



The CENTER
for Christian Spirituality

Sensing God

8:45 a.m. + March 26, 2023 + Fifth 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

*Heaven touches earth,
Every single moment:
In the setting sun,
The whispers on the wind.
The gentle fall of rain,
The fragrance when it's over.
We will taste and we will see,
And know that God is good.*

"Heaven Touches Earth"

*May we sense your presence, O God.
May we sense your presence, O God.
Make our senses gateways to all that you are.
May we sense your presence, O God.*

A Pleasing Fragrance

Genesis 8:21, Exodus 30:34-37, Song of Solomon 2:13, Revelation 8:3-5

And when the LORD smelt the pleasing odor, the LORD said in his heart, 'I will never again curse the ground because of humankind, for the inclination of the human heart is evil from youth; nor will I ever again destroy every living creature as I have done.'

The LORD said to Moses: Take sweet spices, stacte, and onycha, and galbanum, sweet spices with pure frankincense (an equal part of each), and make an incense blended as by the perfumer, seasoned with salt, pure and holy; and you shall beat some of it into powder, and put part of it before the covenant in the tent of meeting where I shall meet you; it shall be for you most holy. When you make incense according to this composition, you shall not make it for yourselves; it shall be regarded by you as holy to the LORD.

*The fig tree puts forth its figs,
and the vines are in blossom;
they give forth fragrance.
Arise, my love, my fair one,
and come away.*

Another angel with a golden censer came and stood at the altar; he was given a great quantity of incense to offer with the prayers of all the saints on the golden altar that is before the throne. And the smoke of the incense, with the prayers of the saints, rose before God from the hand of the angel.

Meditation

Becoming Present to the Moment

Be still and know that I am God.

Be still and know that I am.

Be still and know.

Be still.

Be.

Be.

Be still.

Be still and know.

Be still and know that I am.

Be still and know that I am God.

“Be Still”

Sitting with Scripture

*Then the LORD God formed the human from the dust of the ground,
and breathed into his nostrils the breath of life;
and the human became a living being.*

Genesis 2:7

Meditation

Song of Response

This is the air I breathe.

This is the air I breathe.

Your holy presence,

Living in me.

This is my daily bread.

This is my daily bread.

Your very word,

Spoken to me.

And I, I'm desperate for you.

And I, I'm lost without you.

“Breathe”

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."

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.

Taizē 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.

Holy Week at the Center

Guided Silent Retreat

Monday April 3 @ 9:00 a.m. – 2:30 p.m. | The Villa de Matel, 6510 Lawndale St.

For April's guided silent retreat, we will open ourselves to the Way of the Teacher and to the gifts of wisdom, curiosity, and detachment.. There will be plenty of time for reading and reflection, prayerful walking (including a labyrinth), and space for prayerful art. Participants will receive handouts with many readings for lectio divina as well as reflective questions. A simple lunch is provided. To register use the QR code. The 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.



Holy Wednesday Service

Wednesday April 5 @ 12:00 p.m. | The Anchor House

Enter into the Holy Wednesday narrative of Mary Magdalene anointing Jesus. After a brief time of welcome, we will enter into a Contemplative Remembrance of this act that Jesus said, "truly, I say to you, wherever the gospel is proclaimed in the whole world, what she has done will be told in memory of her." (Mark 14:9) There will be chant, readings, silence, and a time for anointing.

Maundy Thursday Service

Thursday April 6 @ 6:00 p.m. | The Chapel

In this Contemplative Gathering, we will enter into the Maundy Thursday narrative of Jesus at his Last Supper as recorded in John 13 and Mark 14. After a brief time of welcome, we will contemplatively reflect on what Jesus was teaching them (and us) by example through washing their "feet" and what that can mean for us today as we seek to consciously love. We will then enter into a Contemplative Remembrance of the Last Supper, this act that Jesus said, "Do this in remembrance of me." (Luke 22:19) There will be chant, readings, silence, and a time for taking Holy Communion.

Good Friday Service

Friday April 7 @ 12:00 p.m. | The Chapel

During these thirty minutes or so at the time of day that we remember when Jesus surrendered his all to God and “breathed his last” (Luke 23:46), we will have a time of contemplative chant, including chanting the words Yeshua said in Aramaic when he died, Lectio Divina on this passage as it is found in Luke 23, and 20 minutes of silence as Centering Prayer. We will come out with chant again as we depart to live the inner dimension of Jesus’s soul gesture of surrender into the rest of our days.

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.*