



# *The Mindful Christian: Awakening to Liberating Wisdom*

8:45 a.m. + October 8, 2023

What is the model of being human that lies behind mindfulness?  
It is that in spite of appearances, all is well.  
Creation is benign. Life can be trusted.  
Suffering certainly copiously exists but a stronger grace longs to be felt,  
if only we can ease up on our desperate self-holding and so know it in some silence.  
To put it another way, mindfulness is premised on the conviction  
that our worried egos and daily preoccupations  
veil the truth that our lives rest in a life that sustains and supports all things.  
Mindfulness nurtures the experience of knowing the God  
'in whom we live and move and have our being.'  
Mark Vernon

Let your mind and heart release all that disturbs you.  
Let your body be still, and all the frettings of your body, and all that surrounds it;  
let the earth and sea and air be still and heaven itself;  
and then think of Spirit as streaming, pouring, rushing, and shining  
into you, through you, and out from you in all directions while you sit quiet.  
Paraphrase of Plotinus by Eric Butterworth

Welcome

Looking Towards Wholeness with Julian of Norwich

*"All Shall Be Well"*

*Just as God is our Father,  
God is our Mother,  
And she rejoices in us.  
With his power and goodness.  
Her wisdom and kindness,  
With light, and grace, and love.  
Light for our darkness. Grace filled forgiveness,  
And love as a balm for the soul.  
When doubts gather round us, troubles surround us,  
There is a calm that we know.*

*For all shall be well,  
And all shall be well,  
And all shall be well,  
All manner of things shall be well.*

Listening to the Life God Give Us (With sung response)

**Philippians 1:3-6**

*I thank my God at every memory of you, always praying with joy in every prayer of mine for you all, because of your sharing in the Good News from the first day until now.*

- Who first shared the good news of God with you?
- Who first introduced you to the contemplative element of Christianity?
- Offer a silent prayer of thanks for them.

*As we see the work before us,  
We see God in all that lies ahead.  
Being open to each moment,  
Changes every action into prayer.  
Listening to the life God gives us.*

*I am sure of this very thing – that the One who began a beautiful work in you will carry it on to completion until the Day of Yeshua the Anointed One.*

- Take a moment to thank God for the beautiful work happening in your life right now.

*As we see the work before us...*

A Life Overflowing

**Philippians 1:9-11**

*Now this I pray, that your love might overflow still more and more in knowledge and depth of perception, in order to approve what is excellent – so that in the Day of the Anointed One you may be pure as light and blameless, filled with the fruit of righteousness that comes through Yeshua the Anointed One, to the glory and praise of God.*

Meditation

Song of Response

**“Creation Song”**

*You call me beautiful.  
Though I am tarnished, the beauty still shines.  
Help me uncover the treasure within.  
You call me beautiful.*

Meditation

Song of Response

**“Enneagram Chant 5”**

*My joyous heart enlightens and expands me.*

## Resting in the Silence

During these 5 minutes of silence, simply rest in God's abiding and loving presence in this moment. Simply be here now. Descend into this Silence. There is nothing you need to do. Just relax. Sense your body. Breathe more deeply than usual. It can help to focus on the region of the heart. You might use a breath prayer to help you descend into this silence at the level of the heart, such as "I Am" (inhale), "Beautiful Light" (exhale), or use a sacred word (such as Love, Peace, Beloved, Abba, Jesus, or Spirit).

## Remembering

*"Creation Song"*

*You call me beautiful.  
When I forget it, remind me again.  
Over and over till my heart agrees!  
You call me beautiful.*

## Holy Communion

## Receiving a Good Word

## Our Staff

Haley Brown – Ministry Assistant & Director of gastrochurch  
Peter Johns – Associate Director

Rev. Rachel Sciretti – Associate Pastor  
Rev. Dr. Michael Sciretti, Jr. – Pastor of The Center

Thank you for worshipping with us today. Please register your attendance.  
If you are worshipping online, please text the word center to (844) 474-0707  
If you are worshipping in person, please text the word chapel to (844) 474-0707

For information about The Center for Christian Spirituality and upcoming events, visit: [www.TheCenterFCS.org](http://www.TheCenterFCS.org).

Please register your presence in the notebooks in the foyer.



## Centering Prayer

Today | The Chapel | after Contemplative Worship

If you would like to linger in silence as centering prayer for a bit longer after Contemplative Worship, join the group that gathers near the organ to be led in an additional 10 minutes of silence.

## Worship Response

Today | The Anchor House | after Contemplative Worship

## Blessing of the Animals

Today, October 8 | The Anchor House | 6:30 p.m.

Hop, run or fly on over with your special pet friend for an individual blessing by Michael and Rachel. Let's give thanks for fur, feathers, and friendship in all its unique forms. We will meet in the Yard of The Anchor House. Please park in Lot C off of Greenbay and follow the signs to the east. All people and pets are welcome, but please make sure all pets are either on a leash or in a carrier. We will have a brief worship service celebrating the unique relationship we have with our pets, and then each owner is invited to bring their pet forward for an individual blessing.

## Enneagram Groups

Wednesday, October 11 | The Anchor House | 6:30 p.m.

Join us over the next few weeks as we go deeper with the Enneagram. There will be large group time, sharing one-to-one, as well as small-group discussion. This is open to all people, even if the Enneagram is new to you. If you do not know your Enneagram Type yet, please come at 6:00pm so that we can help you begin that discovery.

## Soul Collage

October 14 | The Anchor House | 9 a.m. – 4:00 p.m.

In this workshop, we explore the Healer Archetype who helps us to overcome inner divisions of body, mind, soul, heart, and spirit. The Healers among us inspire us to make changes in our lives so that we are in alignment with our true selves.

## Giving to The Center

All of us are part of a never-ending process of giving and receiving. Life is not possible without this organic flow. What we co-create together here at The Center for Christian Spirituality is not possible without our conscious participation in this holy activity of freely receiving and freely giving. In this light, we invite you to financially give to The Center in response to what you have received today or throughout our contemplative offerings. Using the QR code will take you to a page where you can make a one-time offering or recurring gift. Thank you for your contribution and investment.

