



Becoming Whole:

A Threefold Path into the Way of Christ

Poverty: Living Simply with Things

8:45 a.m. + November 9, 2025

Poverty is a disposition of the heart that informs our approach to the natural and cultural things in and around us. In poverty of spirit, objects, talents, knowledge and sensitivities are appreciated as gifts from God, as means to discover anew the forming energies of the loving Trinity that traverse the universe. The Holy Spirit inspires the poor in spirit to treat not only their talents and education but also outer things as "traces" or manifestations of the Mystery.... Jesus' relaxed presence to the gift of the Father was only possible because of his ability to distance himself from the mere material meaning of things and to reveal a higher message.... Jesus never became enslaved to things but strove always to discover and celebrate their hidden potential in accordance with providential life situations and the demands of justice, peace and mercy.

Fr. Adrian van Kaam and Susan Muto

Centering Ourselves

"Tis a Gift to Be Simple" & "At The Center"

*'Tis a gift to be simple, 'tis a gift to be free,
'Tis a gift to come down where we ought to be.
And when we find ourselves in the place just right,
We'll be in the valley of love and delight.*

*When true simplicity is gained,
To bow and to bend, we shan't be ashamed.
To turn, turn will be our delight,
Till by turning, turning, we come round right.*

*Hidden deep within, undefiled by sin,
Is a refuge for the soul.
Filled with sacred light, shining pure and bright,
Where the heart can be made whole.
Universal grace floods this holy place,
And can heal the deepest scar.
As the false self dies, underneath the lies,
Is the truth of who we are.*

*At the center, at the center,
At the center of my life is you.
At the center, at the center,
At the center of my life is you.*

Crossing the Threshold

The Gift of Poverty

"O Poverty"

*O Poverty, source of riches:
Jesus, Son of God, gave his life for all.*

Praying the Psalm

Psalm 16 from 'David's Crown' by Malcolm Guite

*Then help me, step by step, my guide and friend.
Preserve me O my God in whom I trust,
My other goods are nothing in the end.*

*How quickly they decay, how swiftly rust!
But through it all you stay and comfort me,
My one abiding joy, when all the rest*

*Have flown so suddenly. For now I see
My true inheritance, now I look up
And find you still beside me, showing me*

*The path of life. In your right hand the cup
Of blessings full to overflowing. Your
Left hand upholds me still, and gives me hope.*

*I have a goodly heritage! You pour
On me your graces, undeserved, you raise
And comfort me until I fall no more.*

Song of Response

"O Poverty"

*O Poverty, source of riches:
Jesus, Son of God, gave his life for all.*

Gospel Reading

Matthew 5:3; 6:19–21, 25, 33

Jesus says, "Blessed are the poor in spirit, for theirs is the Realm of Heaven.

Do not store up for yourselves treasures on earth, where moth and rust consume and where thieves break in and steal, but store up for yourselves treasures in heaven, where neither moth nor rust consumes and where thieves do not break in and steal. For where your treasure is, there your heart will be also.... Therefore I tell you, do not worry about your life, what you will eat or what you will drink, or about your body, what you will wear. Is not life more than food and the body more than clothing

But seek first the kingdom of God and his righteousness, and all these things will be given to you as well.

Meditation

Praying with St. Ignatius of Loyola

"Suscipe" (Receive)

*Suscipe, suscipe. Suscipe, suscipe.
All I am, all I have. You've given all into my care:
Every single thought, every choice I make,
The freedoms I possess, come fill them all with love.
Please receive all I am, as I receive all that You are.
I return to You all that I hold dear,
To use as You desire, for I believe in this:*

*Your grace, Your love, is all that I need.
Your love, Your grace, is enough for me.*

Practicing Detachment

Surrendering Ourselves

"Suscipe" (Receive)

*All I am, all I have. You've given all into my care:
Every single thought, every choice I make,
The freedoms I possess, come fill them all with love.
Please receive all I am, as I receive all that You are.
I return to You all that I hold dear,
To use as You desire, for I believe in this:*

*Your grace, Your love, is all that I need.
Your love, Your grace, is enough for me.*

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 "All I need" (inhale), "is in You" (exhale), or use a sacred word (such as Love, Peace, Abba, Jesus, or Spirit).

Connecting to Source

"At The Center"

*Hidden deep within, undefiled by sin, is a refuge for the soul.
Filled with sacred light, shining pure and bright,
Where the heart can be made whole.
Universal grace floods this holy place, and can heal the deepest scar.
As the false self dies, underneath the lies,
Is the truth of who we are.*

*At the center, at the center,
At the center of my life is you.
At the center, at the center,
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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
Nick Cavazos – AV Production
Rev. Rachel Sciretti – Associate Pastor
Rev. Dr. Michael Sciretti, Jr. – Pastor of The Center

Quartet

Krista Pape – Soprano, **Molly Burke** – Alto, **Dallas Gray** – Tenor, **Nathan Holmes** – Baritone

Today's Music

'Tis a Gift To Be Simple' – Traditional, *'At The Center'* – Peter Johns,
'O Poverty' – Jaques Berthier, *'Suscipe'* – 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.

SoulCollage® Workshop: Abundance

Sunday, November 9 | The Anchor House | 1:00 – 4:00 p.m. | \$15

When we gather for Exploring SoulCollage, we gently explore a theme and make SoulCollage cards. As always, you can follow the theme or go your own way. For more details and to register use the QR Code here.



Yoga at The Center: A Posture of Prayer

Monday, November 10 | 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.



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.

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

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.

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*
2. *Opt in to receive the weekly prayer list by emailing Rachel at rsciretti@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

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

January 9-10, 25th Anniversary Weekend with Jerry Weber

February 20-21 – Enneagram Workshop with Sandra Smith