



Fruit of a Living Faith

8:45 a.m. + February 8th

And while he thus always exercises his Love to GOD, by Prayer without ceasing, rejoicing evermore, and in every thing giving Thanks, this Commandment is written in his Heart, that *he who loveth God, loves his Brother also*. And he accordingly *loves his Neighbour as himself*; he loves every Man as his own Soul. His Heart is full of Love to all Mankind.... For he *loves his Enemies*, yea and the Enemies of GOD; *the Evil and the Unthankful*.... For he is *Pure in Heart*. The Love of GOD has purify'd his Heart from all Revengeful Passions, from Envy, Malice and Wrath, from every unkind Temper or malign Affection. He has a Single Eye. And because *his Eye is Single, his whole Body is full of Light*. Indeed where the Loving Eye of the Soul is continually fixt upon GOD, there can be no Darkness at all.

John Wesley (18th century)

Always Starting Over

"Always We Begin Again"

*Always we begin again, every moment new,
Giving back the good we have received from you.
Waking up with grateful hearts, as we greet the day,
All creation sings with us a song of praise.*

*We will arise and seek the common good and welcome all in love.
Offering grace to all humanity as reflections of above.
Living with sacrifice, simplicity, and wisdom till the end.
Because always we begin again.*

Crossing the Threshold

Praying the Psalms (With sung response) *Psalms 107, 119* Nan Merrill, with *"Restore Us, O Holy One"*

*We give thanks to You, who are the Source of Love;
whose Light shines forth throughout the universe!
Come, awaken our hearts that we might do your Work.
For, without You, we can do nothing;
'tis your Love that loves through us.*

*Restore us, O Holy One;
Let your face shine on us,
Teach us to love!*

*Let your heart be clear and simple,
and your soul filled with Light;
Enter the place of gentleness, the heart-space of the Beloved,
the embodiment of Love!
For we are invited to radiate the Divine Presence,
to be blessing to one another.
Thus do we become the very image that we reflect.*

Restore us, O Holy One...

*For, when you come to know the Source of your life,
love flows through you and radiates outward.
Harmony enters into your life, you see with new eyes.
All that once was pain and suffering no longer affects the peace in your heart.*

Restore us, O Holy One...

*Abandon yourself to the Beloved, draw closer and closer to Love.
For when you dwell in peace within Love's heart,
and know the Divine Spirit in your own heart,
You become as nothing, yet all things are yours.
As you radiate the healing love of your inmost Being
into a suffering, scarred, yet ever-sacred world,
offer grateful praise from the Chalice of your heart
to the One who loves through you.*

Restore us, O Holy One...

Contemplating the Gospel

Matthew 22:37-39, John 13:34-35, 1 John 4:20

Jesus said to him, "You will love the Lord your God in your whole heart, and in your whole soul, and in your whole mind. This is the great and first command. And the second is like it – You will love your neighbour as yourself."

Jesus says, "A new commandment I give to you – that you love one another. As I have loved you, so you also love one another. In this all will know that you are disciples of me, if you have love in one another."

Whoever claims to love God yet hates a brother or sister is a liar. For whoever does not love their brother and sister, whom they have seen, cannot love God, whom they have not seen.

Meditation

Offering Ourselves

"Transform Me"

***Help me to see you in what I despise,
Speak through my fears and transform me.
Though I am fearful of what I may learn,
Speak through my fears and transform me.***

***I know I love imperfectly,
Help me love more, help me love more.
I know I judge so frequently,
Help me love more, help me love more.***

***Help me surrender the judgments within,
Speak through my fears and transform me.
Show me my prejudice till I am free,
Speak through my fears and transform me.***

The Method of Francis de Sales (The Practice of Examen) from *An Introduction to the Devout Life*
An examination of the state of our soul towards our neighbour.

But to speak in general, how is your heart affected towards your neighbour? Do you love him from your heart, and for the love of God? To discern this well, you must bring to your mind certain troublesome and intractable people, for it is here we exercise the love of God towards our neighbour; and much more with regard to such as injure us, either by their actions or words. Examine well whether your heart is free in their regard, or whether you do not find a greater repugnance to love them. Are you not apt to speak ill of your neighbours and especially of such as do not like you? Do you refrain from doing evil to your neighbour, either directly or indirectly? Provided you are a reasonable person, you will easily perceive it.

The Work of Faith

"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.*

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

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Holy Communion

"Ubi Caritas"

*Ubi Caritas et amor, deus ibi est.
Congregavit nos in unum Christi amor.
Exsulemus et in ipso jucundemur.
Timeamus et amemus Deum vivum.
Et ex corde diligamus nos sincero. Amen.*

*Where charity and love are, God is there.
The love of Christ has gathered us together.
Let us rejoice and be glad in it.
Let us revere and love the living God.
And from a sincere heart let us love one another. Amen.*

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

"Always We Begin Again" – Peter Johns, *"Restore Us, O Holy One"* – Peter Johns,
"Transform Me" – Peter Johns, *"The Heart of God"* – Peter Johns, *"Ubi Caritas"* – Ola Gjeilo

Centering Prayer

Immediately following worship | The Chapel

Worship Response

10:00 a.m. | The Anchor House

France Pilgrimage: The Way of Light Interest Meeting

Today, February 8 | The Anchor House | 11:00 a.m.

Join us to hear about our upcoming pilgrimage to France. This 9 day France tour includes roundtrip air transportation from Houston, first class hotels (double occupancy), two meals a day (buffet breakfast and dinner), daily sightseeing with English-speaking tour guides, daily prayers, entrance fees, airport taxes, and fuel surcharges which may be subject to change. Tips to guides, headwaiters, porters, and drives are not included.



Yoga at The Center: A Posture of Prayer

Monday, February 9 | 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.



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.



Poetry Circle

Tuesday, February 17 | The Anchor House | 6:30 p.m. – 8:00 p.m.

For poetry lovers and writers, for the curious and experienced, join Mark Jodon as he leads this time of sharing, of offering feedback, of exploring poetic forms and devices, and trying our hands at writing prompts, all while growing in fellowship and community. For more information, contact Mark at MJodon@littler.com

Ash Wednesday Service

Wednesday, February 18 | The Chapel | Noon

Ash Wednesday marks the beginning of a reflective and prayerful journey from Lent to Easter. We are marked with ashes in the shape of a cross on either the forehead or hand as an acknowledgement of our mortality and of our repentance. Childcare is available during the service in the Chapelwood nursery for infants through three-year-olds.

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!

