rev. Patrick Williams, Chaplain to the Cathedral School</p>	<p>Let one of you go and bring your brother, while the rest of you remain in prison, in order that your words may be tested, whether there is truth in you; or else, as Pharaoh lives, surely you are spies.” — Genesis 42:16</p> <p><u>Reflection</u> by The Rev. Canon Steven Lee, Vicar</p>	<p>And other (seeds) are those sown among the thorns: these are the ones who hear the word, but the cares of the world and the lure of wealth and the desire for other things come in and choke the word, and it yields nothing. — Mark 4:18-19</p> <p><u>Reflection</u> by The Rev. Canon Nora Smith, Diocesan Canon for Transition Ministry</p>
February 29	March 1	March 2
<p>You have showed me great troubles and adversities, but you will restore my life and bring me up again from the deep places of the earth. — Psalm 71:20</p> <p><u>Reflection</u> by The Rev. Rhonda Rubinson</p>	<p>Why did you treat me so badly? — Genesis 43:6a</p> <p><u>Reflection</u> by The Rev. Canon Alissa Newton, Canon to the Ordinary of the Diocese of New York</p>	<p>What have you to do with me, Jesus, Son of the Most High God? I adjure you by God, do not torment me. — Mark 5:7b</p> <p><u>Reflection</u> by The Very Rev. Patrick Malloy, Dean</p>

- 2/26, 1 Corinthians 4:8-20 (21)
- 2/27, Genesis 42:1-17
- 2/28, Mark 4:1-20
- 2/29, Psalm 71
- 3/1, Genesis 43:1-15
- 3/2, Mark 5:1-20

