



Faith Works

March 30, 2025 + Fourth Sunday of Lent

*Therefore I prayed, and Understanding was given me; I called on God, and the Spirit of Wisdom came to me....
For She is a reflection of eternal light, a spotless Mirror of the working of God, an Image of His Goodness.
Although She is but One, She can do all things, and while remaining in Herself, She renews all things.
In every generation She passes into holy souls and makes them friends of God and prophets.
For God loves nothing so much as the person who lives with Wisdom.
Wisdom of Solomon 7:7,25-28*

Stilling Ourselves

"A Discerning Heart"

*I do not ask for wealth or fame,
Endless riches, great acclaim.
I ask for one thing in your Name,
Grant me a discerning heart.*

*Beyond the knowledge I have learned,
All experiences earned.
See Wisdom waits to be affirmed,
Held in a discerning heart.*

*Wisdom calls, Wisdom leads.
Her ways are pleasant, Her paths are peace.
She is the fruit of the Tree of Life,
Grown in a discerning heart.*

*So let my life be fertile soil.
Spirit plant and I will toil,
To tend a crop that will not spoil,
Stored in a discerning heart.*

Wisdom calls, Wisdom leads...

Reaching for Wisdom

Proverbs 2:2-12

*Open your ears to Wisdom,
stretch out your heart to Understanding.
If you cry out to Insight,
and raise your voice to Understanding,
If you seek for Her as silver,
and search for her as for hidden treasures,
Then you will understand the awesomeness of the LORD,
and discover the Knowledge of God.
For the LORD gives Wisdom,
from His mouth Knowledge and Understanding.*

*He lays up substantive Wisdom for the upright,
a shield to the one who walks in integrity.
To keep the paths of Justice,
and protect the Way of his kind, holy ones.
Then you shall understand Righteousness,
Justice and equity – every path of Goodness.
For Wisdom enters into your heart,
and Knowledge to your soul is beautiful.
Discretion shall protect you,
and Understanding shall keep you.
To deliver you from the Way of evil,
from the one who speaks deceitful things.*

Song of Response

“A Discerning Heart”

*Wisdom calls, Wisdom leads.
Her ways are pleasant, Her paths are peace.
She is the fruit of the Tree of Life,
Grown in a discerning heart.*

*I do not ask for wealth or fame,
Endless riches, great acclaim.
I ask for one thing in your Name,
Grant me a discerning heart.*

Listening to Wisdom

James 3:13-18

*What is wise and understanding in you?
Let that one show from beautiful behavior
his Works in humility of Wisdom.
But if you have bitter envy and contention in your hearts,
do not boast and lie against the Truth.
Because this “wisdom” does not descend from Above,
but is earthly, selfish, demonic.
For where there are envy and contention,
there also are instability and everything that is evil.
But the Wisdom that is from Above is first pure,
then full of peace, humility, and willing to yield,
full of mercies and good fruits, impartial and without hypocrisy.
But the Fruits of Righteousness are sown in peace
by those who make peace.*

Meditation

Song of Response

“The Heart You Require”

*A heart of devotion that loves who you are,
Contented to rest in your Presence.
A heart of reflection in love with your Word,
That’s seeking your Wisdom and guidance.
A heart full of action that loves as you love,
That selflessly lives out your calling.
Devotion, reflection, and action combined,
This is the heart you require.*

*To act justly, and love mercy,
And walk humbly with you, God.
To act justly, and love mercy,
And walk humbly with you, God.*

Prayer of Awareness

Entering Stillness

"Spirit of Truth"

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

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.

Receiving Holy Communion

"I Am Here, I Am With You, We Are One"

*I am here, I am with you, we are one.
I am here, I am with you, we are one.*

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

'A Discerning Heart' – Peter Johns, *'The Heart You Require'* – Peter Johns, *'Spirit of Truth'* – Emily Wilmer,
'I Am Here, I Am With You, We Are One' – Lynn Bauman

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 31 | 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.

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.



Taize Service

Saturday April 12 | St. Cecilia Catholic Church, Bunker Hill | 9:30 a.m. – 10:30 a.m.

The Center's Contemplative Choir is facilitating a Taizé worship service at St. Cecilia Catholic Church. All are welcome.

Mystic Pilgrimage #2: Journey to Jerusalem

Saturday, April 12 | Chapelwood Campus | Times & Cost Vary

Come experience prayer and the Labyrinth with Rev. Cindy Serio, spiritual director, certified labyrinth facilitator with Veriditas and trained SoulCollage® facilitator. One of the most beautiful labyrinth metaphors is the "Journey to Jerusalem." As we journey through the day we'll take our mystic pilgrimage into Holy Week with experiential prayer stations to draw us into the story. Please register by Friday, April 11 at 9:00 am to receive your reminder with a handout packet on Friday afternoon.

