



The CENTER  
for Christian Spirituality

## *More Than a Question: Why Worry?*



8:45 a.m. + May 8, 2022 + Feast of Julian of Norwich

*Our Lord showed me a spiritual sight of his familiar love. I saw that our Lord is to us everything which is good and comforting for our help. He is our clothing, who wraps and enfolds us for love, embraces us and shelters us, surrounds us for his love, which is so tender that he may never desert us. And so in this sight I saw that he is everything which is good, as I understand.*

*And in this he showed me something small, no bigger than a hazelnut, lying in the palm of my hand, and I perceived that it was as round as any ball. I looked at it and thought: What can this be? And I was given this general answer: It is everything which is made. I was amazed that it could last, for I thought that it was so little that it could suddenly fall into nothing. And I was answered in my understanding: It lasts and always will, because God loves it, and thus everything has being through the love of God.*

*In this little thing I saw three properties. The first is that God made it, the second is that God loves it, the third is that God preserves it. But what did I see in it? It is that God is the Creator and Protector and the Lover. For until I am substantially united to him, I can never have perfect rest or true happiness, until, that is, I am so attached to him that there can be no created thing between my God and me.*

Julian of Norwich, *Revelations of Divine Love*

Welcome     **MICHAEL – Explain series and Feast Day of Julian**

Centering Ourselves     **PETER**

*“Come and Find the Quiet Center”*

*Come and find the quiet center in the crowded life we lead,  
Find the room for hope to enter, find the frame where we are freed:  
Clear the chaos and the clutter, clear our eyes that we can see –  
All the things that really matter, be at a peace, and simply be.*

*Silence is a friend who claims us, cools the heat and slows the pace,  
God it is who speaks and names us, knows our being, touches base,  
Making space within our thinking, lifting shades to show the sun,  
Raising courage when we're shrinking, finding scope for faith begun.*

Listening to Jesus     **RACHEL**

Matthew 6:25-34

*I tell you, do not worry about your life, what you will eat or what you will drink, or about your body, what you will wear. Is not life more than food, and the body more than clothing? Look at the birds of the air; they neither sow nor reap nor gather into barns, and yet your heavenly Father feeds them. Are you not of more value than they? And can any of you by worrying add a single hour to your span of life? And why do you worry about clothing? Consider the lilies of the field, how they grow; they neither toil nor spin, yet I tell you, even Solomon in all his glory was not clothed like one of these. But if God so clothes the grass of the field, which is alive today and tomorrow is thrown into the oven, will he not much more clothe you – you of little faith? Therefore do not worry, saying, ‘What will we eat?’ or ‘What will we drink?’ or ‘What will we wear?’ For it is the Gentiles who strive for all these things; and indeed your heavenly Father knows that you need all these things. But strive first for the kingdom of God and his righteousness, and all these things will be given to you as well. So do not worry about tomorrow, for tomorrow will bring worries of its own. Today’s trouble is enough for today.*

Meditation     **RACHEL an invitation to name what you are worrying about. Jesus names specific things that people worry about. What is that for us. We name our worries to God....God calls our name as beloved.**

Waiting and Listening     **PETER**

*“Call My Name”*

*I will wait until I hear you call my name,  
Wait until my world inside has come to rest.  
Many voices clamor, calling constantly to me,  
So I will wait until I hear you call my name.*

*I will wait until I hear you call my name.  
In the whispers of the wind I hear your voice.  
All of your creation sings a gentle melody,  
A song that calms my spirit while you call my name.*

*So, speak Lord, speak Lord.  
Your servant is listening.  
Speak Lord, come and speak Lord.  
Your servant is listening.*

*I will wait until I hear you call my name.  
When I hear your voice my heart begins to heal.  
How my spirit longs to share your love song with the world,  
‘Till everybody listening hears you call their name.*

Meditation **MICHAEL** - Seeing the part vs seeing the whole. Worry = fixated on the part. How might God be asking you to move the camera to the larger picture? Illustrations from nature that organically grow. Birds still look for food, plants grow toward the sun. It's not that you do nothing at all

Approaching Silence

**PETER**

*"Calm Me, O Lord"*

*Calm me, O Lord, as you stilled the storm.*

*Still me, O Lord, keep me from harm.*

*Let all tumult within me cease,*

*Enfold me, Lord, in your peace.*

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.

Confessing with Julian

**PETER**

*"All Shall be Well" (Julian's Song)*

*Just as God is our Father, God is our Mother and She rejoices in us.*

*With His power and goodness. Her wisdom and kindness, with light, and grace and love.*

*Light for our darkness. Grace filled forgiveness, and love as a balm for the soul*

*When doubts gather round us, troubles surround us. There is a calm that we know.*

*For all shall be well, and all shall be well,*

*and all shall be well, all manner of things shall be well.*

Holy Communion Liturgy

**WICK AND RACHEL**

*from the Writings of Julian of Norwich*

*God chose to be our Mother in all things and so made the foundation of his work, most humbly and most pure, in the Virgin's womb.*

*God, the perfect Wisdom of all, arrayed himself in this humble place.*

*Christ came in our poor flesh to share a mother's care.*

*Our mothers bear us for pain and for death;*

*our true mother, Jesus, bears us for joy and endless life.*

*Christ carried us within him in love and travail, until the full time of his passion.*

*And when all was completed and he had carried us so for joy.*

*Still all this could not satisfy the power of his wonderful love.*

*All that we owe is redeemed in truly loving God,*

*for the love of Christ works in us; Christ is the one whom we love.*

*Christ revealed our frailty and our falling, our trespasses and our humiliations.*

*Christ also revealed his blessed power, his blessed wisdom and love.*

*He protects us as tenderly and as sweetly when we are in greatest need;*

*he raises us in spirit and turns everything to glory and joy without ending.*

*God is the ground and the substance, the very essence of nature;*

*God is the true Father and Mother of natures.*

*We are all bound to God by nature, and we are all bound to God by grace.*

*And this grace is for all the world, because it is our precious Mother, Christ.*

*For this fair nature was prepared by Christ for the honor and nobility of all,*

*and for the joy and bliss of salvation.*

*Our true Mother Jesus, he alone bears us for joy and for endless life.*

*Blessed may he be!*

*The mother can give her child to suck of her milk,*

*but our precious Mother Jesus can feed us with himself,*

*and does so, most courteously and most tenderly*

*with this blessed sacrament, which is the precious food of true life.*

*And he does so with these words: "See how I love you. I protect you very safely."*

Communion Song **PETER**

"Psalm 131"

*My heart is not raised up too high, my eyes don't search beyond the sky.  
I do not seek what can't be known, nor fret myself over mysteries.*

*But I have calmed and soothed my soul, like a child at rest in its mother's arms;  
Like this child sleeping by my side, my soul, in God knows peace and calm.*

*All you who love and trust your God, in this God shall you put your hope;  
For there you'll find unfailing love, from this time forth, and forever more.*

Receiving a Good Word **WICK - include announcements below**

*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](http://www.TheCenterFCS.org).*



## 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."*

## A Discerning Heart: The Course

Wednesday | Zoom | 6:30 p.m.

*This Wednesday we are exploring the teachings and practices related to the Song from The Center "Love Like a Waterfall." [Online at www.zoom.us/my/the.center](http://www.zoom.us/my/the.center).*

## Becoming a Member through The Center: Informational Meeting

May 15 | 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.*

## "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, and enjoy yourselves.*