



## Summer by the Sea

8:45 a.m. + July 23, 2023

*Our fears then, are perhaps the worst enemies of our desires. If we could imagine them as sentient beings, we might come to the conclusion that they are waging a deliberate, lifelong campaign against the fulfillment of the God dream in us, as it is expressed in our own deepest desires.*

*~ Margaret Silf*

Welcome

Stilling Ourselves

*"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.*

Sitting with a Psalm

*Nan Merrill, Inspired by Psalm 85*

*Beloved, how gracious You are to your people;*

*You restore their souls time and time again.*

*You forgive their distractions*

*when they wander far from You;*

*You give them new life.*

*Yes, You bless them and raise up new hope;*

*You awaken their hearts to love.*

*Listen, O People, in the silent Chapel of your heart;*

*and the Beloved will speak of peace to you,*

*to the hidden saints, to all who turn their hearts to Love.*

*Surely new life is at hand for those who reverence Love;*

*O, that harmony might dwell among the nations.*

Resting in God's Peace

*"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.*

## Entering the Story

**Matthew 14: 26-27**

*And early in the morning Jesus came walking toward them on the sea. But when the disciples saw him walking on the sea, they were terrified, saying, "It is a ghost!" And they cried out in fear. But immediately Jesus spoke to them and said, "Take heart, it is I; do not be afraid."*

## Meditation

### Song of Response

**"Things Unseen"**

*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 instore.  
Grant us faith in the darkness,  
In the cold of the night,  
To see goodness and light.*

### The Story Continues

**Matthew 14:28-29**

*Peter answered him, "Lord, if it is you, command me to come to you on the water." He said, "Come."  
So Peter got out of the boat, started walking on the water, and came toward Jesus.*

## Meditation

### Song of Response

**"Don't Be Afraid"**

*Don't be afraid,  
My love is stronger,  
My love is stronger than your fear.  
Don't be afraid,  
My love is stronger,  
And I have promised, promised to be always near.*

### The Story Continues

**Matthew 14: 30-32**

*But when he noticed the strong wind, he became frightened, and, beginning to sink, he cried out, "Lord, save me!" Jesus immediately reached out his hand and caught him, saying to him, "You of little faith, why did you doubt?" When they got into the boat, the wind ceased.*

## Meditation

### Offering Our Storms to God

**"Oceans"**

*And I will call upon your name,  
And keep my eyes above the waves.  
When oceans rise, my soul will rest in your embrace,  
For I am yours,  
And you are mine.*

## 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 relax. Sense your body. Breathe more deeply than usual. It can help to focus on the region of the heart. You might use a breath prayer to help you descend into this silence at the level of the heart, such as "Quiet" (inhale), "my heart" (exhale), or "Soften" (inhale), "my heart" (exhale), or use a sacred word (such as Love, Peace, Beloved, Abba, Jesus, or Spirit).

## Seeking God's Peace

*"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.*

## Communion

## Receiving a Good Word



## No Worship Response Time

*For the rest of July we will not have a worship response time after Contemplative Worship.*

## Summer Book Series

Wednesday, August 2 | 6:30 p.m.

*Join us in The Anchor House on August 2 to discuss Ilia Delio's autobiography, Birth of a Dancing Star: My Journey from Cradle Catholic to Cyborg Christian. This will be our primary book for discussion. But another book that we recommend is her work The Emergent Christ: Exploring the Meaning of Catholic in an Evolutionary Universe.*

## August Guided Silent Retreat

Saturday, August 5 | 9:00 am – 2:30pm | Villa de Matel | \$25

*For August's guided silent retreat, we will open ourselves to the life and spirituality of Aidan of Lindisfarne (d. 651), who said: "Leave me alone with God as much as may be. As the tide draws the waters close in upon the shore, make me an island, set apart, alone with you, God, holy to you. Then with the turning of the tide prepare me to carry your presence to the busy world beyond, the world that rushes in on me till the waters come again and fold me back to you." Join us for this time of being alone with God as a way to prepare ourselves to be God's presence in the world. There will be plenty of time for reading and reflection, prayerful walking, and space for prayerful art. Participants will receive handouts with readings and prayers inspired by Aidan, for us as lectio divina as well as reflective questions. (Aidan will be one of our primary spiritual guides on our October pilgrimage, and Lindisfarne is final destination before returning home). A hot lunch is provided. The cost of the Retreat is \$25 and includes the price of lunch. We don't want anyone to miss out because of pricing. Contact Haley for information on scholarships at [hbrown@chapelwood.org](mailto:hbrown@chapelwood.org).*

## Spiritual Director Supervisory Group Exploratory Meeting

Tuesday, August 8 | The Anchor House | 6:30 p.m.

*If you are a spiritual director and would like to be a part of a spiritual director supervisory group sponsored by The Center, come to this exploratory meeting on August 8. Spiritual director supervision is a contemplative and professional process supporting the ongoing formation of spiritual directors, and offers a safe and supportive group for exploring their ministry in accompanying seekers in a deepening relationship with God. Reach out to Michael for more details.*

## Fall Kick-Off & Potluck

Sunday, August 13 | The Anchor House | 10:00 a.m.

## Pilgrimage of Pain & Hope

Thursday, September 7 | The Holocaust Museum | 9:00 a.m. – 5:00 p.m.

*Join Michael and Rachel Sciretti and Robert Westheimer for this contemplative “pilgrimage” and docent-led tour through the Holocaust Museum in Houston. As an intentional pilgrimage, we will be taken through the four phases of a “pilgrimage of pain & hope”: preparing ourselves, encountering our suffering neighbor, reflecting on our experiences, and transforming how we engage the world in compassion and justice. In addition to learning about the suffering of the Jewish people during the Holocaust, this spiritual formation opportunity will open us to larger issues of genocide and human rights – with the end of becoming more intentional manifestations of the Christ, who is the Whole-Maker. There will be large group touring time, periods of personal reflection, as well as times for group sharing. The group will be limited to 15 participants. Lunch will be from a local Jewish Deli. Total price depends on if you are already a member of the Holocaust Museum or if you would like to be. For price details and to sign up, email Michael at [msciretti@chapelwood.org](mailto:msciretti@chapelwood.org) or Rachel at [rsciretti@chapelwood.org](mailto:rsciretti@chapelwood.org).*

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