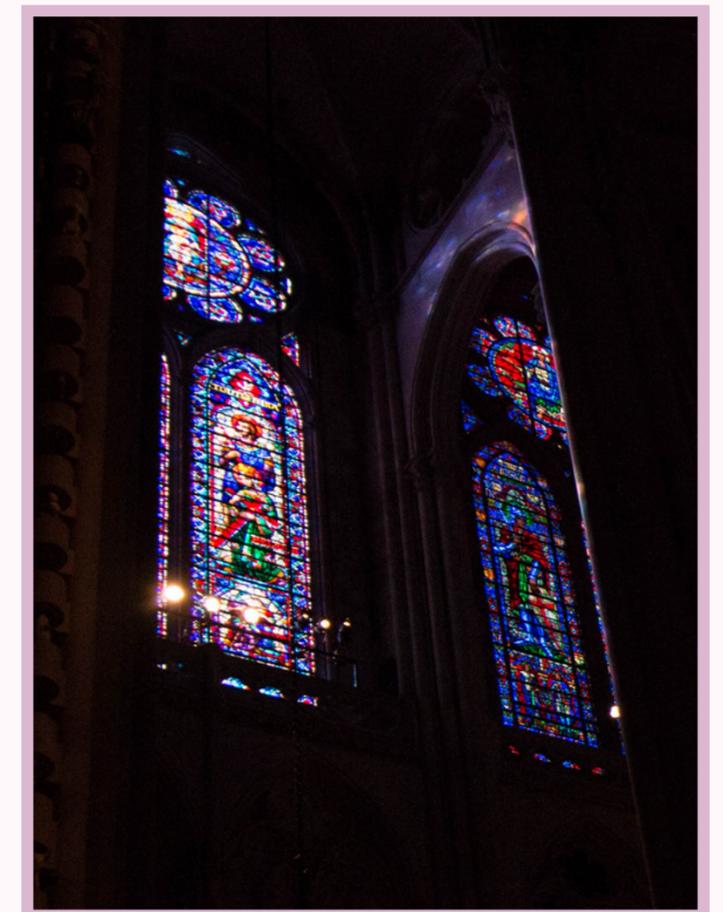


Lenten Meditations

Scripture

March 4	March 5	March 6
<p>Those who marry will experience distress in this life, and I would spare you that. — 1 Corinthians 7:28b</p> <p><u>Reflection</u> by The Very Rev. Patrick Malloy, Dean</p>	<p>And he wept so loudly that the Egyptians heard it, and the household of Pharaoh heard it. — Genesis 45:2</p> <p><u>Reflection</u> by The Rev. Patrick Williams, Chaplain to the Cathedral School</p>	<p>Your word is a lantern to my feet and a light upon my path. — Psalm 119:105</p> <p><u>Reflection</u> by The Rev. Canon Charles Simmons, Diocesan Canon for Ministry</p>
March 7	March 8	March 9
<p>“We endure anything rather than put an obstacle in the way of the gospel of Christ. — 1 Corinthians 9:12b</p> <p><u>Reflection</u> by Fr. Jean-Sébastien Laurent, ccn, Community at the Crossing</p>	<p>When he saw that they were straining at the oars against an adverse wind, he came toward them early in the morning, walking on the sea. He intended to pass them by. — Mark 6:48</p> <p><u>Reflection</u> by The Rev. Canon Jeanne Person, Cathedral Trustee</p>	<p>Before the mountains were brought forth, or the land and the earth were born, from age to age you are God. You turn us back to the dust and say, “Go back, O child of earth.” — Psalm 90:2-3</p> <p><u>Reflection</u> by The Rev. Canon Eva Suarez, Canon for Community Engagement</p>

- 3/4, 1 Corinthians 7:25-31
- 3/5, Genesis 45: 1-15
- 3/6, Psalm 119:97-120
- 3/7, 1 Corinthians 9:1-15
- 3/8, Mark 6:47-56
- 3/9, Psalms 87 & 90

