



Emptying Fullness: The Beatitudes as Facets of the Divine

8:45 a.m. + August 23

Having reached the end of the beatitudes, we naturally ask if there is any place on this earth for the community which they describe. Clearly, there is one place, and only one, and that is where the poorest, meekest, and most sorely tried of all men is to be found — on the cross at Golgotha. The fellowship of the beatitudes is the fellowship of the Crucified. With him it has lost all, and with him it has found all. From the cross there comes the call, "blessed, blessed."

Dietrich Bonhoeffer, *Cost of Discipleship* (1937),
killed by the Nazis by hanging on April 9, 1945

Even when they call us mad, when they call us subversives and communists and all the epithets they put on us, we know we only preach the subversive witness of the Beatitudes, which have turned everything upside down.

Oscar Romero, archbishop of El Salvador,
shot at the altar on March 24, 1980, while celebrating the Eucharist

Crossing the Threshold

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.*

Sitting with a Psalm

contemplative adaptation of Psalm 140, Nan Merrill

*Deliver me, O Giver of Breath and Life, from the tears that beset me;
help me confront the inner shadows that hold me in bondage,
like a prisoner who knows not freedom.
They distract me from all that I yearn to be,
and hinder the awakening of hidden gifts that I long to share with others.*

*For I desire to be a channel of peace; to reflect the beauty of creation!
O, that I might manifest your love to all whom I meet, and mirror your mercy and justice!
Guide me, O Beloved, that I may become spiritually mature; Love me into new life!*

*For are we not called to make Love conscious in our lives?
To divinize the earth with heavenly splendor?
Reawaken my sense of wonder that I may childlike be;
that I might flow in harmony with the universe,
and be a bearer of integrity.*

*I know that You stand beside those who suffer,
and You are the Light of those imprisoned in darkness.
Surely You will guide us into the new dawn,
that we may live as co-creators with You!*

Song of Response

"Only Be Still"

*The Lord will fight for you, only be still, only be still.
Stand firm and you will see, only be still, only be still.
Though enemies surround, just wait on holy ground,
For God is all around, only be still, only be still.*

Affirming the Way of Blessedness

Matthew 5:3-10 (NRSV)

*Blessed are the poor in spirit,
for theirs is the kingdom of heaven.
Blessed are those who mourn,
for they will be comforted.
Blessed are the meek,
for they will inherit the earth.
Blessed are those who hunger and thirst for righteousness,
for they will be filled.
Blessed are the merciful,
for they will receive mercy.
Blessed are the pure in heart,
for they will see God.
Blessed are the peacemakers,
for they will be called children of God.
Blessed are those who are persecuted for the sake of righteousness,
for theirs is the kingdom of heaven.*

Singing our Blessedness

"Always, All Ways"

*Always, all ways. Always, all ways.
You declare that I am blessed, always.
Always, all ways. Always, all ways.
You declare that I am blessed, always.*

*As I reach the end of myself,
I find fullness in you, fullness in you.
And though grief has broken my heart,
Divine light shines through, divine light shines through.
As I walk the world with gentle grace I see the strength of love.
As I seek to live in righteousness your presence is enough.*

*As my heart is open and still,
I see you in all things, you in all things.
As I lay my anger aside,
My heart softly sings, my heart softly sings.
And when love and truth require my all, my joy will not be lost.
For the hope of heaven fills my heart, a joy that's worth the cost.*

Facets of the Beatitude

contemplative translations of Matthew 5:10, Sciretti

*Blessed are those pursued for the Righteous Way –
for the Realm of the Heavens is theirs.
Blessed are those being pursued for the sake of the Righteous One –
who have been expelled for embodying the divine Wisdom the world cannot tolerate:
the Divine Realm is already theirs.*

*Blessed are those whose transformation has made them unacceptable to the world's arrangements –
 who have become so transparent to divine Righteousness that the system could not ignore them:
 the Realm of Heaven is already their home.*

