



Summer By the Sea

8:45 a.m. + July 9, 2023

It is no small thing to begin to see who we are. It will impact our whole life. We are not one, but many. The aim is to become one, the true one behind the many "I's". The mysterious metaphor "man is legion" refers to the multi-faceted being that we are in our separation from the unifying Source. Part of our inner work, then, is to develop an awareness of the feeling of "I" in the moment. Such an effort will allow us not to be that fragmentary self claiming to be our whole identity. Any change in the sense of "I" will also transform the world around us.
Theodore J. Nottingham

Declaring Who We Are

"Boundless Love"

*We come here to worship, we come here to pray.
Aware of our weakness, in need of your grace.
Some of us hiding, some of us found.
Standing together upon holy ground.*

*Boundless love and beautiful grace,
Filling this place, filling our hearts.
In our delight and in our despair,
Still you are there,
Flooding our lives with boundless love.*

Entering the Story by the Sea

Mark 5:1-5

They came to the other side of the sea, to the region of the Gerasenes. And when he had stepped out of the boat, immediately there met him – from out of the tombs – a human with a spirit of uncleanness. He had his dwelling in the tombs, and no one could bind him any more, even with a chain, for he had often been bound with shackles and chains, but the chains he wrenched apart, and the shackles he broke in pieces, and no one had the strength to subdue him. Night and day among the tombs and on the mountains he was always crying and cutting himself with stones.

Guided Reflection

Declaring our Hope

"Only Be Still"

*The Lord will fight for you.
Only be still, only be still.
Stand firm and you will see.
Only be still, only be still.
Though enemies surround,
Just wait on holy ground.
For God is all around,
Only be still, only be still.*

The Story Continues

Mark 5:6-13

When he saw Jesus from a distance, he ran and bowed down before him, and he cried at the top of his voice, "What have you to do with me, Jesus, Son of God the Most High? I adjure you by God, do not torment me." For Jesus had said to him, "Come out, spirit of uncleanness, of the human!" Then Jesus asked him, "What is your name?" It replied, "Legion is my name, for we are many." It called upon him not to send them out of the region. Now there on the hillside a great herd of pigs was feeding, and they called upon him, "Send us into the pigs; let us enter them." So he permitted them. And the spirits of uncleanness came out and entered the pigs, and the herd, numbering about two thousand, stampeded down the steep bank into the sea and were drowned in the sea.

Guided Reflection

Declaring Our Transformation

"I Am Loved"

*I am not who I was,
I am not who I will be.
I am loved.
I am not what I've done,
I am not what I will do.
I am loved.
I am beautifully broken,
Through my darkness shines your light,
I am loved.*

The Story Continues

Mark 5:14-17

The ones feeding the pigs ran off and told it in the city and in the country. Then people came to see what it was that had happened. They came to Jesus and beheld the demoniac - sitting and clothed and coherent - the one who had had the Legion. And they became frightened. Those who had seen it related to them what had happened to the demoniac and about the pigs. Then they began to call upon him to depart from their boundaries.

Guided Reflection

Declaring Our Wholeness

"Everything Belongs"

*Everything belongs.
All the broken pieces, the hurts that will not heal,
The scars that will not fade.
God will hold them all.
Cherish them and love, nurture and restore them,
Until we are complete.
Everything belongs, for God is in all things.
We abide in him and he in us.
Goodness, wisdom, love, enfolding all we are.
Every hurt is held by him,
For everything belongs.*

The Story Concludes

Mark 5:18-20

As he was getting into the boat, the demoniac called upon him that he might be with him. But Jesus did not allow and said to him, "Go into your dwelling place, to your people, and tell them all what the Lord has done for you and that he had mercy on you." And he went away and began to proclaim in the Decapolis all Jesus had done for him, and everyone was amazed.

Guided Reflection

Remembering and Proclaiming

“Boundless Love”

*We come here to worship, we come here to pray.
Aware of our weakness, in need of your grace.
Some of us hiding, some of us found.
Standing together upon holy ground.*

*Boundless love and beautiful grace,
Filling this place, filling our hearts.
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Sitting with a Psalm

Psalm 103: 1-4, 8 The Passion Translation

*With my whole heart, with my whole life,
and with my innermost being,
I bow in wonder and love before you, the holy God!
Yahweh, you are my soul’s celebration.
How could I ever forget the miracles of kindness you’ve done for me?
You kissed my heart with forgiveness, in spite of all I’ve done.
You’ve healed me inside and out from every disease.
You’ve rescued me from hell and saved my life.
You’ve crowned me with love and mercy.*

*Lord, you’re so kind and tenderhearted
and so patient with people who fail you!
Your love is like a flooding river
overflowing its banks with kindness.*

Seeing God Everywhere

“Love Like a Waterfall”

*Love, like a waterfall, falling on us,
Flooding our hearts with grace and peace.
Healing waters flow, flowing on us,
Flooding our hearts with love.*

*Every moment of every day God is loving us.
Showers of mercy and waves of forgiveness are covering us.*

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 “You” (inhale), “are here” (exhale), or use a sacred word (such as Love, Peace, Beloved, Abba, Jesus, or Spirit).

Receiving Love

“Boundless Love”

*Boundless love and beautiful grace,
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Still you are there,
Flooding our lives with boundless love.*

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. We will resume in August.

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*.

Guided Silent Retreat

Saturday, August 5 | Villa de Matel

Mark your calendar for our next Guided Silent Retreat that will take place at the Villa de Matel. Registration will be available soon.

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.

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.