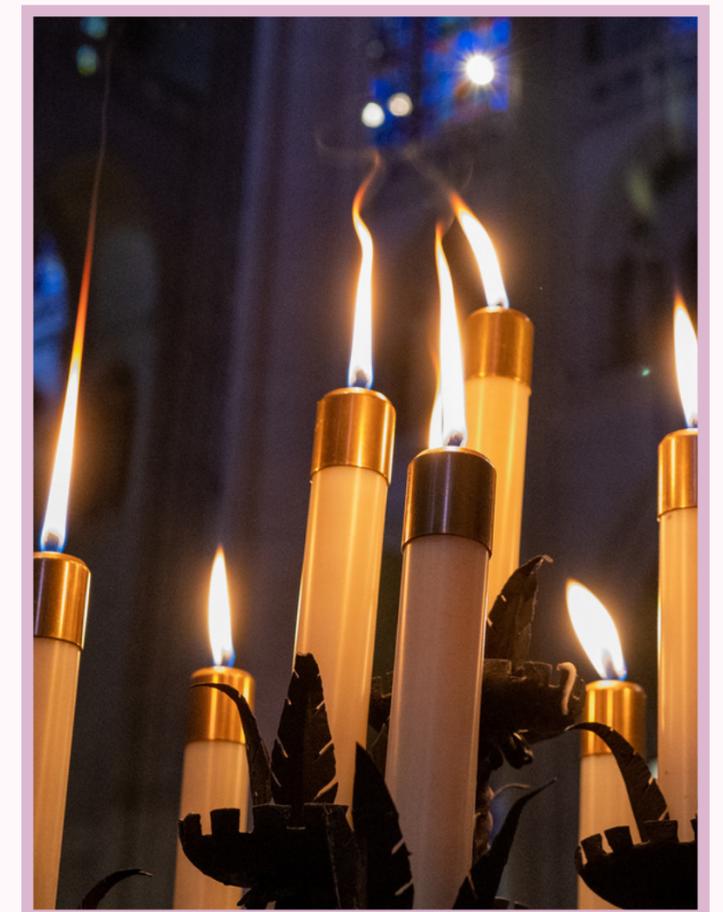


Lenten Meditations

Scripture

March 11	March 12	March 13
<p>. . . this is what their father said to them when he blessed them, blessing each one of them with a suitable blessing. — Genesis 49:28b</p> <p><u>Reflection</u> by The Rt. Rev. Cathy Roskam, former Bishop Suffragan of the Diocese of New York</p>	<p>All who eat and drink without discerning the body, eat and drink judgement against themselves. — I Corinthians 11:29</p> <p><u>Reflection</u> by The Very Rev. Patrick Malloy, Dean</p>	<p>Do you still not perceive or understand? Are your hearts hardened? — Mark 8:17b</p> <p><u>Reflection</u> by The Rev. Jacob Smith, Cathedral Trustee and Rector of the Parish of Calvary-St. George's</p>
March 14	March 15	March 16
<p>I have grown weary with my crying; my throat is inflamed; my eyes have failed from looking for my God. I will praise the name of God in song; I will proclaim his greatness with Thanksgiving. — Psalm 69:4</p> <p><u>Reflection</u> by The Rev. Rhonda Rubinson</p>	<p>He answered, "Who made you a ruler and judge over us? Do you mean to kill me as you killed the Egyptian?" Then Moses was afraid and thought, "Surely the thing is known." — Exodus 2:14</p> <p><u>Reflection</u> by The Rev. Canon Steven Lee, Vicar</p>	<p>Love is patient; love is kind; love is not envious or boastful or arrogant or rude. It does not insist on its own way; it is not irritable or resentful; it does not rejoice in wrongdoing, but rejoices in the truth. — 1 Corinthians 13:4-6</p> <p><u>Reflection</u> by The Rev. Canon Eva Suarez, Canon for Community Engagement</p>

- 3/11, Genesis 49: 1-28
- 3/12, 1 Corinthians 11:17-34
- 3/13, Mark 8: 11-26
- 3/14, Psalm 69:1-23,31-38
- 3/15, Exodus 2:1-22
- 3/16, 1 Corinthians 13:1-13

