



Called to Freedom

8:45 a.m. + March 22nd

*What we plant in the soil of contemplation, we shall reap in the harvest of action.
What we take in by contemplation, that we pour out in love.
Attributed to Meister Eckhart (d. 1328)*

Crossing the Threshold

Always Starting Over

*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.*

"Always We Begin Again"

*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.*

Praying a Psalm

Contemplative Adaptation of *Psalm 19* (Nan Merrill)

*The heavens declare the glory of the Creator;
the firmament proclaims the handiwork of Love.
Day to day speech pours forth
and night to night knowledge is revealed.*

*There is no speech nor are there words;
their voice is not heard;
Yet does their music resound through the earth,
and their words echo to the ends of the world.*

*The law of Love is perfect; reviving the soul;
The testimony of Love is sure, making wise the simple;
The precepts of Love are right, rejoicing the heart;
The authority of Love is pure, enlightening the eyes;
The spirit of Love is glorious, enduring forever;
The rites of Love are true, awakening compassion.*

But who can discern their own weaknesses?

*Cleanse me, O Love, from all my hidden faults.
Keep me from boldly acting in error;
let my fears and illusions not have dominion over me!
Then shall I become a beneficial presence,
freely and fully surrendered to your Love.*

Song of Response

"The Heart You Require"

*A heart of devotion that loves who you are,
Contented to rest in your Presence.
A heart of reflection in love with your Word,
That's seeking your Wisdom and guidance.
A heart full of action that loves as you love,
That selflessly lives out your calling.
Devotion, reflection, and action combined,
This is the heart you require.*

*To act justly, and love mercy,
And walk humbly with you, God.
To act justly, and love mercy,
And walk humbly with you, God.*

Sitting with Scripture

Galatians 6:1-10

*Brothers and sisters, if a person is overtaken in any fall,
you who are spiritual restore such a one in a Spirit of Gentleness,
practicing self-observation, lest you also be tempted.*

*Bear one another's burdens, and so fulfill the Law of Christ.
For if you think you are something - when you are nothing - you deceive yourself.*

*Let everyone examine their own work, and then you shall have reason for glorying in yourself alone,
and not in another. For each one shall bear the burden of his self.*

Let the one who is resounding with the Logos commune with the One resounding in all Good things.

*Do not be deceived. God is not mocked. For what a person sows that they will also reap, because the one
sowing into the fleshly "self" shall reap corruption from the flesh. But the one who sows into the Spirit shall
reap Life Eternal from the Spirit.*

*And let us not be exhausted in bringing forth Beauty, for in due time we shall reap if we do not faint.
Therefore, as we have time, let us work Goodness to all, especially to those who are of the household of Faith.*

Song of Response

"The Heart You Require"

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Contented to rest in your Presence.
A heart of reflection in love with your Word,
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And walk humbly with you, God.
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Meditation

Offering Ourselves to Love
*Ocean of Love and Goodness,
Change me into your Image.*

"Ocean of Love and Goodness"

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 "I receive Your Goodness" (inhale) "I share Your Goodness" (exhale) or "Filled with Love" (inhale) "Flowing in Love" (exhale).

Offering Ourselves to Love
*Ocean of Love and Goodness,
Change me into your Image.*

"Ocean of Love and Goodness"

Holy Communion

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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

"Always We Begin Again" – Peter Johns, *"The Heart You Require"* – Peter Johns,
"Ocean of Love and Goodness" – Michael Sciretti Jr.

New to The Center Gatherings

Today at 11:30 a.m. or Sunday, April 19 | The Anchor House | 5:30 p.m.

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.



Yoga at The Center: A Posture of Prayer

Monday, March 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.



Taizé 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.

gastrochurch at Craft Pita

Sunday, March 29 | Craft Pita Briargrove Location | 6:00 p.m. – 8:00 p.m. | \$45

Join us at Craft Pita in the heart of Briargrove/Tanglewood area for a chance to meet neighbors, enjoy some meaningful conversation about things that matter and raise money for a good cause at the same time. Price includes 3 courses and non-alcoholic drink, as well as \$5 donation to the Lebanese Red Cross. Register using the QR Code.



The Anchor House Hours

Tuesdays – Fridays | Noon - 4pm

The Anchor House is open in the afternoons for you to 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 rsciretti@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.



Holy Week at The Center

April 1 Holy Wednesday at 6:30 p.m. in The Anchor House

April 2 Maundy Thursday at 6:30 p.m. in The Anchor House

April 3 Good Friday at Noon in The Chapel

