



The CENTER
for Christian Spirituality

The Mindful Christian: Awakening to Liberating Wisdom

8:45 a.m. + October 15, 2023

Saint Paul writes, "In your minds you must be the same as Christ Jesus" (Philippians 2:5).
Our oneness with Christ deepens in a lifelong process of conversion
in which Christ's mind and our mind become one mind,
one way of seeing and being in the world.
James Finley

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.*

*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.*

"Heaven Touches Earth"

Welcome

Reading Scripture (with Sung Response)

"Spirit of Truth"

*But turning and looking at his disciples, Jesus rebuked Peter and said, "Get behind me, Satan!
For you are setting your mind not on divine things but on human things."*

Mark 8:33

Sung Response: *Spirit of Truth, enter my mind.
Soul of Wisdom, enter my heart.*

*Be of the same mind toward one another. Do not set your mind on high things,
but associate with the humble. Do not be wise in your own opinion.*

Romans 12:16

Sung Response: *Spirit of Truth, enter my mind.
Soul of Wisdom, enter my heart.*

*Finally, brothers and sisters, rejoice, mend your ways, be comforted,
be like-minded, live in peace; and the God of love and peace will be with you.*

2 Corinthians 13:11

Sung Response: *Spirit of Truth, enter my mind.
Soul of Wisdom, enter my heart.*

Set your minds on the things that are above, not on the things that are on earth.

Colossians 3:2

Sung Response: ***Spirit of Truth, enter my mind.
Soul of Wisdom, enter my heart.***

Meditation

Setting our Minds Above

“God in My Words”

***God in my words, God in my hands.
God in my mind and in my heart.***

Awakening to Oneness

James Finley

In Christian terms, meditative experience offers the least resistance to the Spirit of God within us, who, with unutterable groaning, yearns that we might awaken to eternal oneness with God. As our resistance to God’s quiet persistence diminishes, our experience of ourselves as other than Christ dissolves into realized oneness with Christ. Little by little or all at once, we come to that point of blessedness and freedom in which we can say, along with Paul, “For me to live is Christ” (Philippians 1:21). That is, for me to live is for me to be that oneness with God that Christ embodies and proclaims.

James Finley

Meditation

Song of Response

“When I Awake I Am Still With You”

***When I awake I am still with You.
When I awake I am still with you.***

***In you I live.
In you I move.
In you I find my being.***

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

Waking Up

“When I Awake I Am Still With You”

***When I awake I am still with You.
When I awake I am still with you.***

***In you I live.
In you I move.
In you I find my being.***

Communion Prayer

adapted from Philippians 2:5-11

At this Table we gather to consider Jesus the Christ, whose very being was God, yet who did not seek out the place of honor and privilege. He emptied himself, took the place of a servant, and lived a human life in all its fullness among us.

We beheld him in human form, that in humility he went to his death, even death on a cross.

He healed the sick. He liberated those in bondage. He awakened those who were asleep. He embodied the kingdom of God on earth. He did not perpetuate a life of retribution and hatred, but rather lived a life of mercy and compassion. Sin stopped in him, as he bore its agony, refusing to pass it off on us or any other group or person.

In doing so, he showed himself to be the fullness of God-created humanity, even as he fully bore Divinity within himself.

As God exalted him to the highest place, so today we lift up this Bread and Cup. As God gave him a Name above all names, so today we call him "Bread of Life" and "Cup of Salvation." Before this Bread and Cup we bow our lives.

As we eat this Bread and drink this Cup today, we confess that Jesus the Christ is Lord, to the glory of Almighty God. Amen.

Now together we pray as he taught us, saying:

"Our Father, who art in heaven . . ."

Receiving a Good Word

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.

Please register your presence in the notebooks in the foyer.



Centering Prayer

Today | The Chapel | after Contemplative Worship

If you would like to linger in silence as centering prayer for a bit longer after Contemplative Worship, join the group that gathers near the organ to be led in an additional 10 minutes of silence.

Worship Response

Today | The Anchor House | after Contemplative Worship

Enneagram Groups

Wednesday, October 18 | The Anchor House | 6:30 p.m.

Join us over the next few weeks as we go deeper with the Enneagram. There will be large group time, sharing one-to-one, as well as small-group discussion. This is open to all people, even if the Enneagram is new to you. If you do not know your Enneagram Type yet, please come at 6:00pm so that we can help you begin that discovery.

Enneagram Perspective Circle

Wednesday, October 25 | The Upper Room | 6:30 – 8:00 p.m.

You are invited to bring a question with you to the circle or to represent the Enneagram Type you lead with as a resource point. After a time of centering, we will spend some time walking the Enneagram and allowing people to explore a matter of discernment, seeking guidance from representatives of their resource points. We will meet in the Upper Room.

November Guided Silent Retreat

Saturday, November 4 | The Anchor House | 9 a.m. – 2:30 p.m.

For November's guided silent retreat, we will personally explore the Feasts of All Saints and All Souls. We ask that you consider bringing an icon or picture of a person who has been a "saint" for you – whether they are officially recognized by the Church as a saint and have an icon written of them, or if they are one of your personal "saints" that have radiated the light of Christ to you. Also, consider bringing the picture of a departed loved one that radiated Christ's love to you, someone you wish to especially remember at the retreat. There will be plenty of time for reading and reflection, prayerful walking, and space for prayerful art. Participants will receive handouts with readings, prayers and songs related to All Saints and All Souls, for use as lectio divina as well as reflective questions. Lunch is provided. 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 at hbrown@chapelwood.org.



Giving to The Center

All of us are part of a never-ending process of giving and receiving. Life is not possible without this organic flow. What we co-create together here at The Center for Christian Spirituality is not possible without our conscious participation in this holy activity of freely receiving and freely giving. In this light, we invite you to financially give to The Center in response to what you have received today or throughout our contemplative offerings. Using the QR code will take you to a page where you can make a one-time offering or recurring gift. Thank you for your contribution and investment.

