



## *As Above, So Below*

May 04, 2025 + Third Sunday of Easter

*No way is hard where the heart is single,  
nor will any blow strike where thoughts are clear,  
nor is there any storm in the depth of the illuminated mind.  
When surrounded on every side by light,  
nothing within the good person is divided.  
The likeness of what is below is what is above.  
For everything that exists is above, and nothing exists below  
except the illusion of those who are without knowledge.  
Steadfast Love was revealed for your salvation.  
Trust, and live, and be saved.  
Hallelujah!  
Odes of Solomon, 34 (1st century)*

### Crossing the Threshold

#### Joining the Worship in Heaven

***"Holy! Holy! Holy!"***

*Holy, holy, holy, LORD God Almighty!  
Early in the morning our song shall rise to Thee.  
Holy, holy, holy, Merciful and Mighty,  
God in three persons, blessed Trinity.*

*Holy, holy, holy, all the saints adore Thee.  
Casting down their golden crowns around the glassy sea.  
Cherubim and seraphim, falling down before Thee,  
Which wert, and art, and evermore shalt be.*

#### Contemplating the Vision (with sung response)

***Revelation 5:1-14***

*And I saw in the right hand of the One sitting on the Throne a scroll,  
written within and on the back, sealed with seven seals.  
And I saw a mighty Messenger proclaiming with a great voice,  
"Who is worthy to open the scroll and break its seals?"  
But no one in the heavens or on the earth was able to open the scroll or behold it.*

*Now I was weeping greatly because no one was found worthy to open the scroll or behold it.  
But one of the elders said to me,  
"Do not weep. Behold! The Lion – the One from the Tribe of Judah, from the Root of David,  
has overcome to open the scroll and to break the seven seals."*

*Alleluia, alleluia,  
For the LORD God Almighty reigns.  
Alleluia, alleluia,  
For the LORD God Almighty reigns.*

*And I saw! And Behold! In the midst of the Throne and of the four living beings and in the midst of the elders – a Lamb, standing, as it had been slain, having seven horns and seven eyes (which are the Seven Spirits of God sent forth into all the earth). And he came and took the scroll from the right hand of the Sitting One upon the Throne. And when he had taken the scroll the four living beings and the twenty-four elders fell down before the Lamb, having each of them harps and golden vials full of incense (which are the prayers of the saints). And they sing a new song, saying,*

*“Worthy are You to take the scroll, and to open the seals of it.  
For you were slain and have bought us for God by your blood  
from every kindred and tongue and people and nation,  
and made us to our God sovereigns and priests,  
and we shall reign upon the earth.”*

*Alleluia.  
Holy, Holy,  
Are You LORD God Almighty.  
Worthy is the Lamb,  
Worthy is the Lamb.  
You are holy. Holy.  
Are you LORD God Almighty.  
Worthy is the Lamb,  
Worthy is the Lamb,  
Amen.*

*Then I saw and I heard a voice of many Angels encircling the Throne, and the living beings and the elders – and their number was myriads of myriads, and thousands of thousands. And they said with a great voice,*

*“Worthy is the Lamb who was slain,  
to receive the Power and Wealth and Wisdom  
and Strength and Honor and Glory and Blessing!”*

*And I heard all the creations which are in the heavens and on the earth and under the earth and in the sea, and all that is in them, saying,*

*“To this One sitting on the Throne, and to the Lamb,  
be the Blessing and Honor and Glory and Power, unto the Ages of Ages.”*

*And the four living beings said, “Amen!”*

*And the twenty-four elders fell down and prostrated to the Living One, unto the Ages of Ages.*

*Alleluia, alleluia,  
For the LORD God Almighty reigns.  
Alleluia, alleluia,  
For the LORD God Almighty reigns.  
Alleluia.  
Holy, Holy,  
Are You LORD God Almighty.  
Worthy is the Lamb,  
Worthy is the Lamb.  
You are holy. Holy.  
Are you LORD God Almighty.  
Worthy is the Lamb,  
Worthy is the Lamb,  
Amen.*

