



**THE CENTER**  
for Christian Spirituality

## *Altars in the World*

8:45 a.m. + September 5, 2021

*Solvitur ambulando.*  
*"It is solved by walking."*  
~ Augustine of Hippo

Bringing All of Ourselves

*Ask with your body.*  
*Seek with your mind.*  
*Knock on the door of your heart.*  
*Ask with your body.*  
*Seek with your mind.*  
*Knock on the door of your heart.*

*Keep on asking and you will receive.*  
*Keep on seeking and you will find.*  
*Keep on knocking, the door will be opened.*  
*The kingdom of God is within your heart.*

*"Ask with Your Body"*

Grounding

Bringing All of Ourselves

*Ask with your body.*  
*Seek with your mind.*  
*Knock on the door of your heart.*  
*Ask with your body.*  
*Seek with your mind.*  
*Knock on the door of your heart.*

*Keep on asking and you will receive.*  
*Keep on seeking and you will find.*  
*Keep on knocking, the door will be opened.*  
*The kingdom of God is within your heart.*

*"Ask with Your Body"*

Meditation

Song of the Presence

*When I awake I am still with You.*  
*When I awake I am still with You.*  
*In You I live.*  
*In You I move.*  
*In You I find my being.*

*"When I Awake I Am Still With You"*

## Psalm Readings

**Psalm 84:11; 116:8-9; 119:45; Isaiah 30:21**

*For the Lord God is brighter than the brilliance of a sunrise!*

*Wrapping himself around me like a shield, he is so generous with his gifts of grace and glory.*

*Those who walk along his paths with integrity will never lack one thing they need, for he provides it all!*

*God has kept my feet firmly on his path,*

*and strengthened me so that I may please him and walk before Yahweh in his fields of life. (Psalm 26:11)*

*I will walk with you in complete freedom, for I seek to follow your every command.*

*And your ears shall hear a word behind you, saying,*

*"This is the way, walk in it,"*

*when you turn to the right or when you turn to the left.*

## 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 Love, Mercy, Abba, Jesus, or Spirit) or a breath prayer, such as "Here" (inhale) "I am" (exhale).

## Song of the Presence

***"When I Awake I Am Still With You"***

*When I awake I am still with You.*

*When I awake I am still with You.*

*In You I live.*

*In You I move.*

*In You I find my being.*

## Communion

### Communion Song

***"I Walk"***

*based on a Diné (Navajo) Prayer*

*With beauty behind me I walk,*

*With beauty before me I walk.*

*Today as I wander, I journey in goodness.*

*Seeking out beauty I walk.*

*With beauty below me I walk,*

*With beauty above me I walk.*

*Today as I travel a trail of contentment,*

*With calm assurance I walk.*

*That all may be beauty I walk.*

## Asking on Behalf of Others

## 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 information about The Center for Christian Spirituality and upcoming events, visit:*

**<https://thecenterfcs.org/events-calendar/>**