



The CENTER
for Christian Spirituality

Embody Grace

8:45 a.m. + January 21, 2024

As we pursue this inner journey and disarm our hearts, heal our internal divisions, seek inner reconciliation, and make peace with the God within, we can speak about disarmament, reconciliation, and peace with greater authenticity and integrity.... We begin to embody our message. Because our message is rooted in our very being, in the God of peace who lives in us, our peace will spread out around us, even throughout the world, because it will be God's own peace springing forth.

Fr. John Dear

Remembering Our Purpose

"The Heart of God"

*Faith that moves mountains,
Grace that forgives.
Peace that calms stormy seas.
Love that brings healing.
Trust that endures.
Truth that can set us free.
Help us embody all that you are,
And live lives that reflect your grace.
To walk with the stranger until we are friends,
And we all find our place – at home in the heart of God.*

*Make us faithful to forgive,
When we're wounded by the world.
Peaceful bearers of your grace,
Help us love as you love.*

With faith that moves mountains...

Praying with Saint Aidan

*Leave me alone with God as much as may be.
As the tide draws the waters close in upon the shore,
Make me an island, set apart,
alone with you, God, holy to you.*

*Then, with the turning of the tide,
prepare me to carry your presence to the busy world beyond,
the world that rushes in on me
till the waters come again and fold me back to you.*

Surround by Love

"Make Me an Island"

*Leave me alone with God as much as may be.
Make me a holy island, held by the sea.
As the tide swirls around me, set me apart.
Leave me alone with God, let love fill my heart.*

*Make me an island.
Make me an island,
Held in the ocean of your love.
Cradled and grounded,
Ever surrounded,
Make me an island, held in your love.*

*Help me to face the world that rushes at me.
Face it and offer peace to all that I see.
Bearing your presence till the tide turns once more.
Folding me back to you as I was before.*

Contemplating Scripture

Romans 5:1-5

Therefore, since we are made righteous by trusting, we have peace with God through our Lord Jesus Christ, through whom we have obtained access to this grace in which we stand, and we boast in our hope of sharing the glory of God. And not only that, but we also boast in our afflictions, knowing that affliction produces endurance, and endurance produces character, and character produces hope, and hope does not put us to shame, because God's love has been poured into our hearts through the Spirit of Holiness that has been given to us.

Meditation

Song of Response

"Make Me an Island"

*Leave me alone with God as much as may be.
Make me a holy island, held by the sea.
As the tide swirls around me, set me apart.
Leave me alone with God, let love fill my heart.*

*Make me an island.
Make me an island,
Held in the ocean of your love.
Cradled and grounded,
Ever surrounded,
Make me an island, held in your love.*

Receiving Peace

The Waterfall of Grace

"Love Like a Waterfall"

*Love like a waterfall, falling on us,
Flooding our hearts with grace and peace.
Healing waters flow, flowing on us.
Flooding our hearts with love.*

*Every moment of every day God is loving us.
Showers of mercy and waves of forgiveness are covering us.*

Contemplating Scripture

Isaiah 52:7

*How beautiful on the mountains
are the feet of the one who brings good news,
proclaiming shalom, bringing good news of good things,
announcing salvation and saying to Zion, "Your God reigns!"*

Meditation

Song of Response

"Make me an Island"

*Help me to face the world that rushes at me.
Face it and offer peace to all that I see.
Bearing your presence till the tide turns once more.
Folding me back to you as I was before.*

*Make me an island.
Make me an island,
Held in the ocean of your love.
Cradled and grounded,
Ever surrounded,
Make me an island, held in your love.*

Giving Peace

Extending Peace

"Peace To You"

*Peace to you,
We bless you now in the name of the Lord,
Peace to you.
We bless you now in the name of the Prince of Peace,
Peace to you.*

Silence

During these minutes of silence, simply rest in God's abiding and loving presence in this moment. You are in God and God is in you. Just be and relax. Center your attention in your heart and imagine your breath flowing in and out from your heart area. If it helps you to center, use a sacred prayer word such as Christ, Love, Abba, Jesus, or Spirit. Or follow the rhythm of your breath.

Receiving Grace

"The Heart of God"

*Faith that moves mountains,
Grace that forgives.
Peace that calms stormy seas.
Love that brings healing.
Trust that endures.
Truth that can set us free.
Help us embody all that you are,
And live lives that reflect your grace.
To walk with the stranger until we are friends,
And we all find our place – at home in the heart of God.*

Communion

Carrying Saint Aidan's Prayer with Us

*Leave me alone with God as much as may be.
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Make me an island, set apart,
alone with you, God, holy to you.*

*Then with the turning of the tide
prepare me to carry your presence to the busy world beyond,
the world that rushes in on me
till the waters come again and fold me back to you.*

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

For information about The Center for Christian Spirituality and upcoming events, visit: www.TheCenterFCS.org.

Centering Prayer

Today | The Chapel | after Contemplative Worship

Worship Response

Today | The Anchor House | 10:00 a.m.

SoulCollage® Open Studio

Today | The Anchor House | 1:00 p.m. – 4:00 p.m.

Guided Silent Retreat: Prayer Beads as Spiritual Practice

Saturday, February 3 | The Anchor House | 9:00 a.m. – 2:00 p.m. | \$35

To register for this retreat, scan the QR code to the right.



Rafa - An Evening of Contemplative Prayer, Lament, and Healing

Sunday, February 4 | The Chapel | 6:00 p.m. | <https://thecenterfcs.org/rafa>

Centered: Lessons on Receiving and Embodying Grace

Friday, Feb. 23 (6:30 p.m. – 8:30 p.m.) & Saturday, Feb. 24 (9:00 a.m. – 4:00 p.m.) |
The Anchor House

*This is an introduction to Contemplative Christianity and Prayer.
To register for this workshop, scan the QR code to the right.*



Our Annual Aim & Pledge: Embody Grace

"Embody Grace" is our aim and intention this year as a contemplative community. We invite you to help us be stewards of the grace of God at work in and through The Center for Christian Spirituality. To make your estimate of giving for 2024, scan the QR code to the right.



Please register your presence in the notebooks in the foyer.