



Faith Works

March 23, 2025 + Third Sunday of Lent

Declaring our Intent

*God in my words,
God in my hands,
God in my mind and in my heart.*

"God in My Words"

Examen

Offering Ourselves

*May the words of my mouth,
And the meditations of my heart,
Be pleasing to You, pleasing to You.
May the words of my mouth,
And the meditations of my heart,
Be pleasing to You, my God.*

"Psalm 19"

*You're my Rock and my Redeemer,
You're the reason that I sing.
I desire to be a blessing in Your eyes.
Every hour, every moment,
Lord, I want to be Your servant.
I desire to be a blessing in Your eyes,
In your eyes.*

Listening to Scripture

James 3:1-12

Let there not be many teachers among you, my brothers and sisters, but know that a greater Judgment we incur. For in many things we all stumble. Anyone who does not stumble in word, this is a complete human, who is also able to subdue all his body.

For, behold, we put bridles into the mouth of horses, so that they are submissive to us, and their whole body we turn. Even the mighty ships, while furious winds drive them, by a little wood are turned about to the region where the will of the one who guides does contemplate. So also, the tongue is a small member, and exalts itself. A little fire also burns many forests. Now the tongue is a fire – the world of unrighteousness is like a forest. And this tongue, which is so set among our members, defiles all of our body, and burns the course of our generations which run forward as a wheel, and kindles also itself with the fire of Gehenna. For every nature of animals, and of birds, and reptiles of the sea, and of the dry land, have been subjected to the human nature. But no one can subdue the tongue. This is an unrestrained evil, and full of the poison of death. For by it we bless the Lord and Father, and by it we curse the humans who were made in the likeness of God. And from the same mouth go forth curses and blessings. My brothers and sisters, these things ought not to be so. Can it be that one fountain shall send forth waters sweet and bitter? Or can the fig-tree, my brothers and sisters, make olives, or the vines figs? Thus, also salt waters cannot be made sweet.

Meditation

Song of Response

"Psalm 19"

*May the words of my mouth,
And the meditations of my heart,
Be pleasing to You,
Pleasing to You.*

*May the words of my mouth,
And the meditations of my heart,
Be pleasing to You, my God.*

*You're my Rock and my Redeemer,
You're the reason that I sing.
I desire to be a blessing in Your eyes.
Every hour, every moment,
Lord, I want to be Your servant.
I desire to be a blessing in Your eyes,
In your eyes.*

Praying the Psalm

adapted from *Psalm 39:1-13*
'Sometimes an Unknown Path'
by Jerry Webber

*I promised You that I would guard my heart and my tongue, God;
that I would give my heart to Your love,
and my lips to Your praise.
I promised not to speak if I could not offer words
that reflected Your Goodness.
But then my silent thoughts and plans ate me up from within.
My insides turned over, upset within me.
Finally all I could say was,
"God, I'm human. My days are limited, passing by in a flash.
I don't have time to hold grudges.
I don't have time to live someone else's life."
Help me, Lord, live the one wild and precious life
that You've given me.
I'll be gone soon enough.
I don't want to waste a moment.
I bustle about, rushing here and there
as if all of life were about the things I do, what I accomplish,
the wealth I accumulate, and what people think about me.
I realize now, God, how fleeting that is,
a particle of dust flung far.
You alone are large enough to give meaning to my life.
Save me from the foolishness of a life,
gathered tightly around myself.
Accomplish Your purpose in me and for me.
Give me the courage to live in my world as a loving presence,
an icon of Your mercy,
a reminder of Your power to forgive and heal.*

Resting in God's Presence

"I Am Loved"

*I am not who I was,
I am not who I will be.
I am loved.
I am not what I've done,
I am not what I will do.
I am loved.
I am beautifully broken,
Through my darkness shines Your light,
I am loved.*

Guided Prayer

Listening to Another Voice

"Lord Jesus Christ Your Light Shines Within Us"

*Lord Jesus Christ, Your light shines within us.
Let not my doubts or my darkness speak to me.
Lord Jesus Christ, Your light shines within us,
Let my heart always welcome Your love.*

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 Abba, Spirit, Jesus, Beloved, Mercy, Light, or Love.

Embodying Grace

"God in My Words"

*God in my words,
God in my hands,
God in my mind and in my heart.*

Receiving Holy Communion

Receiving a Good Word



Our Staff

Haley Brown – Associate Director of The Anchor House

Courtney Garrison – Ministry Assistant

Peter Johns – Associate Director of Contemplative Worship

Zachary Montasser – Violinist

Rev. Rachel Sciretti – Associate Pastor

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

Today's Music

'God in my Words' – Deeji Killian, *'Psalm 19'* – Terry Butler,
'I Am Loved' – Peter Johns, *'Lord Jesus Christ, Your Light Shines Within Us'* – Jacques Berthier

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.

The Anchor House Hours

Tuesdays – Fridays | Noon - 4pm

The Anchor House is open in the afternoons for you to come and pray, meditate, walk the Labyrinth or just be still. If you would like to request a specific room for spiritual direction, counseling or for your own time of retreat outside of these hours, please let Haley know and we will make sure a room is available for you.

Yoga at The Center: A Posture of Prayer

Monday, March 24 | The Anchor House | 6:00 p.m. – 7:00 p.m. | \$20 per class

In this course, led by Jonathan Mangrum, we will use the practice of yoga as a lens to explore what it means to embody spirituality. Each class will include time engaging in breath work, meditation, yoga postures, and poses.



Ora et Labora on the Labyrinth

Tuesday, March 25 | The Labyrinth at The Anchor House | 5:30 p.m. – 7:30 p.m.

The Labyrinth Ministry invites you to their monthly gathering for some “ora et labora”. We will gather for a time of blessing, tending, and walking the labyrinth.

Faith Works: Contemplative Bible Study in James

Wednesday, March 19 – April 9 | The Anchor House | 11:00 a.m.

Join us in The Anchor House, for a closer look at the New Testament book of James. We will begin with a time of singing and centering before examining the passage, followed by some time spent in small groups reflecting and optional opportunity for community lunch. Registration is required.



Lent on the Labyrinth

Wednesday, March 19 – April 16 | The Labyrinth | 6:30 – 8:00 p.m.

Join us on the Labyrinth at The Anchor House, Wednesdays before sunset as we journey through Lent. Walking the labyrinth is a way to pray and meditate with your whole being – body, mind, and heart. It’s a tangible way to “walk humbly with God”, to quiet your mind, and open your heart. You may go at your own pace with materials and prompts available to guide you should you have need. This is a “come and go” offering.

April Guided Silent Retreat

Saturday, April 5 | The Anchor House | 9:00 a.m. – 2:00 p.m. | \$35

Join us for a day of reflecting on different parables and poetry as we allow words and images to open ourselves up to new ways of seeing God, ourselves, each other, and the created world. We will have space to explore some of the Parables of Jesus, read some contemporary poetry, and look to see what the intersection of ancient and modern reveals in us. We will receive different writing prompts to help us reflect on what catches our attention. The cost of the retreat is \$35 and includes the price of lunch. We don’t want anyone to miss out because of pricing. Contact Haley for information on scholarships at hbrown@chapelwood.org.

