



THE CENTER
for Christian Spirituality

Ancestral Time: Sacred Time

8:45 a.m. + August 1, 2021

*Now the dead move through all of us still glowing....
What has been plaited cannot be unplaited –
Only the strands grow richer with each loss
And memory makes kings and queens of us.
~ May Sarton, "All Souls"*

Song of the Presence

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

"Holy Beloved One"

Prayer to the Beloved of Our Ancestors

*O my Beloved,
You are holy, praised through all generations.
In You our ancestors trusted;
they trusted, and You did come to their aid.
To You they cried, and were heard;
in You they trusted, and were not disappointed.*

from Psalm 22 and Daniel 2

*God sets in motion the times and the ages...
He gives wisdom to the wise and knowledge to the discerning.
He reveals deep truths and hidden secrets;
He knows what lies veiled in the darkness;
pure light radiates from within Him.
I recognize who You are, and I praise You,
God of my ancestors,
for You have given me wisdom and strength.
And now You have graciously revealed to me what we asked of You...*

*O my Beloved,
You are holy, praised through all generations.*

Song of the Presence

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"Holy Beloved One"

Psalms for Praying

from Psalm 78

*Beloved ones, listen to this instruction.
Open your heart to the revelation
of this mystery that I share with you.
A parable and a proverb are hidden in what I say –
an intriguing riddle from the past,
an old knot to be untied.*

Meditation

Stilling Ourselves

“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.*

Guided Meditation

God’s Ever Presence

“Let Nothing Disturb You”

*Let nothing disturb you,
Let nothing frighten you,
All things are passing away.
God never changes.
Patience obtains all things,
Whoever has God lacks nothing;
God alone suffices.*

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 Beloved, Mercy, Abba, Jesus, or Spirit) or a breath prayer, such as “I am” (inhale) “Yours” (exhale).

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The Eucharistic Prayer

O God, Who is everywhere and every-when, through Whom we are united across space and time.

***We thank You that our personal sacred stories are woven
into a much larger tapestry of the generations that came before.***

*Hear our thanksgiving for our ancestors who have entered their eternal home to live with You
but whose wounds and wisdom continue to form us:*

(silence as you whisper the name(s) of loved ones.)

*With so many witnesses in a great cloud on every side of us, we gather around Your throne of grace and
remember Your great sacrifice of love, offered through Jesus, the Pioneer and Perfecter of our faith and the
faith of all your beloved ones.*

***Today we celebrate this holy meal in Your presence, and in communion with the great
cloud of witnesses and community of fellow pilgrims.***

*Today we celebrate this Holy Communion while holding in our hearts our ancestors who are across the veil,
all who have loved and lost, and who have wrestled with life's suffering and embraced life's beauty.*

***By Your Spirit, make us one with Christ, one with each other, and one in ministry to all the
world until we feast with all your beloved ones at Your heavenly banquet. Amen.***

Receiving the Life of Christ

"I Am the Bread of Life"

I am the Bread of Life; all who eat this bread will never die.

I am God's Love revealed; I am broken that you might be healed.

Remembering with Thanksgiving

from Jan Richardson

*For those who walked with us, **this is a prayer** . . . (silence)*

*For those who have gone ahead, **this is a blessing** . . . (silence)*

*For those who touched and tended us, who lingered with us while they lived, **this is a thanksgiving** . . . (silence)*

*For those who journey still with us in the shadows of awareness,
in the crevices of memory, in the landscape of our dreams, **this is a benediction.***

Song of Response

"Holy Beloved One"

Holy Beloved One,

Rend this veil between us.

Holy Beloved One,

We are one with you.

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>