



# THE CENTER

for Christian Spirituality

## Sacred Time

8:45 a.m. + July 11, 2021

*Sabbath ceasing means to cease not only from work itself,  
but also from the need to accomplish and be productive,  
from the worry and tension that accompany our modern criterion of efficiency,  
from our efforts to be in control of our lives as if we were God,  
from our possessiveness and our enculturation, and finally,  
from the humdrum and meaningless that result  
when life is pursued without (God) at the center of it all.  
~ Marva J. Dawn, Keeping the Sabbath Wholly*

### Call to Worship

### Opening Song

*“Come and Find the Quiet Center”*

*Come and find the quiet center in the crowded life we lead,  
Find the room for hope to enter, find the frame where we are freed.  
Clear the chaos and the clutter, clear our eyes that we can see,  
All the things that really matter, be at peace, and simply be.*

*Silence is a friend who claims us, cools the heat and slows the pace,  
God it is who speaks and names us, knows our being, touches base.  
Making space within our thinking, lifting shades to show the sun,  
Raising courage when we're shrinking, finding scope for faith begun.*

### Remembering Sabbath

**Exodus 20: 8-11**

*Remember the sabbath day, and keep it holy. Six days you shall labor and do all your work. But the seventh day is a sabbath to the LORD your God; you shall not do any work – you, your son or your daughter, your male or female slave, your livestock, or the alien resident in your towns. For in six days the LORD made heaven and earth, the sea, and all that is in them, but rested the seventh day; therefore the LORD blessed the sabbath day and consecrated it.*

### Learning Rest

*“Creation Song”*

*Teach me the joy of rest.  
Evening and morning, the cycle of life.  
You recreate me so I can create.  
Teach me the joy of rest.*

### Practicing Sabbath

Song of Response

*"Quiet My Heart"*

*Hear in the silence the whispers of memory,  
Be still and listen, be still and wait.  
Wait for the voice that once echoed through Eden.  
That speaks affirmation, that longs to create.  
The voice in the garden, the voice in the cloud.  
The voice in the temple, still speaks aloud.*

*Quiet my heart, till I can hear.  
There are distractions ever near.  
Quiet my heart, help me discern,  
What are the lessons I must learn?  
Quiet my heart.*

When was I Rest-full?

Song of Response

*"Love Like a Waterfall"*

*Love like a waterfall,  
Falling on us,  
Flooding our hearts with grace and peace.  
Healing waters flow,  
Flowing on us.  
Flooding our hearts with love.*

*Every moment of every day God is loving us.  
Showers of mercy and waves of forgiveness are covering us.*

When was I Rest-less?

Seeking Rest

*"Calm Me, O Lord"*

*Calm me, O Lord, as you stilled the storm.  
Still me, O Lord,  
Keep me from harm.  
Let all tumult within me cease,  
Enfold me Lord, in your peace.*

Resting in the Silence

During these few minutes of silence, simply rest in God's abiding and loving presence in this moment. Simply be here now. Descend into this silence. There is nothing you need to do. Just let go. Relax. Sense your body. Breathe deeply. If it helps, use a sacred word to help you descend into this silence (such as Christ, Shine, Mercy, Abba, Jesus, or Spirit) or a breath prayer, such as "Here" (inhale) "I am" (exhale).

Song of Preparation

*"Calm Me, O Lord"*

*Calm me, O Lord, as you stilled the storm.  
Still me, O Lord,  
Keep me from harm.  
Let all tumult within me cease,  
Enfold me Lord, in your peace.*

## Holy Communion

### Communion Song

*"Love Like A Waterfall"*

*Love like a waterfall,  
Falling on us,  
Flooding our hearts with grace and peace.  
Healing waters flow,  
Flowing on us.  
Flooding our hearts with love.*

*Every moment of every day God is loving us.  
Showers of mercy and waves of forgiveness are covering us.*

### 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>*