



Called to Freedom

8:45 a.m. + March 1st

*When we are lifted above all things, and everything within us is raised up,
nothing can oppress us. What is beneath me cannot weigh on me.
If my attention were fixed on God alone, so that there was nothing above me but God,
then nothing whatsoever would bother me, and I should not be easily distressed.
St. Augustine says, "Lord, when I turn to thee, all heaviness, sorrow, and distress is taken from me."
When we have got beyond time and temporal things, then we are free and always joyful,
and then there is the "fullness of time," and then God's Son is born in you.
Meister Eckhart, Sermon 68 (14th century)*

Crossing the Threshold

"Ropes," Mary Oliver, Dog Songs

Call to Worship

"As Above, So Below"

*As above, so below,
On the earth as in the heavens,
Till your Kingdom comes in love,
As below, so above.
As in Christ, so in me.
Born beloved of the Father,
Called to selfless sacrifice.
So, in me as in Christ.*

*Far beyond the struggles of each moment,
There is hope for those who believe.
Hope that lifts our spirits up to heaven,
Hope that helps our hearts to perceive.*

Praying a Psalm 129

Sometimes an Unknown Path, Jerry Webber

All my life I've been bound to something or someone.

*God, why haven't You reined in those who have lorded it over me?
Is there any end to this oppression and heaviness?*

*I feel bound to old, familiar patterns
that sap life's energy from me.*

*I feel strapped by habits
that control my will,
and leave me feeling diminished,
less than human.*

*Why can't I break free?
Why don't You obliterate these bindings, God?*

*It seems like I'm the world's stepping stone,
trampled on by others
and stuck in my own mud.*

But You don't see me that way.

*You don't deal with me as one bound to the expectations of others
and to my own destructive patterns.*

You invest Your Self in my liberation.

You set me in a spacious land.

You pour into me Your springs of life,

Spirit filling spirit,

Until I overflow onto my life-world.

This is Your work in me

and the work You are doing in the world.

This is the work I want to participate in.

So may it be.

Praying with St. Ignatius of Loyola

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.

"Suscipe" (Receive)

Contemplating Scripture

Galatians 4:1-7

Now I say, for as long a time the heir is a child,

the child does not differ from a servant,

though being a lord of all,

but is under tutors and stewards

until the time appointed by the father.

So also we, when we were children,

were in servitude under the elements of the world.

But when the fullness of time came, the God sent forth His Son

– born from a woman, born under the Law –

in order to redeem those under the Law

that they might receive full sonship.

And because you are sons,

God has sent forth the Spirit of His Son

into your hearts, crying "Abba! Father!"

Therefore, you are no longer a servant but a son,

and if a son, also an heir of God through Christ.

Meditation

Song of Response

"No One Takes This Life from Me"

*No one takes this life from me – I give it freely.
Abba makes this life to be – I give it freely.*

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 "Abba" (inhale) "Father" (exhale) or "Beloved" (inhale) "Beloved" (exhale).

Song of Response

"No One Takes This Life from Me"

*No one takes this life from me – I give it freely.
Abba makes this life to be – I give it freely.*

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

"As Above, So Below" – Peter Johns, *"Sucipe"* – Peter Johns,

"No One Takes This Life From Me" – Darlene Franz

Volunteer & Hospitality Training

Today | 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

Yoga at The Center: A Posture of Prayer

Monday, March 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.



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.

Taize Worship Service

Sunday, March 8 | The Chapel | 8:45 a.m.

Next week in the service the Contemplative Choir and Instrumentalists will lead us in worship in the style of Taizé. We will use simple, repetitive songs and chants, candles, icons, and silence, as we continue our series on the book of Galatians.

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. 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.



Poetry Circle

Tuesday, March 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 MarkJodon@littler.com

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.

