

Resurrection Encounters

8:45 a.m. + April 26th + Fourth Sunday of Eastertide



He Qi, The Road to Emmaus
www.heqiart.com

Eucharist — thanksgiving — in the end, comes from above. It is the gift that we cannot fabricate for ourselves. It is to be received. It is freely offered and asks to be freely received. That is where the choice is! We can choose to let the stranger continue his journey and so remain a stranger. But we can also invite him into our inner lives, let him touch every part of our being and then transform our resentments into gratitude. We don't have to do this. In fact, most people don't. But as often as we make that choice, everything, even the most trivial things, become new. Our little lives become great — part of the mysterious work of God's salvation. Once that happens, nothing is accidental, casual, or futile any more. Even the most insignificant event speaks the language of faith, hope, and, above all, love. That's the Eucharistic life, the life in which everything becomes a way of saying "Thank you" to him who joined us on the road.

Henri Nouwen, With Burning Hearts: A Meditation on the Eucharistic Life

Crossing the Threshold

*It's not going to be easy.
All of your roadmaps are wrong.*

*That was another country:
those lakes have dried up*

*and new groundwater is welling
in places you won't expect.*

*You'll begin the journey in fog
destination unknown, impossible.*

*and take the first small step
into the surprising sun.*

First Step by Rachel Barenblat

*Don't be surprised by tears.
This right here is holy ground.*

*Take a deep breath and turn away
from cynicism and despair*

*listen to the voice from on high
and deep within, the one that says*

*I'm calling you to a place
which I will show you*

Faith on the Journey

*I trust you have guided the road that I travel,
Although I have been unaware.
So I'll keep believing though life may unravel,
Yes I will choose faith amid fear.
For there is a place that I long to return to,
That calms my desire to roam.
And so as I journey it's you that I turn to,
Believing you're leading me home.*

*You lead me home, by paths unknown.
You lead me home, by ways unfamiliar.
Wherever I turn, still you are there,
A compassionate friend when I choose to stray.
Leading me home by another way.*

"You Lead Me Home"

Contemplating the Gospel

Luke 24:13-24

That very day two of them were going to a village named Emmaus, about seven miles from Jerusalem - the City of Shalom. And they were talking with each other about all these things that had happened. While they were talking and discussing together, Jesus himself drew near and went with them. But their eyes were kept from knowing him. And he said to them, "What is this conversation that you are having with each other as you walk?" And they stood still, looking sad. Then one of them, named Cleopas, answered him, "Are you the only visitor to Jerusalem who does not know the things that have happened there in these days?" And he said to them, "What things?" And they said to him, "Concerning Jesus of Nazareth, a man who was a prophet mighty in deed and word before God and all the people, and how our chief priests and rulers delivered him up to be condemned to death, and crucified him. But we had hoped that he was the one to redeem Israel. Yes, and besides all this, it is now the third day since these things happened. Moreover, some women of our company amazed us. They were at the tomb early in the morning, and when they did not find his body, they came back saying that they had even seen a vision of angels, who said that he was alive. Some of those who were with us went to the tomb and found it just as the women had said, but him they did not see."

Questions for Reflection

When have you experienced a season where God seemed absent – where things didn't unfold as you hoped, prayer felt hollow, the familiar consolations gone, where you could not sense the Presence of God as you once knew? How did you respond? What did that darkness ask of you?

Song of Response

"Within Our Darkest Night"

*Within our darkest night, You kindle a fire that never dies away, never dies away.
Within our darkest night, You kindle a fire that never dies away, never dies away.*

Contemplating the Gospel

Luke 24:25-27

And Jesus said to them, "O unmindful ones, and slow of heart to trust all that the prophets have spoken! Was it not necessary that the Anointed One should suffer these things and enter into his glory?" And beginning with Moses and all the Prophets, he unfolded the inner meaning, interpreting to them in all the Scriptures the things concerning himself.

