



Altars in the World

8:45 a.m. + October 24, 2021

*Contemplative prayer in my opinion is nothing else than a close sharing between friends;
It means taking time frequently to be alone with him who we know loves us.*
(Teresa of Avila)

Centering Our Lives in God
*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"

Welcome

Re-Collecting Ourselves (with the Recollection Prayer of Teresa of Avila)

Give me the grace to recollect myself in the little heaven of my soul where You have established Your dwelling. There You let me find You, there I feel that You are closer to me than anywhere else, and there You prepare my soul quickly to enter into intimacy with You. . . .

Help me, O Lord, to withdraw my senses from exterior things, make them docile to the commands of my will, so that when I want to converse with You, they will retire at once, like bees shutting themselves up in the hive in order to make honey.

Praying with Teresa

“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.***

Longing for the Beloved

inspired by Psalm 42, Psalms for Praying

As a hart longs for flowing streams, so longs my soul for You, O Beloved.

My soul thirsts for the Beloved, for the Living Water.

When may I come and behold your face?

Tears have been my only nourishment day and night,

While friends ask continually, “Where is the Beloved of your heart?”

O my soul, open the door to Love!

All this I remember, as I pour out my soul: How I knew your Presence within me....

Why are you cast down, O my soul, and why are you disquieted within me?

My hope is in the Beloved, my strength and my joy,

O my soul, open the door to Love!

My soul is downcast within me, therefore I remember You,

From my mother’s womb to maturity, through all the days of my life.

Deep calls to deep at the thunder of your waterfalls;

all your waves and your billows have washed over me.

By day you lead me in steadfast love; at night your song is with me, prayer from the Heart of my heart.

O my soul, open the door to Love!

Standing in the Flow of Love

“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.

Examen

Awaking with Thanksgiving

“I Will Abide in You”

Thank you, thank you.

I welcome your gift of being alive.

And cry thank you, thank you.

Yes, I will abide in you.

I’ll keep believing that you dwell within,

I’m right where I need to be.

Content in the knowledge of being your child,

So grateful my soul longs to sing, and cry..

Breath Prayer

John 15:4a

*Inhale: Abide in me
Exhale: and I in you. . .*

Centering Prayer

“Center”

*O Christ, be the Center for our lives,
Be the place we fix our eyes,
Be the Center of our lives.*

*And You're the Center of the universe
Everything was made in You, Jesus.
Breath of everything, everyone was made for You.*

*You hold everything together,
You hold everything together.*

*We lift our eyes to heaven, and wrap our lives around Your life,
We lift our eyes to heaven, to You.*

Sitting in Gratitude

Silence

During these 4 minutes of silence, simply rest in God's abiding and loving presence in this moment. Simply be here now. You are in the Love of God. Christ is your Divine Center. There is nothing you need to do. Just be and relax. Center your attention in your heart, or breathe deeply down into your belly. If it helps you to center, use a sacred prayer word such as Mercy, Love, Abba, Jesus, or Spirit. Or follow the rhythm of your breath.

Awaking with Thanksgiving

“I Will Abide in You”

*Thank you, thank you.
I welcome your gift of being alive.
And cry thank you, thank you.
Yes, I will abide in you.
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I'm right where I need to be.
Content in the knowledge of being your child,
So grateful my soul longs to sing, and cry...*

Holy Communion Liturgy

from the Writings of Teresa of Avila

This is something that is happening now; it is absolutely true; and we have no need to go and seek Christ somewhere a long way off. . . . If when Jesus walked on this earth, the sick were healed merely by touching His garments, there is no doubt that there will be many miracles when we receive Him within us, if we have faith. Jesus, finding Himself in our home (that is, within us) will grant us what we ask of him... His Majesty in fact does not usually repay badly a sign of good hospitality.

If people received Communion at least once in their life with great faith and love, that one time would be enough to make them become saints.

When you have received Holy Communion, close your bodily eyes so that you may open the eyes of your soul. Then look upon Jesus in the center of your Heart.

When you carry Jesus in your heart, you also bear the Father and the Holy Spirit with Him. Thus, Holy Communion is a foretaste of heaven.

Communion Song

"Come and Pray in Us"

Ⓐ

Ⓑ

Come and pray in us, Ho - ly Spir - it, come and pray in us,

Ⓒ

Ⓓ

come and vis - it us Ho - ly Spir - it, Spir - it, come, Spir - it come.

Waiting on 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/>

Contemplating the Teresa de Jesus Icon

The icon describes, in symbolic terms, the 'interior castle' of our soul, where 'the secret union, or spiritual marriage, takes place in the innermost centre of the soul, where God Himself must dwell' (*Interior Castle*, Seventh Mansions, Chapter 2, 2).

Above the symbol of the spiritual marriage, and within the castle, a butterfly can be seen; St. Teresa used the symbol of the metamorphosis of a silkworm into a butterfly to describe the journey of spiritual transformation (*Interior Castle*, Fifth Mansions, Chapter 2).

A section of the famous prayer of St. Teresa, in Spanish, is depicted on the scroll in her hand: "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."

In the lower left hand section the four waters of prayer are depicted through symbols of how a garden is watered and different ways of drawing water. The early stages of prayer are depicted by either the laborious work of drawing water from the well or the slightly easier method of using a water wheel and buckets. The third and fourth waters, or the interior dwelling places of prayer, are depicted by a stream running through a garden or by 'heavy rain, when the Lord waters it himself, without any labour of ours' (Teresa's autobiography). The figure in the lower right hand section is St. Joseph, towards whom Teresa had a particular devotion, and her signature is depicted across the top of the icon.

~ This description is from Julienne McLean, *Towards Mystical Union: A Modern Commentary on the Mystical Text 'The Interior Castle' by St. Teresa of Avila*, (London: St. Paul's, Second Edition 2013).