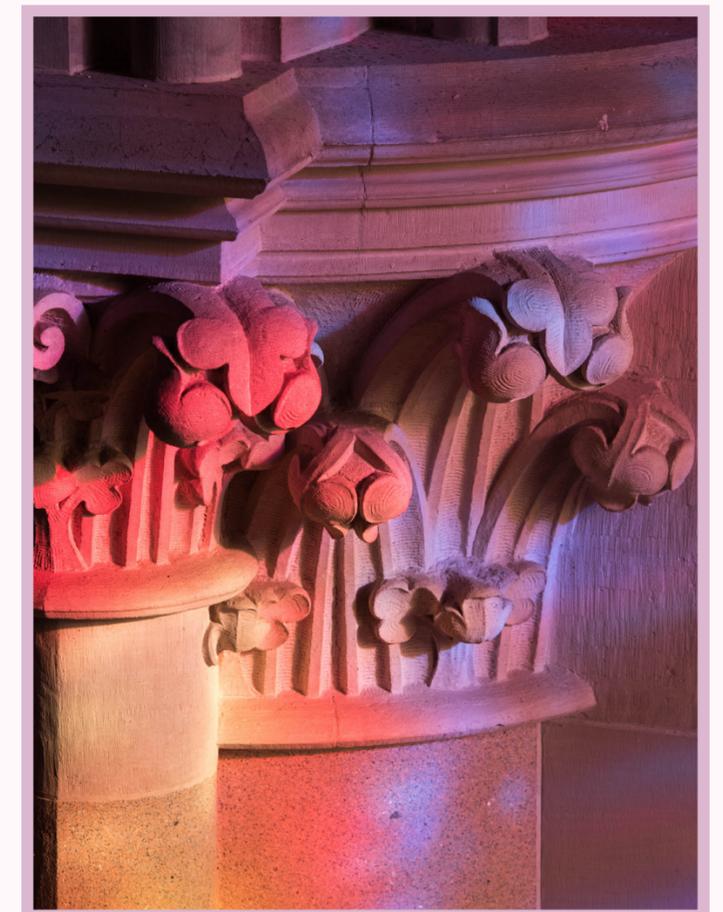


Lenten Meditations

Scripture

March 18	March 19	March 20
<p>Jesus sat down, called the twelve, and said to them, “Whoever wants to be first must be last of all and servant of all.” — Mark 9:35</p> <p><u>Reflection</u> by The Rev. Dan Matthews, Cathedral Trustee</p>	<p>The Lord shall watch over your going out and your coming in, from this time forth for evermore. — Psalm 121:8</p> <p><u>Reflection</u> by The Rev. Kyrie Kim, Diocesan Minister for Asian Ministries</p>	<p>Still Pharaoh’s heart was hardened, and he would not listen to them, as the Lord had said. — Exodus 7:13</p> <p><u>Reflection</u> by The Rev. Sam Owen, former Cathedral Trustee and Rector of the Haitian Church of the Good Samaritan</p>
March 21	March 22	March 23
<p>Jesus, looking at him, loved him and said, “You lack one thing; go, sell what you own, and give the money to the poor, and you will have treasure in heaven; then come, and follow me.” — Mark 10:21</p> <p><u>Reflection</u> by The Rev. Yamily Bass-Choate, Diocesan Liaison for Global Mission</p>	<p>But we have this treasure in clay jars, so that it may be made clear that this extraordinary power belongs to God and does not come from us. — 2 Corinthians 4:7</p> <p><u>Reflection</u> by The Rev. Canon Steven Lee, Vicar</p>	<p>Then the Lord said to Moses, “Stretch out your hand toward heaven so that there may be darkness over the land of Egypt, a darkness that can be felt.” — Exodus 10:21</p> <p><u>Reflection</u> by The Rev. Canon Eva Suarez, Canon for Community Engagement</p>

- 3/18, Mark 9:30-41
- 3/19, Psalms 121, 122, 123
- 3/20, Exodus 7:8-24
- 3/21, Mark 10:17-31
- 3/22, 2 Corinthians 4:1-12
- 3/23, Exodus 10:21-11:8

