



THE CENTER
for Christian Spirituality

The Practice of Saying No: Altars in the World

8:45 a.m. + October 3, 2021

*Sabbath is the true God's gift to those who wish to rest and to be free –
and who are willing to guard those same gifts for every living thing in their vicinity as well....*

*It is hard to understand why so many people put "Thou shalt not do any work" in a different category from "Thou shalt not kill"
or "Thou shalt have no other gods before me," especially since those teachings are all on the same list.*

Barbara Brown Taylor

Welcoming the Sabbath

from Exodus 20, Deuteronomy 5, and Leviticus 25

Desiring God's Rest

*Sicut cervus desiderat ad fontes aquarum,
ita desiderat anima mea ad te, Deus.*

"Sicut Cervus"

*As a deer longs for the flowing streams,
So my soul longs for you, O God.*

Praying with St. Francis of Assisi

Let us pray together:

O Our Father, most holy:

Our Creator, Redeemer, Consoler, and Savior:

Who are in heaven:

*In the angels and the saints, enlightening them to know, for You, Lord, are light;
inflaming them to love, for You, Lord, are love;
dwelling in them and filling them with happiness,
for You, Lord, are Supreme Good, the Eternal Good,
from Whom all good comes without Whom there is no good.*

Holy be Your Name:

*May knowledge of You become clearer in us
that we may know the breadth of Your blessings,
the length of Your promises,
the height of Your majesty, the depth of Your judgments.*

Your kingdom come:

*That You may rule in us through Your grace
and enable us to come to Your kingdom
where there is clear vision of You,
perfect love of You,
blessed companionship with You,
eternal enjoyment of You.*

Welcoming God's Light

"Most High and Glorious God"

*Most high and glorious God,
Lighten the darkness of heart and mind.
Let Wisdom lead me to you,
That I may live for love of your love.
Most high and glorious God,
Grant me true faith, certain hope, and pure love.
That I may follow you,
And carry out your holy command.
My God and my all.
My God and my all.
My God and my all.*

Meditation

Desiring God's Virtues

"This My Soul Loves"

*Wisdom, simplicity, poverty, humility.
Holy love and surrender. God within all.
Grant me, more of these. As I die, to more of me.
Help me walk in obedience. God over all.*

*Virtues transcending. Love never ending.
This I desire, this my soul loves.
This is my mission, perfect submission.
This I desire, this my soul loves.*

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 "My God" (inhale) "and my all" (exhale).

Silent Consecration

"Panis Angelicus"

*Panis angelicus, fit panis hominum
Dat panis coelicus figuris terminum
O res mirabilis, manducat dominum
Pauper, pauper servus et humilis*

*May the bread of Angels become bread for humanity
The bread of heaven puts an end to all symbols.
O this miracle! The Lord becomes our food:
Poor, a Servant, and humble.*

Communion

Intercessions with Sung Response

"Most High and Glorious God"

Response: *We hold them in the light of your love,
My God and my all.
My God and my all.
My God and my all.*

The Salutation of the Virtues

St. Francis of Assisi

*Hail, Queen Wisdom! The Lord is within you,
and within your sister, pure holy Simplicity.
Lady Holy Poverty, God is in you,
and in your sister, holy Humility.
Lady Holy Love, God is with you,
and with your sister, holy Surrender.
All holy virtues, God is within you,
God, from Whom you come and proceed.*

*There is not a single person in the whole world
who can possess any one of you
without first dying to herself.*

Desiring God's Virtues

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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/>*

