



Called to Freedom

8:45 a.m. + February 15th

The more "Mine" and "I," that is to say I-attachment and selfishness recede, the more God's I, that is God Himself, increases in me.... When a person surrenders and abandons their own self, God enters with God's own Self.... As much Christ life as there is in a person, that much of Christ there is also in him; and as little of the one, as little of the other. For where the Christ life is, Christ is also present. Where this life is not, Christ is not. In the Christ life one speaks with Saint Paul, who writes: "I live, yet not I, but Christ lives in me." This is life at its noblest and best. For where that life is, God Himself is and lives, with All Goodness. How could there be a better life? You should cling only to that by which you will obtain this life – and to nothing else – so that it may be born and come alive within you....

Theologia Germanica, or The Book of the Perfect Life (14th century)

Crossing the Threshold

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, at the Center of my life is You.

Praying the Psalms (with sung response)

Psalm 65, 68 Nan Merrill with "Holy Beloved One"

Praise to You, O Indwelling Beloved,

and to You we commit our lives,

to You who hear our prayers.

Blessed are those who draw near to You,

those who dwell in Your Heart.

Awaken us to your kindness,

enter into Your Holy Temple, our heart.

Holy Beloved One, rend this veil between us

Holy Beloved One, we are one with you.

Sing to the Beloved, O nations of the earth; sing praises to the One who is Love,

To the One who gathers the nations together,

to the Beloved, whose voice is heard in the Silence.

Ascribe wisdom to the Indwelling Presence,

who invites us to under-standing, and calls us to live in peace.

Majestic is Love in our hearts, the Beloved, Heart of our heart,

who gives strength and wisdom to the people.

Blessed be the Beloved!

Holy Beloved One, rend this veil between us

Holy Beloved One, we are one with you.

Contemplating Scripture

Galatians 2:19-21

*For I – ego – through the Law am dead to the Law,
so that I might live in God.
I have been crucified with Christ, and I – “ego” – no longer live.
but Christ lives in me.
That which I now live enfleshed I live in the Faith of the Son of God,
the One loving and giving himself for me.
I do not nullify the grace of God,
for if righteousness comes through Law then Christ died for nothing.*

Meditation

Song of Response

“I Awaken in Christ”

*I awaken in Christ,
Awaken as Christ awakens within me.
All of me becomes all of Him,
As Christ awakens so deep within.
See, my feet and my hands,
Transfigured as Christ awakens my body.
All my brokenness changed,
My brokenness now is beauty:
Transformed in him.*

*I awake in Christ!
I awake in Christ!*

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 area of your heart and imagine your breath flowing in and out from your heart area. Christ is within you. If it helps you to center, use the heart-focused breath prayer “You are” (inhale) “within” (exhale) or “Beloved” (inhale) “Beloved” (exhale).

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

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.

Today’s Music

“At The Center” – Peter Johns, ***“Holy Beloved One”*** – Michael Sciretti Jr.,

“I Awaken in Christ” – Peter Johns.

Centering Prayer

Immediately following worship | The Chapel

Worship Response

10:00 a.m. | The Anchor House

Yoga at The Center: A Posture of Prayer

Monday, February 16 | 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, 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



France Pilgrimage: The Way of Light Interest Meeting

Tuesday, February 17 | On Zoom | 6:00 p.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. Email Haley for link hbrown@chapelwood.org

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!



Called to Freedom: A Lenten Bible Study on Galatians

Wednesdays, Beginning February 25 | The Anchor House | 11:00 a.m. – 12:30 p.m.

Expand your Lenten journey to include an in-depth study on Paul's letter to the Galatians. Through these five weeks and six chapters, Rev. Michael Sciretti, Jr., Ph.D. will help us reflect on what this ancient Christian letter says about the indwelling Christ, interior freedom from external religious regulations, and walking in the Spirit of Love. Registration is required, and there is an opportunity for optional lunch.

