



Called to Freedom

8:45 a.m. + March 15th

Love transforms one into what one loves.
Catherine of Siena (d. 1380)

Crossing the Threshold

Returning to the Source

"Grounded in You"

*Every mountain points the way to you.
Every clump of earth,
Recalls how we were made.
Every rock sings out,
Songs of faithfulness,
And reminds us all that is true:
We are grounded in you.*

Praying a Psalm

Contemplative Adaptation of *Psalm 1:1-3* (Nan Merrill)

*Blessed are those who walk hand in hand with goodness,
who stand beside virtue, who sit in the seat of truth;
For their delight is in the Spirit of Love,
and in Love's heart they dwell day and night.
They are like trees planted by streams of water, that yield fruit in due season,
and their leaves flourish;
And in all they do, they give life.*

Song of Response

"Creation Song"

*Set me on sacred ground.
Keep me connected to all that you are.
Let your abundance fill all that I am.
Set me on sacred ground.*

Sitting with Scripture

Galatians 5:16-25

Walk in Spirit, and you will not fulfill the desire of the flesh. For the flesh does not desire according to the Spirit, nor the Spirit according to the flesh. These are opposed to one another, so that you cannot do the things that you wish to do.

And if in Spirit you are led, you are not under Law. Now the works of the flesh are manifest, which are fornication, impurity, immorality, idolatry, sorcery, enmities, strife, jealousy, anger, quarrels, dissensions, factions, envy, drunkenness, carousing, and things like these. I tell you as I've told you before that those who practice such things will not inherit the Realm of God.

But the fruit of the Spirit is love, joy, peace, long-suffering, kindness, goodness, faith, gentleness, inner strength – against such things there is no Law. And the ones who are of Christ have crucified the flesh with the passions and the desires. If we live in Spirit, in Spirit may we also walk.

Praying with St. Francis of Assisi

"This My Soul Loves"

*Wisdom, simplicity,
Poverty, humility,
Holy love and surrender,
God within all.
Vices fade away,
As these virtues guide my way.
Help me walk in obedience,
God over all.
This is my mission,
Perfect submission.
This I desire,
This my soul loves.
Virtues transcending,
Grace never ending.
This I desire,
This my soul loves.*

Meditation

Song of Response

"Creation Song"

*Set me on sacred ground.
Keep me connected to all that you are.
Let your abundance fill all that I am.
Set me on sacred ground.*

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).

Praying with St. Francis of Assisi

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Holy Communion

Communion Song

"Qualities of Love"

*I am patience, I am kindness, I am love.
I am contentment and compassion, I am love.
I am presence and abundance as I'm growing into who I'm called to be.
I am wholeness, I am mercy, I am love.
I am forgiveness and completeness, I am love.
Though I see myself unclearly, I know one day I'll embrace all that I am.*

*All these qualities of love, they are what I long to be.
As a bearer of God's image all these traits exist in me.
I will cultivate this love, let my character be changed.
Let my heart grow more expansive, let my spirit bear the name,
I am love.*

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

Quartet

Allie Waguespack – Soprano, **Errin Hatter** – Alto, **Jon Janacek** – Tenor, **Nathan Holmes** – Baritone

Today's Music

"Grounded in You" – Peter Johns, *"Creation Song"* – Peter Johns,
"This My Soul Loves" – Peter Johns *"Qualities of Love"* – 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, March 16th | 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, 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 MJodon@littler.com

Spring Equinox Experience

Thursday, March 20 | The Labyrinth | 6:30 – 8:00 p.m.

We are looking forward to welcoming you and anyone you might want to bring with you for this event to celebrate the spring equinox. You have a lot of options for this experience. Participants are free to drop-in, come and go, spend the evening in prayer, in creativity or both. There will be time for walking the labyrinth as well as an opportunity for SoulCollage®. Come take a "pause" in your journey with us. There is no fee associated with this event, but registration is preferred so we can have enough supplies prepared.



New to The Center Gatherings

Sunday, March 22 | 11:00am | Lunch at The Anchor House

Sunday, April 19 | 5:30pm | Dinner at The Anchor House

If you'd like to learn more about Contemplative Worship, The Center's ongoing experiences and offerings, and ways to serve or get more plugged into the community, please join us at one of the New to The Center Gatherings. These gatherings are for anyone who might be thinking of becoming a formal member or just looking to understand more about contemplative Christian spirituality. Whether you've been visiting for a couple of weeks or a couple of months, this will be a great next step to becoming more connected to all that The Center has to offer. There are two opportunities to attend. Please choose which one works best for your schedule.



Taize Service

Saturday March 28 | St. Cecilia Catholic Church, Bunker Hill | 9:30 a.m. – 10:30 a.m.

The Center's Contemplative Choir is facilitating a Taizé worship service at St. Cecilia Catholic Church. All are welcome.

The Anchor House Hours

Tuesdays – Fridays | Noon - 4pm

The Anchor House is open in the afternoons for you to come and pray, meditate, walk the Labyrinth or just be still. If you would like to request a specific room for spiritual direction, counseling or for your own time of retreat outside of these hours, please let Haley know and we will make sure a room is available for you.

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.



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 rscoretti@chapelwood.org.*



Spiritual Direction

Most of us at some point in life know we want a deeper relationship with God, and direction for our life, but just have no idea where to start. It leaves us feeling isolated and alone. At The Center for Christian Spirituality, we believe spirituality is meant to be lived in community, and everyone deserves a Soul Friend! That is why we have launched our Spiritual Direction ministry here at The Center. Our trained and certified Spiritual Directors help you be watchful and attentive to God in your life and guide you through the ups and downs of life and faith. If you are looking for a little one-on-one guidance in your relationship with God and God's direction for your life, one of our Spiritual Directors might just be a great fit for you.

