



Freely Receive, Freely Give

Walking the Fourfold Way of Christ

8:45 a.m. + February 19, 2023

Jesus was a different kind of teacher.
Instead of the *conventional teacher* of his day, he was a *contemplative sage*,
a Master of Wisdom who taught the importance of *interior* religion,
or a religion of the *heart*.

Crossing the Threshold

Seeking Wisdom

*I do not ask for wealth or fame, endless riches, great acclaim.
I ask for one thing in your Name: grant me a discerning heart.*

*Beyond the knowledge I have learned. All experiences earned.
See Wisdom waits to be affirmed. Held in a discerning heart.*

*Wisdom calls, Wisdom leads,
Her ways are pleasant, her paths are peace.
She is the fruit of the tree of life,
Grown in a discerning heart.*

*So let me life be fertile soil. Spirit plant and I will toil,
To tend a crop that will not spoil, stored in a discerning heart.*

"A Discerning Heart"

The Morning Psalm (with sung response)

*Selected verses from Psalms 25 and 80,
Contemplative adaptation from
Psalms for Praying (Nan Merrill)*

*To You, O Love, I lift up my soul!
O Heart within my heart,
in You I place my trust.*

*Eternal Listener, give heed to Your people,
You, who are our Guide and our Light!
You, who dwell amidst the angels,
shine forth into the heart of all nations!
Enliven Your people with compassion
that peace and justice might flourish.*

Sung response: *Restore us, O Holy One;
Let your face shine on us,
Teach us to love!*

*Compel me to know Your ways, O Love;
instruct me upon Your paths.
Lead me in Your truth, and teach me,
for through You will I know wholeness;
I shall reflect your Light both day and night.*

*Gentle Teacher, help us to turn to You in prayer,
fasting from our negative thoughts.
In Your steadfast Love, You weep with our tears,
tears that rise from fear, doubt, and illusion.
You uphold us when we feel the sting of pride,
when our anxiety threatens to paralyze us.*

Sung response: *Restore us, O Holy One...*

*You are gracious and just, O Spirit of Truth,
happy to guide those who miss their way;
You enjoy teaching all who are open,
All who choose to live in truth.
Your paths are loving and sure, O Holy One,
And those who give witness to You through their lives
are blessed beyond measure.*

*May those who have borne the fruit of love
radiate Your Spirit into the world!
May we always walk and co-create with You;
receive the gratitude of our hearts,
as we share in the Great Plan!*

Sung response: *Restore us, O Holy One...*

Reading

Luke 6:40-45

Students are not greater than their teacher.

But the student who is fully trained and made complete will become like the teacher.

How can you think of saying, 'Friend, let me help you get rid of that speck in your eye,' when you can't see past the log in your own eye? Hypocrite! First get rid of the log in your own eye; then you will see well enough to deal with the speck in your friend's eye.

A good tree can't produce bad fruit, and a bad tree can't produce good fruit. A tree is identified by its fruit. Figs are never gathered from thornbushes, and grapes are not picked from bramble bushes. A good person produces good things from the treasury of a good heart, and an evil person produces evil things from the treasury of an evil heart. What you say flows from what is in your heart.

Reflecting

Responding

"Transform Me"

Help me to see You in what I despise.

Speak through my fears and transform me.

Though I am fearful of what I may learn.

Speak through my fears and transform me.

I know I love imperfectly.

Help me love more. Help me love more.

I know I judge so frequently.

Help me love more. Help me love more.

Help me surrender the judgments within.

Speak through my fears and transform me.

Show me my prejudice till I am free.

Speak through my fears and transform me.

I know I love imperfectly...

Resting in the Silence

During these 5 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. Let be. Relax. Breathe deeply. Sense your body. If it helps, use a breath prayer to help you descend into this silence, such as "Lord" (inhale), "Jesus" (exhale) or a name for the Divine, or simply the word "Listen."

Seeing with the Eye of the Heart

"Goodness and Light"

Life is more than all we see. Faith is more than all we know.

For we hope in things unseen, trusting God to help us grow.

God help us see what we're blind to, hear the cries we ignore.

See beyond just this moment, to the glory in store.

Grant us faith in the darkness, in the cold of the night,

To see goodness and light.

Holy Communion

Receiving a Good Word



Worship Response

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

Join us in The Anchor House as we reflect on the themes of today's service, what arose for us, and what questions we have.

Ash Wednesday

February 22 @ 12:00 p.m. | The Chapel

Join us in the Chapel for a time of quiet reflection, prayer, the meditative reading of Scripture, communion, and the imposition of ashes.

Community Gathering

February 26 @ 11:30 | St. Arnolds

Sensing God: Encountering God through the Senses – A Lenten Experience

March 1 – April 5, Wednesdays @ 6:30 p.m. | The Anchor House

The senses are thresholds to the heart and springtime is a feast of the senses. Join us as we dive deeper into how the senses are used in Scripture and in the ministry of Jesus. This will be a time of teaching and experience (theoria and praxis). Come with an open heart. All are welcome! There is no cost for this experience, but please register by scanning the QR code to the right.



The Way of the Healer: A Guided Silent Retreat

Saturday, March 4 | 8:30 a.m. - 2:30 p.m. | The Anchor House

For March's guided silent retreat, we will open ourselves to the ministry of restoration and wholeness – in both the inner journey and the outer journey. We begin promptly at 8:30 a.m. with an introduction of the day leading into our first "sitting meditation" for Centering Prayer taking place at 9:00 a.m. We observe silence throughout the day (lunchtime too) as well as other group Centering Prayer gatherings at 11:30 a.m. and 2:00 p.m. Along with plenty of time for reading and reflection, walking, and space for prayerful art, participants will have the opportunity for a chair massage by a massage therapist. A simple lunch is provided. Cost of the Retreat is \$20 and includes the price of lunch. We don't want anyone to miss out because of pricing. Contact Haley for information on scholarships. Register by scanning the QR code to the right.



Our Staff

Haley Brown – Ministry Assistant & Director of gastrochurch
Peter Johns – Associate Director

Rev. Rachel Sciretti – Associate Pastor
Rev. Dr. Michael Sciretti, Jr. – Pastor of The Center

*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.*