



The Center  
for Christian Spirituality

# *Becoming Whole:*

## *A Threefold Path into the Way of Christ*

### Chastity: Loving Respectfully with People

8:45 a.m. + November 16, 2025

*To become fully human and truly committed, love has to be “chastened” or “purified” of self-centered passions and purposes, anxious needs and overdependent demands. Only when love is chaste can we diminish the tendency to use and abuse ourselves and others as commodities for pleasure, as sources of need fulfillment or ego-enhancement.*  
Fr. Adrian van Kaam and Susan Muto

#### Crossing the Threshold

##### Three Centered Living

##### *“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.*

##### Contemplating a Psalm

##### *Adapted from Psalm 8, Nan Merrill*

*O Love, my Beloved,  
How powerful is your Name  
In all the earth!  
You, whose glory is sung in heaven  
By the angels and saints,  
Who with the innocence  
And spontaneity of a child,  
Confound those who are mighty and proud,  
You quiet the unloving and fearful.*

*When I look up at the heavens,  
At the work of God’s creation  
At the infinite variety of your Plan;  
What is woman that you rejoice in her,  
And man that you do delight in him?*

*You have made us in your image,  
You fill us with your Love  
You have made us co-creators of the earth!  
Guardians of the planet!  
To care for all your creatures  
To tend the land, the sea,  
And the air we breathe;  
All that you have made,  
You have placed in our hands.*

*O Love, my Beloved,  
How powerful is your Name in all the earth!*

#### The Work of Love

*"The Heart of God"*

*Faith that moves mountains, grace that forgives. Peace that calms stormy seas.  
Love that brings healing, trust that endures. Truth that can set us free.  
Help us embody all that you are, and live lives that reflect your grace.  
To walk with the stranger, until we are friends,  
And we all find our place, at home in the heart of God.*

*Make us faithful to forgive, when we're wounded by the world.  
Peaceful bearers of your grace, help us love as you love.*

#### Contemplating Scripture

*Matthew 5:8, 27-28, 43-48*

*Jesus says, "Blessed are the pure in heart, for they will see God.... You have heard that it was said, 'You shall not commit adultery.' But I say to you that everyone who looks at a woman with lust has already committed adultery with her in his heart.... You have heard that it was said, 'You shall love your neighbor and hate your enemy.' But I say to you, Love your enemies and pray for those who persecute you, so that you may be children of your Father in heaven; for he makes his sun rise on the evil and on the good, and sends rain on the righteous and on the unrighteous.... Be whole, therefore, as your heavenly Father is Whole."*

#### Meditation

##### Song of Response

*"Wherever you Turn"*

*Wherever you turn,  
There is the Face of God.*

##### The Practice of Reverent Love

##### Song of Response

*"Wherever you Turn"*

*Wherever you turn,  
There is the Face of God.*

#### Resting in the Silence

During these 5 minutes of silence, simply rest in God's abiding and loving presence in this moment. Simply be here now. Descend into this Silence. There is nothing you need to do. Just relax. Sense your body. Breathe more deeply than usual. It can help to focus on the region of the heart. You might use a breath prayer to help you descend into this silence at the level of the heart, such as "May I love" (inhale), "as You love" (exhale), or use a sacred word (such as Love, Peace, Abba, Jesus, or Spirit).

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

## Holy Communion

### A Life of Love

*"The Gospel in One Word is Love"*

*Love, love, love, love.  
The Gospel in one word is love.  
Love your neighbor as yourself.  
Love, love, love.*

## 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

**Nick Cavazos** – AV Production

**Rev. Rachel Sciretti** – Associate Pastor

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

### Today's Music

*'The Heart You Require'* – Peter Johns, *'The Heart of God'* – Peter Johns,  
*'Wherever You Turn'* – Michael Sciretti, Jr., *'The Gospel in One Word is Love'* – Traditional

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.

## Competing in Goodness

Potluck Meal: Sunday, November 16 | 2:00pm | Fellowship Hall

*The event's conclusion celebrates neighborly achievement at a unifying potluck event with participating congregations on Sunday, November 16, from 2:00 to 4:00pm in the Fellowship Hall.*

## Yoga at The Center: A Posture of Prayer

Monday, November 17 | The Anchor House | 6:00 – 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.*



## Poetry Circle

Tuesday, November 18 | The Anchor House | 6:30 – 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](mailto:MJodon@littler.com)*

## Fair Haven Thanksgiving Feast

Wednesday, November 19 | 5:30pm | Gessner Campus

*On Wednesday, November 19, the Gessner Campus will host their annual Thanksgiving Feast for the neighborhood around Fair Haven. There are jobs for everyone, regardless of time limitation, physical ability, or skill set. There are also opportunities to donate money and/or food to help make this neighborhood event happen. To volunteer, see our weekly email for the sign-up link.*

## December 2025 Guided Silent Retreat: Walking in the Way of St. Nicholas of Myra

Saturday, December 6 | The Anchor House | 9 a.m. – 2:00 p.m. | \$35

*Step away from the busyness of life and enter a day of stillness with St. Nicholas of Myra as your companion. Known for his hidden generosity, courageous mercy, and wonder-filled faith, Nicholas (d. December 6, 343 AD) points us to the Christ who gives all. Through guided reflections, Scripture, and contemplative practices, we will walk in the way of generosity, mercy, and wonder, allowing his life to awaken these same gifts within us. This retreat takes place on his "Feast Day," the day on which Christians around the world remember his life and death. There will be plenty of time for reading and reflection, prayerful walking of our backyard labyrinth, and space for prayerful art. Participants will receive a booklet with readings and prayers inspired by Nicholas, for use as lectio divina as well as reflective questions. **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](mailto:hbrown@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.*

## 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 at [rscoretti@chapelwood.org](mailto:rscoretti@chapelwood.org).*



## Giving to The Center

*We invite you to financially give to The Center in response to what you have received today or throughout our contemplative offerings. Using the QR code will take you to a page where you can make a one-time offering or recurring gift. Thank you for your contribution and investment.*



## Save the Date

**December 13** – gastrochurch fundraiser, Hogwarts Christmas & Yule Ball

**December 14** – Community Gathering in The Anchor House

**December 21** – Winter Solstice & Service of the Longest Night

**Christmas Eve Service**, 4:00 p.m. in the Chapel (Note this is a change from past years)

**January 9-10**, 25<sup>th</sup> Anniversary Weekend with Jerry Webber

**February 20-21** – Enneagram Workshop with Sandra Smith