



Called to Freedom

8:45 a.m. + February 22nd

Now observe the use and the fruit of this secret Word and this darkness. The Son of the heavenly Father is not born alone in this darkness, which is his own: you too can be born a child of the same heavenly Father and of none other, and to you too He will give power. Now observe how great the use is! For all the truth learned by all the masters by their own intellect and understanding, or ever to be learned till Doomsday, they never had the slightest inkling of this knowledge and this ground. Though it may be called an "unknowing," yet there is in it more than in all knowing and understanding without it, for this unknowing lures and attracts you from all understood things, and from yourself as well. This is what Christ meant when he said, "Whoever will not deny himself and will not leave his father and mother, and is not estranged from all these, is not worthy of me" (Matt. 10:37), as though he were to say, he who does not abandon creaturely externals can be neither conceived nor born in this divine birth. But divesting yourself of yourself and of everything external does truly give it to you. And in very truth I believe, nay, I am sure, that the one who is established in this cannot in any way ever be separated from God.

Meister Eckhart, Sermon One (d. 1328)

Crossing the Threshold

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.*

Sitting with a Psalm Prayer

Contemplative Adaption of *Psalm 106* (Nan Merrill)

*That we may ever know, O Divine One, that You are with us always,
we cannot hide from your Love.
For You, in whom we live and have our being,
distinguish not our race or creed;
Male and female are equal in your sight,
You take pleasure in the richness of diversity!
May we learn the bitter lesson of Judgement –
'tis but a mirror of ourselves we see.*

*Awaken us to the oneness of all things,
to the beauty and truth of unity.
May we become aware of the interdependence of all living things,
And come to know You in everything,
and all things in You.
For as we attune to your Presence within us,
we know not separation, and
joy becomes our dwelling place.*

Singing Our Unity

"In Christ There Is No East or West"

*In Christ there is no east or west,
In him no south or north,
But one community of love
Thru'out the whole wide Earth.*

*In Christ shall true hearts ev'rywhere
Their high communion find.
His service is the golden cord
Close binding humankind*

Contemplating Scripture

Galatians 3:23-29

*Before the coming of the Faith,
we were being kept under Law,
shut up to the Faith about to be revealed,
so that the Law became our tutor to Christ,
that by Faith we may be declared righteous.*

*And the Faith having come,
we are no more under a tutor,
for you are all Sons of God through the Faith in Christ Jesus.*

*For as many as have been baptized into Christ have put on Christ –
there is no Jew nor Greek,
there is no slave nor free,
there is no male and female –
for all you are One in Christ Jesus.*

And if you are of Christ then you are offspring of Abraham, and heirs according to the promise.

Singing Our Unity

"In Christ there is No East or West"

*Join hands, then, children of the faith,
Whate'er your race may be!
All children of the living God
Are surely kin to me.*

*In Christ now meet both east and west,
In him meet south and north;
All Christly souls are one in him,
Throughout the whole wide Earth.*

Meditation

Song of Presence

"Enclosed"

*Enclosed in all Power, enclosed in all Wisdom,
Enclosed in all Goodness, we are made One.*

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).

Song of Presence

*O Enlightened One,
Life-giving Spirit.
May I bear your Image,
And be a child of Light.*

"O Enlightened One"

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
Ruby Alberto – AV Production
Rev. Rachel Sciretti – Associate Pastor
Rev. Dr. Michael Sciretti, Jr. – Pastor of The Center

Today's Music

"The Heart of God" – Peter Johns, *"In Christ There is no East or West"* – John Oxenham & Laurence Stookey,
"Enclosed" – Michael Sciretti Jr., *"O Enlightened One"* – Michael Sciretti Jr.

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 23rd | 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.



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.



Volunteer & Hospitality Training

Sunday, March 1 | The Anchor House & Chapel | 4:00 p.m.

Join us to learn more about some of critical volunteer roles at The Center for Christian Spirituality. This gathering will give an overview of ongoing volunteer opportunities, and the duties associated with each one, as well as practical demonstrations and tours of the behind the scenes activities for every worship service in The Chapel and event in The Anchor House. This gathering is for anyone currently serving or anyone interested in becoming a volunteer. We will also cover some helpful tips and practices of what it looks like to be a mindful and hospitable presence to visitors. Contact Haley for more information or R.S.V.P. with your plans to attend hbrown@chapelwood.org

Enneagram Map to Your Deeper Self: A Book Study

Select Wednesdays, Beginning March 4 | The Anchor House | 6:30 p.m. – 8:00 p.m.

"You are much more than your personality type. The Enneagram Map to Your Deeper Self is an invitation to see ourselves as more than we believe we are, and to learn and engage in practices that liberate us from automatic patterns. It is a practical guide for softening the grip of our Enneagram type." Enneagram work is deeply personal, but it is enriched when we do it in community. There is no cost associated with this course but registration is required and participants will need to secure a copy of the book and complete reading assignment prior to first class.



Creative Space

Saturday, March 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.

Community Gathering

Sunday, March 8 | Dish Society (Memorial Location) | 10:30 a.m.

Join us for food and fellowship at Dish Society (12525 Memorial Dr.). It's a great time to get to know folks from our contemplative community. Please RSVP to Haley Brown hbrown@chapelwood.org so we can save you a seat!

March Guided Silent Retreat - "Think About These Things: The Spiritual Discipline of Study"

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

St. Benedict urged his brother monks to devote time each day to the study of Scripture. John Wesley declared "It cannot be that people should grow in grace unless they give themselves to reading." Study, as defined by Richards Foster in his Celebration of Discipline, is a specific kind of experience in which, through careful attention to reality, the mind is enabled to move towards wholeness. This form of study is more than just mere learning, it is a discipline that can be used to draw us closer to the Divine Source of all Knowledge. In this Guided Silent Retreat led by Dylan Cumberland, we will apply ourselves to learning what constitutes the Spiritual Discipline of study and how to practice it with joy. Handouts will be provided and participants will be invited to find God in the places where we place our attention and focus when studying both books and "nonverbal books". 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.



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.

