



THE CENTER
for Christian Spirituality

The Way to Love

8:45 a.m. + May 23, 2021 + Pentecost

*Abba Lot went to Abba Joseph and said to him,
"Abba, as far as I can I say my little office, I fast a little, I pray and meditate,
I live in peace as far as I can, I purify my thoughts. What else can I do?"
Then the old man stood up and stretched his hands toward heaven.
His fingers became like ten lamps of fire and he said to him,
"If you will, you can become all flame."
from The Sayings of the Desert Fathers*

Crossing the Threshold into Worship

Remembering Our Purpose

"Created World, Creative World"

*Created world, creative world.
Between two worlds a bridge.
Created world, creative world.
Between two worlds a bridge.*

*Be sure you understand this.
Be sure you understand.
Be sure you understand this.
Between two worlds a bridge.*

*You yourself, within yourself.
Between two worlds a bridge.
You yourself, within yourself.
Between two worlds a bridge.*

Be sure you understand this...

Remembering Love's Way

Psalms 50, Psalms for Praying

*The Beloved, through the energy of Love, brought forth the world.
From the rising to the setting sun,
Love radiates out to all the nations, perfect in beauty.
The Beloved has come and will not keep silence;
For Divine Love is a consuming Fire,
calling forth heaven and earth to the judgement of all peoples:*

*"Gather around, my loyal friends,
all who by repentance and recompense follow the Inner Way."*

*The universe forever proclaims justice,
The Beloved's Indwelling Presence guides those who hear with their heart's ear....
All who surrender to the love of the Great Mystery,
whose hearts are merciful and kind,
will go in beauty and walk with grace.
And all who reverence Love's Eternal Flame,
will know Love's Companionship Presence.*

Receiving the Spirit of Love

God in my words,

God in my hands.

God in my mind and in my heart.

"God in My Words"

The Story of Pentecost

Acts 2:1-12

Receiving the Spirit of Love

God in my words,

God in my hands.

God in my mind and in my heart.

"God in My Words"

Meditation

Being Transformed

O Enlightened One,

Life-giving Spirit.

May I bear your Image,

And be a child of Light.

"O Enlightened One"

Resting in Silence

Contemplative Prayer is a Way to Love, a path and practice that enables us to love. In Contemplative Prayer we are asking for Love, to be able to receive and give Love. We begin with Awareness – first by asking with our own body, sensing our own body here and now. We then might become aware of our thoughts – gently acknowledging them and releasing them. We become aware of our breath, maybe using a breath prayer, such as "Lord" (*inhale*) "have mercy" (*exhale*). We gently descend into the region of the Heart, becoming aware of our center. If it helps, we might use a sacred word to help us descend into this silence (such as Love, Shalom, Abba, Jesus, or Spirit). If a thought, feeling, or sensation tries to take us away from this interior place, we don't "hold on" to it – we simply and gently release it by returning to our sacred word or breath prayer.

Being Transformed

O Enlightened One,

Life-giving Spirit.

May I bear your Image,

And be a child of Light.

"O Enlightened One"

Communion

Reflecting with St. John of the Cross

inspired by St. John of the Cross, Love Poems from God

My soul is a candle that burned away the veil;

only the glorious duties of Light I now have.

The sufferings I knew initiated me into God.

I am a holy confessor for men.

When I see their tears running across their cheeks and falling into His hands,

what can I say to their great sorrow that I too have known?

The soul is a candle that will burn away the darkness,

only the glorious duties of Love we will have.

The sufferings I knew initiated me into God.

Only His glorious cares

I now have.

Enlightening Love

Becoming All Flame

"O Living Flame of Love"

*O Living Flame of Love,
That tenderly wounds my soul.
Burn through the veil of earth and heaven,
Till I am one with You.*

*O let me blaze with fire,
Let Spirit flood each part.
Come light the caverns of my soul,
Illuminate my night.*

*May my life burn bright, with a holy Light.
May my soul burn like a candle.*

*How gentle and how sweet,
You wake within my heart.
And breathe in me the Breath of Life,
And fill my soul with Love.*

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>*