



Fruit of a Living Faith

8:45 a.m. + February 1st

For indeed he *prays without ceasing*. It is given him *always to pray, and not to faint...*
And this is True Prayer, The lifting up the Heart to GOD. This is the Essence of Prayer, and this alone.

But his Heart is ever lifted up to GOD, at all Times, and in all Places.

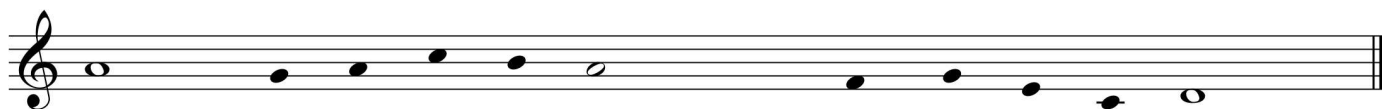
In this he is never hindered, much less interrupted, by any Person or Thing...his Heart is ever with the Lord.

Whether he lie down or rise up, GOD *is in all his Thoughts*; he *walks with God* continually,
having the loving Eye of his Mind still fixt upon him, and every where *seeing Him that is invisible*.

John Wesley (18th century)

Crossing the Threshold

As we gather here to worship... Lord, teach us to pray.



Cantor:

All: Lord, teach us to pray.

Stilling Ourselves

"Open the Eyes of My Heart"

*Open the eyes of my heart, Lord,
Open the eyes of my heart.
I want to see You, I want to see You.
(repeat)*

*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.*

Open the eyes of my heart, Lord...

*To see Your Presence all around, shining in the heart of creation.
Unveil Your power and love, and let my heart see Your salvation.*

In the words we speak before you... Lord, teach us to pray.

Contemplating a Psalm

Contemplative adaptation of *Psalm 27 (Nan Merrill)*

*One thing have I asked of Love, that I shall ever seek:
That I might dwell in the Heart of Love all the days of my life,
To behold the Beauty of my Beloved, and to know Love's Plan.*

*For I shall hide in Love's heart in the day of trouble,
As in a tent in the desert, away from the noise of my fears.
And I shall rise above my struggles, my pain,
Shouting blessings of gratitude in Love's Heart
And singing melodies of praise to my Beloved.
Teach me to be love as You are Love.*

Awakening to God Within

"Quiet My Heart"

*Hear in the silence the whispers of memory,
Be still and listen, be still and wait.
Wait for the Voice that once echoed through Eden,
That speaks affirmation, that longs to create.
The Voice in the garden, the Voice in the cloud,
The Voice in the temple, still speaks aloud.*

*Quiet my heart, till I can hear, there are distractions ever near.
Quiet my heart, help me discern what are the lessons I must learn.
Quiet my heart.*

*Help me awaken and rise up from slumber,
Shake off the darkness, shine with Your light.
Willing to listen, to learn and to follow,
To love with Your passion, to see with Your sight.
Help me be watchful for where I'm asleep,
Attentive and mindful, God come and speak!*

As we daily offer up our hearts... Lord, teach us to pray.

Contemplating Scripture

Matthew 6:6, Luke 17:21, 1 Thess 5:17

But whenever you pray, go into your inner chamber and shut the door and pray to your Father, the One who is in the secret place. And your Father, the One who sees in the secret place, will reward you.

The Kingdom of God is within you.

Pray without ceasing.

Meditation

The Method of Madame Guyon (d. 1717)

"The Short and Easy Method of Prayer:"

This prayer is not mental, but of the heart. It is not a prayer of thought alone, because the mind is so limited, that while it is occupied with one thing it cannot be thinking of another. But it is the prayer of the heart, which cannot be interrupted by the occupations of the mind. Nothing can interrupt the prayer of the heart but unruly affections; and when once we have tasted of the love of God, it is impossible to find our delight in anything but God. (chapter 1)

The method they should practice is this: They should first learn this fundamental truth, that "the kingdom of God is within them," and that it is there, only it must be sought. (chapter 3)

All our care and attention should, therefore, be to acquire inward recollection: nor let us be discouraged by the pains and difficulties we encounter in this exercise, which will soon be recompensed, on the part of our God, by such abundant supplies of grace as will render the exercise perfectly easy, provided we be faithful in meekly withdrawing our hearts from outward distractions and occupations, and returning to our center with affections full of tenderness and serenity. When at any time the passions are turbulent, a gentle retreat inwards unto a Present God, easily deadens and pacifies them; and any other way of contending with them rather irritates than appeases them. (chapter 11)

