



As Above, So Below

May 11, 2025 + Fourth Sunday of Easter

The LORD will stretch forth from Mother Zion your scepter of power.

The LORD says: "Rule in the midst of your enemies!

Yours is royal dignity in the day of your birth;

in the beauty of holiness, before the morning,

like the dew, I have begotten you."

Psalm 110:2-3

Lifting Our Eyes To Heaven

Open the eyes of my heart, Lord.

Open the eyes of my heart.

I want to see You,

I want to see You.

"Open the Eyes of My Heart"

To see You high and lifted up,

Shining in the light of Your glory.

Pour out Your power and love,

As we sing holy, holy, holy.

Contemplating the Vision

Revelation 11:19-12:5

The Temple of God was opened in Heaven. And there was seen in His Temple the Ark of His Covenant.

There were lightnings and voices and thunderings and an earthquake and great hail. And a great Sign was seen in Heaven – a Woman wrapped with the Sun, and the Moon under Her feet, and upon Her Head a Crown of Twelve Stars. And being with Child in the Womb, she cried out, travailing to bring forth.

And there was seen another Sign in the Heaven. And Behold! A great red Dragon, having seven heads and ten horns and upon its heads seven diadems. And its tail dragged the third of the Stars of Heaven and cast them into the earth. And the Dragon stood before the Woman ready to bring forth, in order to consume Her Child as soon as Her Child was brought forth. And She brought forth a Son – a Man – Who was about to shepherd all the nations with a staff of iron. And Her Child of was caught up to God and His Throne.

Song of Response

"Only Be Still"

The Lord will fight for you.

Only be still, only be still.

Stand firm and you will see,

Only be still, only be still.

Though enemies surround,

Just wait on holy ground,

For God is all around,

Only be still, only be still.

Contemplating the Vision

Revelation 12:10-11, 17

*Then I heard a Great Voice in Heaven, saying,
“Now is come the Salvation and the Power and the Kingdom of our God
and the Authority of his Anointed One,
because the Accuser of our brothers and sisters has been thrown down,
the one accusing them before our God, day and night.
And they overcame him through of the blood of the Lamb
and through the Word of their Witness,
and they did not love their soul unto death.”*

*The Dragon was angry with the Woman, and went to war with the remnant of Her Offspring
– the ones keeping the commandments of God
and having the Witness of Yeshua the Anointed One.*

Song of Response

“Only Be Still”

*The Lord will fight for you.
Only be still, only be still.
Stand firm and you will see,
Only be still, only be still.
Though enemies surround,
Just wait on holy ground,
For God is all around,
Only be still, only be still.*

Meditation

Guided Prayer (with Sung Response)

“You Were Born in Holiness”

*You were born in holiness.
You were born in holiness.
Fresh as dew arising in the morning.*

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, Wisdom, Mercy, Light, or Love.

Song of Presence

“The Kingdom of God is Within You”

*The Kingdom of God is within you,
The Spirit of Life is within you,
The Firstborn of God is within you,
Striving to emerge from your heart;
Emerging from the womb of your heart.*

Receiving Holy Communion

Revelations of Divine Love

"All Shall Be Well" (Song of Julian of Norwich)

*Just as God is our Father, God is our Mother,
And she rejoices in us.
With his power and goodness, her wisdom and kindness,
With light, and grace, and love.
Light for our darkness, grace filled forgiveness,
And love as a balm for the soul.
When doubts gather round us, troubles surround us,
There is a calm that we know.
For all shall be well,
And all shall be well,
And all shall be well,
All manner of things shall be well.*

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

'Open the Eyes of my Heart' – Paul Baloché, *'Only Be Still'* – Peter Johns
'You Were Born in Holiness' – Ron Poidevin *'The Kingdom of God is Within You'* – Michael Sciretti, Jr.
'All Shall Be Well' – Peter Johns

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.

"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 12 | 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*
- 2. Opt in to receive the weekly prayer list by emailing Rachel.*
- 3. Then spend time holding one another in the Light.*



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!



Poetry Circle

Tuesday, May 20 | The Anchor House | 6:30 p.m. – 8:00 p.m.

Join us for the next meeting of the Poetry Circle with Mark Jodon. The Center's poetry circle will share and critique our poems, explore poetic forms and devices, try our hands at writing prompts, and grow together in fellowship and community. This circle is for anyone who loves poetry, no matter your writing experience level. For more information, contact Mark Jodon at MJodon@littler.com

Ora et Labora on the Labyrinth

Tuesday, May 27 | The Labyrinth at The Anchor House | 6:30 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. This will be our last gathering before breaking for the summer and would really appreciate your help in getting the labyrinth ready to be unattended for a few months.