*Blessed are the pursued ones – empty at the beginning, expelled at the end –
 and the Realm of Heaven theirs throughout.*

*O the blessedness – Wisdom's Blessing – of those pursued for pursuing Her Way –
 the Righteous One who orders all things toward love –
 Her Divine Sovereignty is already theirs.*

*O the blessedness of those mistreated for walking the Wisdom Way of the Righteous One:
 they know they are already Home, living in the Realm of God.*

*Blessed are those in whom the Spirit's Work has been completed –
 so emptied, so broken-open, so gentled, so hungry for what is right,
 so kind, so clear, so full of peace that the world could no longer accommodate them:
 the Divine Realm is already their Home.*

Meditation

Receiving and Giving

“Make Me an Island” (Song of St. Aidan of Lindisfarne)

*Leave me alone with God as much as may be.
 Make me a holy island, held by the sea.
 As the tide swirls around me, set me apart,
 Leave me alone with God, let love fill my heart.*

*Make me an island, make me an island,
 Held in the ocean of your love.
 Cradled and grounded, ever surrounded,
 Make me an island, held in your love.*

*Help me to face the world that rushes at me.
 Face it and offer peace to all that I see.
 Bearing your presence till the tide turns once more.
 Folding me back to you as I was before.*

Welcoming God-in-Us

During these minutes of silence, simply rest in God's indwelling and loving presence here with you now. Just be and receive. There is nothing you need to “do” but relax and go receptive, to be open to God's Presence already with and within you. To help you, center your attention in your heart and imagine your breath flowing in and out from your heart area, breathing a little slower and deeper than usual. Paying attention to your breath is a way to pray this beatitude. If it helps you to center, use a heart-focused breath prayer such as: “Nothing can separate me (inhale), “from Your Love” (exhale), or “You are with me” (inhale), “in the midst of this” (exhale).

Holy Communion

Receiving a Good Word

“Always, All Ways”

*Blessed are those in whom the Spirit's Work has been completed –
 so emptied, so broken-open, so gentled, so hungry for what is right,
 so kind, so clear, so full of peace that the world could no longer accommodate them:
 the Divine Realm is already their Home.*

*Always, all ways. Always, all ways. You declare that I am blessed, always.
 Always, all ways. Always, all ways. You declare that I am blessed, always.*



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

"Only Be Still" – Peter Johns, *"Always All Ways"* – Peter Johns,

"Make Me an Island" – Peter Johns.

The Anchor House Hours

Tuesdays & Wednesdays | 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.

Where Sound Meets Silence: A Weekly Gathering for Sacred Listening

Thursday August 27 | 10:30 a.m. | The Anchor House

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.



Prophets and Peacemakers: Making Peace in an Age of Rage

Select Saturdays Beginning August 22 | 9:00 a.m. – 11:00 a.m. | The Anchor House | \$40

*In this class led by Dylan Cumberland we will use Richard Rohr's book *The Tears of Things* as our guide, along with insights from Henri Nouwen's *Peacework*. This class will tap into the wisdom of prophets to explore what it means to live faithfully and joyfully in a world full of death and destruction and how to be a peacemaker amidst it all. This class is for those who have felt hopeless from the weight of the world or those who are weary from the constant outrage. Each class will have teachings from Henri Nouwen and a discussion on specific chapters from *The Tears of Things*. Participants need to register and then obtain their own copies of the books.*



The Wisdom of Wine Class

Beginning, August 26 | 6:30 – 8:30 p.m. | Westminster United Methodist Church | \$300

You're invited to a six-week exploration on the spiritual and emotional invitations wine makes to us with each sip, in every season. Each class will include wine tastings and formal instructions on "how to taste wine" in a way which engages your senses from a contemplative framework. Price includes all materials, wine and lite bites. Only 4 spaces remain.



Creative Space

Saturday, September 5 | 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.

Save the Dates

September 20 – Holy Longings

September 22 – Autumn Equinox on the Labyrinth

October 4 – Blessing of the Animals

October 24 – Recovering the Prayer of the Heart