



The CENTER
for Christian Spirituality

More Than a Question: Can You Drink the Cup?

8:45 a.m. + May 15, 2022

*"Can you drink the cup?"
It is the question that has the power to crack open a hardened heart
and lay bare the tendons of the spiritual life.
"Can you drink the cup? Can you empty it to the dregs? Can you taste all the sorrows and joys?
Can you live your life to the full whatever it will bring?"
Henri Nouwen*

Welcome

Praising God in All Things

*Blessed be Your Name, in the land that is plentiful,
Where your streams of abundance flow,
Blessed be Your Name.
And blessed be Your Name, when I'm found in the desert place,
Though I walk through the wilderness,
Blessed be Your Name.*

*Every blessing you pour out I'll turn back to praise,
And when the darkness closes in, Lord,
Still I will say:
Blessed be the Name of the Lord,
Blessed be Your Name..
Blessed be the Name of the Lord,
Blessed be Your glorious Name.*

*Blessed be Your Name when the sun's shining down on me,
When the world's "all as it should be"
Blessed be Your Name.
And blessed be Your Name on the road marked with suffering,
Though there's pain in the offering,
Blessed be Your Name.*

"Blessed Be Your Name"

Sitting with Scripture

Psalm 16:5, 23:5, 116:13, Matthew 20:22

LORD, You are my chosen portion and my cup of blessing; you hold my future.

*You prepare a table before me in the presence of my enemies;
you anoint my head with oil; my cup overflows.*

*I will lift up the cup of salvation
and call on the Name of the LORD,*

Jesus said, "Can you drink the cup I am going to drink?"

Meditation

Resting in God's Abundance

"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.*

Sitting with Jesus

Matthew 26:39, 20:22

*After walking a little farther, he quickly bowed with his face to the ground and prayed,
"Father, if it's possible, let this cup of suffering be taken away from me.
But let your will be done rather than mine."*

Jesus said, "Can you drink the cup I am going to drink?"

Meditation

Praising God in All Things

"We Sing an Alleluia"

*Sometimes this heart will overflow,
A taste of heaven here below.
A feeling in the soul,
That God is in control.
So we sing an alleluia.*

*Alleluia, alleluia. Alleluia.
So we sing an alleluia.*

*Some alleluias grow from pain.
A cry of faith we can't explain.
Although the heart feels numb,
We know that joy will come.
So we sing an alleluia.*

Considering Your Cup

Centering in Silence

During these minutes of silence, simply rest in God's abiding and loving presence in this moment. Simply be here now. You are in Christ and Christ is in you. 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 Christ, Love, Abba, Jesus, or Spirit. Or follow the rhythm of your breath.

Holy Communion

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 (844) 474-0707
If you are worshipping in person, please text the word **chapel** to (844) 474-0707*

For information about The Center for Christian Spirituality and upcoming events, visit: www.TheCenterFCS.org.



Becoming a Member through The Center: Informational Meeting

Today | Chapel | 9:45 a.m.

Have you been worshipping with us for some time but are not a member of Chapelwood? Are you interested in becoming a member of The Center, which is a ministry of Chapelwood? Are you curious about how to officially "join"? Prayerfully consider joining us for an informational meeting to learn about membership and hear about our upcoming membership liturgy that will take place on Pentecost Sunday, June 5.

Enneagram Groups

Today | The Anchor House | 10:00 a.m.

Take a next step on our Enneagram Pathway. In these groups we will gather with folks from our primary center of intelligence (body, heart, or mind) to reflect on our past week in light of our Type - when we were "asleep," when we were more "awake," and when we were able to embody our "virtue."

"Singers & Ringers" Concert: Contemplative Choir & Chancel Bells

May 18 | Chapel | 6:00 p.m.

This free, fun, relaxing, 45 minute concert features different styles of music to make you smile and is suitable for all ages. Presented by the Chapelwood Chancel Bells and the Contemplative Service Choral Ensemble, No preregistration is required, just come and enjoy yourselves.

A Discerning Heart: The Course

No Course this week because of the Concert. Our next session is Wednesday, May 25. We will explore "All Shall Be Well" and "We Sing an Alleluia."