



Rooted in Love: Rooted in Truth

8:45 a.m. + March 10, 2024 + Fourth Sunday in Lent

Unconditional love is not so much about how we receive and endure each other,
as it is about the deep vow to never, under any condition,
stop bringing the flawed truth of who we are to each other.

Mark Nepo

What We Wear to Worship

Bringing Our Authentic Selves

*We come here to worship,
We come here to pray.
Aware of our weakness,
In need of your grace.
Some of us hiding,
Some of us found.
Standing together upon holy ground.*

*Boundless love and beautiful grace,
Filling this place, filling our hearts.
In our delight and in our despair,
Still you are there,
Flooding our lives with boundless love.*

"Boundless Love"

Contemplating the Psalm

*To You, O Love, I lift up my soul!
O Heart within my heart,
in You I place my trust.
Let me not feel unworthy;
let not fear rule over me.
Yes! May all who open their hearts
savor You and bless the earth!*

*Compel me to know your ways, O Love;
instruct me upon your paths.
Lead me in your truth, and teach me,
for through You will I know wholeness;
I shall reflect your Light
both day and night.*

inspired by Psalm 25 (Nan Merrill)

*I know of your mercy, Blessed One,
and of your unconditional Love;
You have been with me from the beginning.
Forgive the many times I have walked away from You
choosing to follow my own will.
I seek your guidance, once again,
I yearn to know your Peace.
Companion me as I open to your Will!*

*You are gracious and just,
O Spirit of Truth.
Happy to guide those who miss their way;
You enjoy teaching all who are open,
all who choose to live in truth.
Your paths are loving and sure, O Holy One,
And those who give witness to You through their lives
are blessed beyond measure.*

Song of Response

“Spirit of Truth”

*Spirit of Truth, enter my mind.
Soul of Wisdom, enter my heart.*

Contemplating Scripture

Ephesians 4:20-26a

That is not the way you learned the Christ! If indeed you have heard him and in him have been taught, as truth is in Jesus, to put away your former way of life, your old self, corrupted by its deceptive desires, and to be renewed in the spirit of your minds, and to clothe yourselves with the new self, which according to God is created in righteousness and holiness of truth. So then, putting away falsehood, let each of you speak truth with your neighbor, for we are members of one another.

Meditation

Connecting to Source

Enneagram Chants 3, 6, and 9

My solid ground supports authentic being.

My solid ground supports my heart and guides me.

My solid ground empowers and affirms me.

Reflecting on Psalm 25

Malcolm Guite

*“The gates will open for us both, look up!”
I hear that voice each day when I’m downcast
I hear it when I’ve almost lost my hope*

*And now, when I’m entangled by my past,
My feet are netted by necessity,
Snared in the traps of time that bind so fast,*

*My eyes turned downward, dimmed by what they see,
I hear that voice again and raise my eyes
And he untangles me and sets me free.*

*He alters my perspective. The wide skies
Speak of his mercy, and the distant hills
Stand in his steadfast love and make me wise*

*In his simplicity, and all my ills
Diminish and recede to their true size.
That I may find my peace in all he wills.*

Connecting to Source

"Grounded in You"

*Every mountain points the way to you.
Every clump of earth recalls how we were made.
Every rock sings out songs of faithfulness,
And reminds us all that is true.
We are grounded in 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

"Boundless Love"

*Boundless love and beautiful grace,
Filling this place, filling our hearts.
In our delight and in our despair,
Still you are there,
Flooding our lives with boundless love.*

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*

For information about The Center for Christian Spirituality and upcoming events, visit:

www.TheCenterFCS.org.

*Please register your presence in the notebooks in the foyer.
If you have a prayer request or seeking support,
please contact Rachel Sciretti, rsciretti@chapelwood.org.*

Centering Prayer
Today | The Chapel | after Contemplative Worship

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

Rooted in Love, Noon Lenten Study
Wednesday | The Anchor House | 11:30 a.m. – 1:00 p.m.

Join Rachel Sciretti, Michael Sciretti, Andrew Wolfe and Teresa Rossy for weekly lunches during Lent. We will explore together what it means to be Rooted in Love. How might it be possible for us to uncover the hidden depths of God's love that dwells in us through Christ? We will read together Paul's Letter to the Ephesians and try a new spiritual practice each week, so that as Easter nears, the love of Christ will permeate every aspect of our existence. Registration includes a light lunch each week.



Gastrochurch: Luck of the Irish: a conversation about saints, snakes, and shamrocks
March 17 | Westminster United Methodist Church | 6:00 p.m. – 8:00 p.m.

At gastrochurch we do intentional conversations about spiritual things over really good food. We set a table and invite people from any background, culture, worldview, and identity. It's kind of a mashup between a dinner party and a small group, only with people you might otherwise never meet. At this gathering on March 17, we will explore what St. Patrick's Day is really all about. St. Patrick's Day is now considered a day to wear green and get really drunk. But did you know St. Patrick was a real guy? What's more, he had a really interesting story. He was kidnapped, sold into slavery, escaped, and later came back to minister to the people who enslaved him. What does the story of this saint have to do with us? We're going to have some good conversation over some great Irish food. (And maybe even some green beer.) Wear green, bring a friend, and join us for dinner! PSA: We never want the cost of tickets to be a barrier to someone. Please reach out to Haley if you need assistance with a ticket. We have folks often buy extra tickets for us to giveaway! Talk to Haley or email her at hbrown@chapelwood.org. Get tickets at: <https://www.gastrochurch.org/>