



## Ash Wednesday Reflection from the Rector

During the Ash Wednesday service in the Episcopal Church, before ashes trace the mark of the cross we are anointed with in baptism on our foreheads, we receive an invitation. This invitation offers us the time to examine our souls to discern how God is calling us to participate in the work, penitence, forgiveness, and the journey to the new life promised through the cross and empty tomb of Jesus Christ.

This year, one of my practices will be reflecting on five of the questions asked of us as we enter a covenant relationship with God at our baptism. I also believe they are good questions if you have not been baptized, but are committed to following Jesus, with God's help. I need to take a deep examination in my soul to really reveal how I am and how I am not carrying these out in my life daily as a follower of Jesus, and then invite Jesus into my life where a change of heart or a deepening of commitment is needed in order to walk more rightly with God. I offer them to you below. I am available and honored to meet with anyone who has questions regarding the season of Lent or is looking for a Lenten discipline.

### Baptismal questions for examination of conscious:

Will you continue in the apostles' teaching and fellowship, in the breaking of bread, and in the prayers?

*I will, with God's help.*

Will you persevere in resisting evil, and, whenever you fall into sin, repent and return to the Lord?

*I will, with God's help.*

Will you proclaim by word and example the Good News of God in Christ?

*I will, with God's help.*

Will you seek and serve Christ in all persons, loving your neighbor as yourself?

*I will, with God's help.*

Will you strive for justice and peace among all people, and respect the dignity of every human being?

*I will, with God's help.*