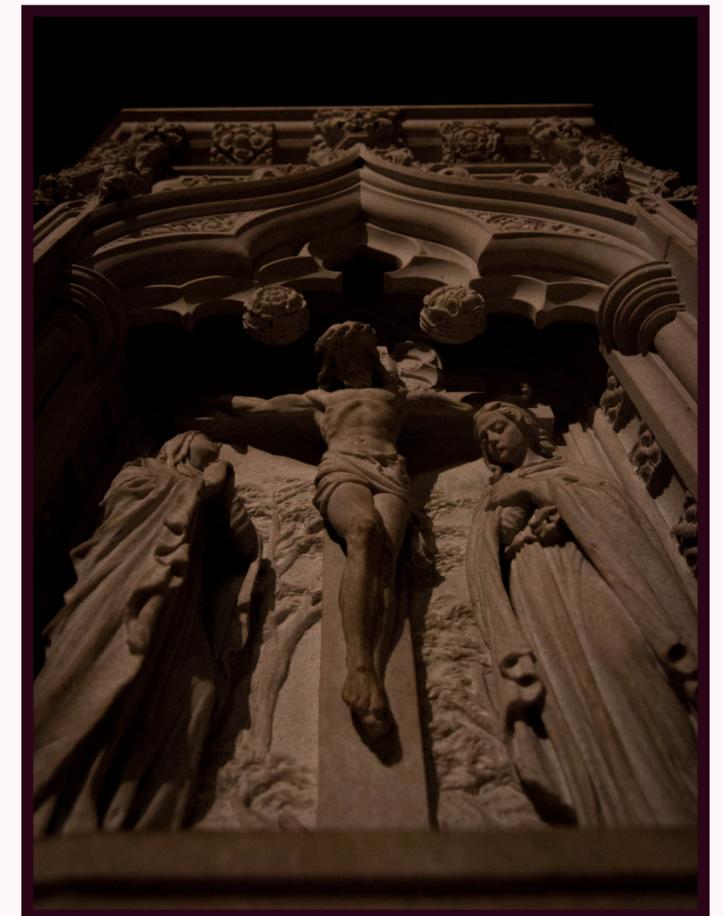


Lenten Meditations

Scripture

March 25	Holy Tuesday	Spy Wednesday
<p>'A broken and contrite heart, O God, you will not despise' — Psalm 51:17</p> <p><u>Reflection</u> by Sister Hannah Spiers, ccn, Community at the Crossing</p>	<p>Since I was sure of this, I wanted to come to you first, so that you might have a double favor; I wanted to visit you on my way to Macedonia and to come back to you from Macedonia and have you send me on to Judea. — 2 Corinthians 1:15</p> <p><u>Reflection</u> by The Rev. Canon Steven Lee, Vicar</p>	<p>He had still one other, a beloved son. Finally he sent him to them, saying, "They will respect my son." — Mark 12:6</p> <p><u>Reflection</u> by The Rev. Canon Eva Suarez, Canon for Community Engagement</p>
Maundy Thursday	Good Friday	Holy Saturday
<p>(Jesus said) Do you know what I have done to you? You call me Teacher and Lord – and you are right, for that is what I am. So if I, your Lord and Teacher, have washed your feet, you also ought to wash one another's feet. For I have set you an example, that you also should do as I have done to you. — John 13:12b-15</p> <p><u>Reflection</u> by The Rt. Rev Mary D. Glasspool, Bishop Assistant</p>	<p>My God, my God, why have you forsaken me? And are so far from my cry and from the words of my distress? — Psalm 22:1</p> <p><u>Reflection</u> by The Rt. Rev. Allen K. Shin, Bishop Suffragan</p>	<p>"And God rested on the seventh day from all his works." And again in this place it says, "They shall not enter my rest." Since therefore it remains open for some to enter it, and those who formerly received the good news failed to enter because of disobedience." — Hebrews 4:4-6.</p> <p><u>Reflection</u> by The Rt. Rev. Matthew F. Heyd, Bishop of New York</p>

- 3/25, Psalm 51:1-18
- 3/26, 2 Corinthians 1:8-22
- 3/27, Mark 12:1-11
- 3/28, John 14:12-25
- 3/29, Psalm 22
- 3/30, Hebrews 4:1-16



Lenten Meditations

Scripture

Easter Sunday

They urged him strongly, saying, "Stay with us." — Luke 24:29a

The story of the disciples and Jesus encountering one another on the road between Jerusalem and Emmaus is gorgeous in part because of its pathos. You can almost feel the longing the disciples felt when Jesus said he was going to leave them. "Stay with us," they pleaded. Later, in the story they tell us why. Being with him had set their hearts on fire.

Luke says this happened just days just after Jesus had been crucified. All the disciples' hopes had been destroyed. He was gone, and the pain of the loss consumed them. It is amazing, then, that the disciples did not even recognize him when he drew near.

The story of the Emmaus road is the story of every group of disciples. It is our story. We long for him. He draws near. We do not see him for who he is. We see him for just a second. Then, just as quickly, he vanishes from our sight.

Note that the story does not say that he left. It says that he vanished from sight. Here is a footnote to add to Luke's Gospel: Actually, he was still there.

Easter Day gives us a good chance to see him. We've had the forty days of Lent to remove our blinders and rub the sleep out of our eyes. Maybe today we can be like the disciples at their Emmaus dinner table who finally saw. It won't last, though, because it never does. We will lose sight of him again, but it doesn't mean that he's gone.

On my better days, I look at people who beg on our streets, especially the ones who are emotionally distressed, and I wonder if they are the stranger on the road to Emmaus. Am I blind? Maybe instead I should take notice of the ordinary people in my ordinary life, the people who are easy to miss. Is this the person on life's road who is the Presence of God?

Christ is risen. Note that we do not say that he was risen, that he was resurrected. He is risen. He is resurrected. He lives among us, a stranger on life's road, walking along side us whether we recognize him or not.

Reflection by The Very Rev. Patrick Malloy, Dean

○ 3/31, Luke 24:13-35