Questions for Reflection

The inner meaning of Scripture, in the Emmaus story, unfolded on the road – in the middle of loss, confusion, and shattered hope. Is there a truth you have touched – in Scripture, in prayer, in the depths of your own experience – that required the road to become real? That your mind glimpsed but only your broken-open heart could fully receive?

Song of Response

"Spirit of Truth, Enter My Mind"

***Spirit of Truth, enter my mind,
Soul of Wisdom, enter my heart.***

Contemplating the Gospel

Luke 24:28-29

So they drew near to the village to which they were going. He acted as if he were going farther, but they urged him strongly, saying, "Abide with us, for it is toward evening and the day is now far spent." So he went in to abide with them.

Resting in Presence

"Only Be Still"

***The Lord abides with you, only be still, only be still.
Believe and you will see, only be still, only be still.
Though fears and doubts surround, just wait on holy ground.
For God is all around, only be still, only be still.***

Abiding in God

Contemplative Prayer is a way to "abide" in God in an intentional way. 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 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 abide" (*inhale*) "in You" (*exhale*).

Our Prayer

"Open the Eyes of My Heart"

***Open the eyes of my heart, Lord.
Open the eyes of my heart.
I want to see you. I want to see you.***

Contemplating the Gospel

Luke 24:30-31

When he was at table with them, he took the bread and blessed and broke it and gave it to them. And their eyes were opened, and they recognized him. And he disappeared from them.

Meditation

Holy Communion

"I Am Here, I Am with You, We Are One"

Receiving a Good Word

Luke 24:32-35

They said to each other, "Did not our hearts burn in us while he talked to us on the way, while he opened to us the Scriptures?" And they rose up – they "resurrected" – that same hour and returned to Jerusalem – the City of Shalom. And they found the eleven and those who were with them gathered together, saying, "The Lord has risen indeed, and has appeared to Simon!" Then they told what had happened on the way, and how he was known to them in the breaking of the bread.



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

"You Lead Me Home" – Peter Johns, *"Within Our Darkest Night"* – Jaques Berthier,

"Spirit of Truth, Enter my Mind" – Michael Sciretti Jr., *"Only Be Still"* – Peter Johns,

"Open the Eyes of My Heart" – Paul Baloche, *"I am Here, I Am With You, We Are One"* – Michael Sciretti Jr

Yoga at The Center: A Posture of Prayer

April 27th | 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.



Where Sound Meets Silence

Thursday, April 30th | The Anchor House | 10:30 – 11:30 a.m. | No Cost

Each week Peter and Zach guide a gentle rhythm of silence, Scripture, and improvised music for violin and piano. Within this quiet, gentle space, we reflect on the passage appointed for Sunday's worship, trusting the Spirit to speak anew through word and sound alike. We gather for about thirty minutes of prayer, stillness, and reflection. Those unable to attend in person are warmly invited to join online as the reflection is streamed live. There is no cost to attend but registration is recommended.



Creative Space

Saturday, May 2 | 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.

World Labyrinth Day: Walk as One

Saturday, May 2 | The Labyrinth | 1:00 p.m. – 4:00 p.m.

Every year on the first Saturday in May thousands of people around the globe participate in World Labyrinth Day as a moving meditation for world peace and celebration of the labyrinth experience. Many "Walk as One at 1" local time to create a rolling wave of peaceful energy passing from one time zone to the next all across the world. On hand to guide this walk are Certified Labyrinth Facilitators Cindy Serio & Ginny Itz. You are invited to register to stay after the walk for a SoulCollage® workshop. The workshop provides the opportunity to create a SoulCollage® prayer card for world peace and share our experiences.



Montasser-Foyt Baby Shower

Sunday, May 3 | The Anchor House | 11:30 a.m.

Join us as we celebrate with Zach and Ali the upcoming birth of their Baby Boy. Zach showers us with his beautiful violin music, so let us shower his growing family with blessings. Please check out their registry and be sure to RSVP.