Till conversion is perfected many reiterated acts are necessary; for it is generally progressive, though with some it is almost instantaneous. My act, however, should consist in a continual turning unto God, an exertion of every faculty and power of the soul purely for God, agreeably to the instructions of the Son of Sirach: "Re-unite all the motions of your heart in the holiness of God" and to the example of David, "I will keep my whole strength for Thee," which is done by earnestly re-entering into one's self. As Isaiah says, "Return to your heart"; for we have strayed from our heart by sin, and

it is our heart only that God requires, "My son give me your heart, and let your eye observe my ways." To give the heart to God is to have the whole eternal energy of the soul ever centering in God, that we may be rendered conformable to God's will. We must, therefore, continue invariably turned to God from our very first application to God. (chapter 22)

Song of Response

"Within"

*Within. Within. Within my soul a treasure lies,
The God of heaven and earth resides within. Within.
This temple built of flesh and bone, contains inside God's holy throne!
Within. Within. Within.*

*In faith. In fear. No matter what may come along,
Within my heart you sing a song of hope, of love.
A reassuring melody, that stirs from deep inside of me.
Within. Within. Within.*

In the silence of our spirits... Lord teach us to pray.

Centering in God

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. The Realm of God is within you. If it helps you to center, use the heart-focused breath prayer "You are" (inhale) "within" (exhale).

God in our Midst

"Open the Eyes of my Heart"

*Open the eyes of my heart, Lord,
Open the eyes of my heart.
I want to see You, I want to see You.*

Receiving Holy Communion

As we leave this place of worship... Lord teach us to pray.

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

Errin Hatter – Soprano, **Cody Arthur** – Tenor, **Kevin Punnackal** – Tenor, **Nathan Holmes** – Baritone

Today's Music

"Lord, Teach Us To Pray" – Peter Johns, **"Open the Eyes of my Heart, Lord"** – Paul Baloche,

"Quiet My Heart" – Peter Johns, **"Within"** – Peter Johns

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.

Our Annual Aim & Pledge: Fruit of a Living Faith – Anchored in the Center

Each January at The Center and at Chapelwood, you are invited to make an intentional growth and giving plan for the upcoming year. Evelyn Underhill, the great writer on Christian mysticism, said: "A spiritual life is simply a life in which all that we do comes from the center, where we are anchored in God: a life soaked through and through by a sense of God's reality and claim, and self-given to the great movement of God's will." This was clearly true in the life of Jesus. And at The Center, we are stewards of this contemplative dimension of the spiritual journey. As you prayerfully consider your estimate of giving, we invite you to listen for how God may be calling you to participate in the life we share.



State of The Center

Today | The Anchor House | 10:00 a.m.

Come hear The Center staff give a reflection and report of 2025 and what is coming up in 2026. We will share about specific upcoming offerings as well as new ways to get involved at The Center.

Yoga at The Center: A Posture of Prayer

Monday, February 2nd | 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.



Creative Space

Saturday, February 7 | 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.

February Guided Silent Retreat - The Contemplative Work of Love (A Centering Prayer Retreat)

Saturday, February 14 | The Anchor House | 9:00 a.m. – 2:00 p.m. | \$35

On this Valentine's Day, join us for an introduction to the practice of Centering Prayer, a way to do what the The Cloud of Unknowing calls "the contemplative work of love." There will be a shared meal (in silence), time for personal prayer and reflection, opportunity for walking the labyrinth, and optional sharing at the end of the day. This retreat is appropriate for anyone, whether you have never tried this form of prayer or are a longtime Centering Prayer practitioner.



February 20-21 – Enneagram Workshops with Sandra Smith

- Friday, February 20 | The Anchor House | 12:30 – 5:00 p.m. | \$25

Attending to Our Inner Lives through Questions that Grow Us and Questions that Challenge Us: Working with the Layers of the Enneagram. Join us for this advanced workshop as we celebrate the 25th Anniversary by exploring 25 questions to deepen self-understanding.



- Saturday, February 21 | The Anchor House | 9:00 a.m. – 4:00 p.m. | \$25

Discovering the Inside Story of Us: The Enneagram Map as Guide – An Introductory Workshop. Grow in compassion for yourself and others as we explore the Enneagram. You need not know your type to participate. While this workshop is an introduction, it has much to offer to both beginners and knowledgeable participants. Join us for a fun and fascinating day!

