



# THE CENTER for Christian Spirituality

## *Sacred Time*

8:45 a.m. + July 4, 2021

*The journey through the Hours is a poetic and symbolic journey  
through the movements of the seasons in each day.  
Each moment of the day has a certain kind of quality and invitation,  
and we are invited to make those conscious and to live our lives in response to them.*  
~ Christine Valters Paintner

Chiming the Call to Worship

Entering Sacred Rhythms

Song of the Presence

*Holy Beloved One,  
Rend this veil between us.  
Holy Beloved One,  
We are one with You.*

*"Holy Beloved One"*

## *Dark*

Chiming the Night

Receiving Rest

*It is in vain that you rise up early and go late to rest,  
eating the bread of anxious toil;  
for he gives sleep to his beloved.*

*Psalm 127:2*

Welcoming the Night

*O holy darkness, loving womb, who nurtures and creates.  
Sustain us through the longest night with dreams of open gates.  
We move inside to mystery that in our center dwells,  
Where streams of richest beauty flows from sacred living wells.*

*"O Holy Darkness"*

*Creative darkness, closest friend, you whisper in the night;  
You calm our fears as unknown paths surprise us with new sight.  
We marvel at your bounty, your gifts so full and free,  
Unfolding as you waken us to new reality.*

*O holy night of deepest bliss, we celebrate your power;  
Infuse us with your energy that brings our seeds to flower.  
The voice out of the darkness excites our warmest zeal,  
To bring together dark and light, true holiness reveal.*

## Centering in the Silence

In monasteries Night is the time of the Great Silence, in which we are invited to surrender into the mystery of the Divine Darkness and close our eyes to rest peacefully in God. During these few minutes of silence, simply rest in God's abiding and loving presence in this moment. Descend into this "night," into this silence. There is nothing you need to do. Just let go. Relax. You might sense your body. Breathe deeply. If it helps, use a sacred word to help you descend into this silence (such as Christ, Love, Abba, Jesus, or Spirit) or a breath prayer, such as "I am" (inhale) "Yours" (exhale).

## *Dawn*

### Chiming the Dawn

#### Awaking to God's Presence

*Psalm 139:18b, Psalm 17:15b, Isaiah 50:4b*

*When I awake, I am still with you.*

*When I awake, I will be satisfied with seeing your likeness.*

*The Sovereign LORD wakens me morning by morning,*

*Wakens my ear to listen like one being instructed.*

#### Greeting the Morning

*"The Breezes at Dawn"*

*The breezes at dawn have secrets to tell you,*

*Do not go back to sleep.*

*The heart door is open and bids you to enter,*

*Do not go back to sleep.*

*The two words are waiting. The journey before you.*

*Stay awake.*

*Stay awake, stay awake.*

*Stay awake, stay awake.*

### Meditation

#### Sitting with a Poem

*"Why I Wake Early," Mary Oliver*

*Hello, sun in my face.*

*Hello, you who make the morning*

*and spread it over the fields*

*and into the faces of the tulips*

*and the nodding morning glories,*

*and into the windows of, even, the*

*miserable and crotchety-*

*best preacher that ever was,*

*dear star, that just happens*

*to be where you are in the universe*

*to keep us from ever-darkness,*

*to ease us with warm touching,*

*to hold us in the great hands of light-*

*good morning, good morning, good morning.*

*Watch, now, how I start the day*

*in happiness, in kindness.*

## Day

### Chiming the Midday

#### Sitting with Scripture

*Matthew 11:28-30*

*Come to me, all you who labor and are heavy laden,  
and I will give you rest.  
Take my yoke upon you, and learn from me,  
for I am gentle and lowly in heart,  
and you will find rest for your souls.  
For my yoke is easy and my burden is light.*

#### Strength for the Weary

*"Even Though the Day Be Laden"*

*Even though the day be laden  
and my task dreary and my strength small,  
A song keeps singing in my heart,  
For I know that I am thine,  
I am part of thee, thou art kin to me,  
And all my times, all my times are in thy hands.*

#### Meditation

## Dusk

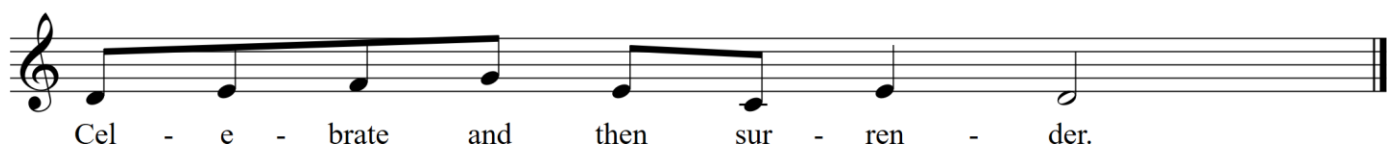
### Chiming the Evening

#### Sitting with Scripture

*Psalms 141:2*

*May my prayer be set before you like incense;  
may the lifting up of my hands be like the evening sacrifice.*

#### Welcoming the Evening



#### Meditation

Ending the Day in Gratefulness and Remembrance.

- *God, I am grateful for . . .*
- *God, you have delighted me with . . .*
- *God, I find joy in . . .*
- *God, your gift to me has been . . .*
- *God, I'm surprised by . . .*

Chiming the Eucharist

Song of the Presence

*Holy Beloved One,  
Rend this veil between us.  
Holy Beloved One,  
We are one with You.*

*"Holy Beloved One"*

Holy Communion

Receiving a Good Word

*Thank you for worshipping with us today. Please register your attendance.  
If you are worshipping online, please text the word **center** to 75787.  
If you are worshipping in person, please text the word **chapel** to 75787.*

*For further Contemplative Resources please visit  
<https://vimeo.com/showcase/6902676>*