



## A MEDITATION FOR THE FIRST SUNDAY IN LENT

St. Mark's Episcopal Church, Raleigh, NC

February 21, 2021

---

### Reflective Reading

Sinfonia Oecumenica

I wish there was a place of new beginnings, where all our mistakes, all our self-pity, all that would break our hearts, could be dropped like a shabby old coat at the door, and never put on again.

Who has not wished for a fresh start, a new beginning? Who has not wished to be able to leave behind all we have made a mess of, all that drags us down, all the blunders, mistakes and wrongs in our relationships, especially the things that divide us and bring us to conflict with one another?

Listen to what the Apostle writes:

When anyone is in Christ, he or she is a new person altogether. The past is finished and gone; everything has become fresh and new. (2 Corinthians 5:7)

**Voluntary** "Now let us all with one accord", setting by Robert Lind

### Prayer

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 forever. **Amen.**

### 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 Meditation**

**Voluntary** "Lord, who throughout these forty days", setting by Charles Callahan

**The Rev. Tyrone Fowlkes**, Officiant; **Marcia Klinder-Badgley**, Director of Music, **David Both**, IT Communication