



The CENTER
for Christian Spirituality

Sensing God

8:45 a.m. + March 19, 2023 + Fourth Sunday of Lent

May your body be blessed.
May you realize that your body
is a faithful and beautiful friend of your soul.
And may you be peaceful and joyful and recognize
that your senses are sacred thresholds.
May you realize that holiness is mindful, gazing, feeling, hearing, and touching.
May your senses gather you and bring you home.
May your senses always enable you to celebrate the universe
and the mystery and possibilities
in your presence here.
~ John O'Donohue

Crossing the Threshold

Stilling Ourselves

*Hear in the silence the whispers of memory,
Be still and listen, be still and wait.
Wait for the voice that once echoed through Eden.
That speaks affirmation, that longs to create.
The voice in the garden, the voice in the cloud.
The voice in the temple still speaks aloud.*

*Quiet my heart, till I can hear.
There are distractions ever near.
Quiet my heart, help me discern,
What are the lessons I must learn.
Quiet my heart.*

*Help me awaken and rise up from slumber,
Shake off the darkness, shine with your light.
Willing to listen, to learn, and to follow.
To love with your passion, to see with your sight.
Help me be watchful for where I'm asleep.
Attentive and mindful. God come and speak!*

Quiet my heart...

"Quiet My Heart"

Centering Our Hearts in God

contemplative adaptation of Psalm 78:1-6 (Nan Merrill)

*Listen well, O peoples of the earth,
to inner promptings of the Spirit;
Let Silence enter your house that you may hear!
For within your heart Love speaks: not with words of deceit,
But of spiritual truths to guide you upon the paths of peace.
Do not hide this from your children; teach of the inward Voice,
and help all generations to listen in the Silence,
That they may know the Beloved and be free to follow the precepts of Love.*

A Listening Heart

"Quiet My Heart"

*Quiet my heart, till I can hear.
There are distractions ever near.
Quiet my heart, help me discern,
What are the lessons I must learn.
Quiet my heart.*

Sitting with a Psalm

contemplative adaptation of Psalm 34:3-8 (Nan Merrill)

*When I searched for Love, the Beloved
answered within my heart,
and all my fears flew away.
Look to the Beloved, and your
emptiness will be filled,
your face will radiate Love.
For when you weep, the Beloved hears
and comes to companion you;
your burdens are eased by Love.
The Beloved sends angels when you
call upon these messengers
for guidance and light,
for their gracious inspiration,
One with Love, you are never alone!*

Listening For God's Love

Song of Response

"Listen, Listen"

*Listen, listen, wait in silence listening.
For the One from whom all mercy flows.*

Listening to Each Other

Dietrich Bonhoeffer, "Life Together"

Many people are looking for an ear that will listen. They do not find it among Christians because these Christians are talking where they should be listening. But he who no longer listens to his brother will soon be no longer listening to God either.

- How have I listened to others this past week?
- Who has listened to me this past week?
- What prevented me from listening this past week?

Making Silent Confession

Listening to our Own Voices

*There is silence,
And there is light.
There is music,
And there is grace.
There are people,
And there is life.
There is hope,
And there is God.
Let us listen well today.*

Song of Response

“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.*

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 phrase “Your servant is listening.”

Song of Response

“Call My Name”

*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.*

Sung Consecration

*Lift up your hearts unto the Lord, lift up your hearts unto the Lord.
Lift up your hearts, lift up your hearts, lift up your hearts unto the Lord.*

*This is the body of the Lord, this is the body of the Lord.
This is the body, this is the body, this is the body of the Lord.*

*This is the cup of life outpoured, this is the cup of life outpoured.
This is the cup of life, this is the cup of life, this is the cup of life outpoured.*

*Therefore we celebrate the feast, therefore we celebrate the feast.
Therefore we celebrate, therefore we celebrate, therefore we celebrate the feast.*

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.

Spring Equinox Potluck

Monday March 20 @ 6:00 p.m. | The Anchor House

Join us at The Anchor House for a Spring potluck dinner. Bring a dish with your favorite spring ingredients. We will also have a gratitude circle with contemplative liturgy.

Gastrochurch:

Becoming an Ally – a conversation about human trafficking issues in Houston.

Saturday March 25, 7:00 p.m. | A 2nd Cup (4928 Fulton Street)

Join us for our first of six gastrochurch experiences focused on social justice issues, a collaboration between gastrochurch, The Center for Christian Spirituality and other teachers, healers, warriors and visionaries. The cost of this experience is \$45 and includes a three-course meal. We never want cost to be a barrier though, please contact Haley for scholarship information.



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.



Taize Worship Service

Saturday April 1 @ 9:30 a.m. | St. Cecilia Catholic Church, Bunker Hill

The Center's Contemplative Choir is facilitating a Taizé worship service at St. Cecilia Catholic Church. All are welcome.

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.