## Meditation

### Song of Response

*"No One Takes This Life From Me"*

*No one takes this life from me.  
I give it freely.  
Abba makes this life to be.  
I give it freely.*

### Offering Ourselves

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 the "Temple" of 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. Or the breath prayer, *Talya* (inhale) *d'Alaha* (exhale) which means "Lamb/Servant of God"

### Heavenly Worship

*"Agnus Dei"*

*Alleluia, alleluia,  
For the LORD God Almighty reigns.  
Alleluia, alleluia,  
For the LORD God Almighty reigns.  
Alleluia.  
Holy, Holy,  
Are You LORD God Almighty.  
Worthy is the Lamb,  
Worthy is the Lamb.  
You are holy. Holy.  
Are you LORD God Almighty.  
Worthy is the Lamb,  
Worthy is the Lamb,  
Amen.*

### Receiving Holy Communion

### Receiving a Good Word



### Our Staff

**Haley Brown** – Associate Director of The Anchor House

**Courtney Garrison** – Ministry Assistant

**Christian Ibanez** – AV Production

**Peter Johns** – Associate Director of Contemplative Worship

**Zachary Montasser** – Violinist

**Sebastian Quintanilla** – AV Production

**Rev. Rachel Sciretti** – Associate Pastor

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

### Today's Music

*'Holy! Holy! Holy!'* – Reginald Heber & John B. Dykes, *'Agnus Dei'* – Michael W. Smith

*'No One Takes This Life From Me'* – Darlene Franz

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.

If you have a prayer request or seeking support, please contact Rachel Sciretti, [rsciretti@chapelwood.org](mailto:rsciretti@chapelwood.org).

## **"As Above, So Below": A Contextual & Contemplative Exploration of The Revelation**

Sundays, April 27 – June 1 | The Anchor House | 10:00 a.m.

*This is a 6-week study on the last book of our Bible: The Revelation of Jesus. This text has been drastically misinterpreted and misused throughout history and has led to disastrous political policies and military force – including today. It is critical we have a better understanding of the actual historical and mystical background and context of this text to have a chance of discerning what this Revelation meant to its first recipient(s). Only then can we more faithfully apply its wisdom and mysteries for the living of our days. This class will take place instead of Worship Response, which will return on June 8.*

### **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, May 5 | The Anchor House | 6:00 p.m. – 7:00 p.m. | \$10 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.*



### **Holding One Another in the Light**

*As our commitment to one another deepens, we want to be able to pray for one another – bearing burdens and joining in celebrations. Here is how to participate:*

- 1. Make a request for prayer or thanksgiving using the QR link or go to [thecenterfcs.org](http://thecenterfcs.org)*
- 2. Opt in to receive the weekly prayer list by emailing Rachel.*
- 3. Then spend time holding one another in the Light.*



### **Creative Space**

Saturday, May 10 | The Anchor House | 9:00 a.m. – 11:30 a.m.

*Creative Space is a nurturing, encouraging gathering of people who come together to create art and spend time in personal reflection. You will get an opportunity to explore spirituality through creative expression, as well as to be creative in a setting that is intentionally designed to enhance the spiritual. Materials are provided and everyone is welcome. No reservation is required.*

### **Community Gathering**

Sunday, May 18 | Saint Arnold Brewing Company | 11:30 a.m.

*Join us for food and fellowship at Saint Arnold Brewing Company. It's a great time to get to know folks from our contemplative community. R.S.V.P. to Haley by email or in person so we can save you a seat!*

### **SoulCollage: Exploring**

Sunday, May 18 | The Anchor House | 1:00 p.m. – 3:00 p.m.

*The word OPEN is such a simple often used four-letter word. And yet, if we explore this familiar word in new ways, it can bring to light explorations and experiences we haven't thought of or noticed before. Our time together will be filled with fun, fellowship and reflection with Ginny Itz leading and Cindy Serio as our facilitator. It's a time to rekindle friendships, meet new explorers and see where our OPENNESS might be leading us. This is a time for people wanting to dip their toe into the world of SoulCollage® to come explore, a time for seasoned SoulCollagers to go deeper and a time to invite a friend to come share the experience. EVERYONE IS WELCOME!*

