



## Raquette Lake Chapel Sunday Blast

February 21, 2021

First Sunday in Lent

### This Sunday's Scriptures (Revised Common Lectionary)

Genesis 9:8-17, Psalm 25:1-9, 1 Peter 3:18-22, and Mark 1:9-15 can be read from the Lectionary Calendar at <http://www.lectionarypage.net/> - this contains a calendar of all 2021 readings.

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*(Here's a summary of an article from [www.ttf.org](http://www.ttf.org)  
a virtual community Chapel member sent me this past week.)*

### The Gorilla in the Room

Researchers have conducted many scientific studies about how people focus. In one recent test, a group of experienced radiologists were asked to review slides of lung cancer cells. In the upper right-hand corner of each slide was a man in a gorilla's suit shaking his fist. The researchers were not told about this ahead of time. After the test, 83% of the radiologists said they did not see the gorilla.

Why was that? "They looked right at it, but because they weren't looking for a gorilla, they didn't see the gorilla." The radiologists focused on one thing and filtered out everything unrelated. Put another way, what we are thinking about, what we are focused on, configures the world around us. "Our attention shapes our understanding of reality."

### Which Brings us to Lent

Part of Lent's discipline is to turn our focus away from the world we live in, distractions from social media, party-political shenanigans, and our own frustrations. Then we can turn our focus toward our path in life with a new perspective. The key word is focus - a good word! Here are a couple of verses we can focus, meditate, and pray on this week:

- *Let your eyes look directly ahead and let your gaze be fixed straight in front of you. (Prov 4:27)*
- *Do not merely look out for your own personal interests, but also for the interests of others. (Phil 2:4)*
- *Do not store up for yourselves treasures on earth, ... but store up ... treasures in heaven...For where your treasure is, there your heart will be also. (Matt 6:19-21)*

We all have distracting gorillas, but let us make sure we recognize them for what they are ... and focus elsewhere! God's Peace. - Vance

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**Special Prayers:** for Bob undergoing treatment and Stacy his supporting wife; for young Lalin Rose recovering from surgery; for continued healing of Lynn's injury; all those suffering from the cold; all those suffering physically, mentally, and spiritually during the COVID pandemic; and finally, for peace and justice within our country.