



# *The Mindful Christian: Awakening to Liberating Wisdom*

8:45 a.m. + October 22, 2023

Training the mind to see the light is to harness our energies for the unity of love. It is a difficult journey because we have to encounter and accept the places where the divine light has been snuffed out for one reason or another. As one enters into the desert and orients the soul in love, one can see, in time, a glimmer of light shaping one's life. This light is the entangled love of God. As we begin to see, we begin to love with a new heart and a new energy for a new world.

Ilia Delio

We are mothers when we carry Him in our heart and body through a divine love and a pure and sincere conscience and give birth to him through a holy activity which must shine as an example before others.

Francis of Assisi, "Letter to the Faithful" (13<sup>th</sup> c.)

Welcome

Learning from Creation

*"Creation Song"*

*Set free the Light within.  
Cast off the covers that keep it concealed.  
Father of Light let me shine like the sun.  
Set free the Light within.*

*Keep me in harmony,  
Sun, moon, and starlight illumine the way.  
Let my life orbit round all that is you.  
Keep me in harmony.*

Connecting to the Spark of Creation

*Contemplative adaption of Psalms 50, and 68 Nan Merrill*

*The Beloved, through the energy of Love,  
brought forth the world.*

*From the rising to the setting sun,  
Love radiates out to all nations,  
perfect in harmony.  
A new dawn is rising; great will be the understanding  
of those who know Love.*

*The darkness of ignorance will be overcome!  
The nations will be united in their diversity,  
Living in harmony and with integrity –  
Then will fear be no more.*

*Love will reign in every heart.*

*A Mighty throng will awaken,  
millions upon millions,  
to the Beloved who dwells within.  
They will hear with the heart's ear,  
with their heart's eye will they see.*

***Even many who knew not Love will come into the Light.***

*Love ever whispers, "I will break down the walls of illusion,  
I will shatter the fears that bind,  
That you may walk in a new dawn,  
that you may dance with light hearts  
and spread peace throughout the earth."*

***Yes, the Beloved will empower us with love,  
as we face the fears within.***

Song of Response

*"Creation Song"*

***Set free the Light within.  
Cast off the covers that keep it concealed.  
Father of Light let me shine like the sun.  
Set free the Light within.***

Contemplating Scripture

*Philippians 2:12-16*

*My beloved ones, just as you have always listened –  
not only in my presence but now much more in my absence –  
with awe and reverence work out your own salvation.  
For God is the One working in you –  
both to will and to work for good.*

*Do all things without murmuring or disputing,  
so that you may become blameless and pure children of God,  
unblemished in the midst of a warped and distorted age  
in which you shine as enlightened ones in the cosmos,  
holding forth the Logos of Life.*

Meditation

Song of Response

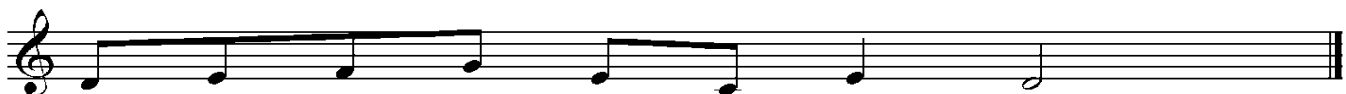
*"Prime"*



As we see the work be - fore us, we see God in all that lies a - head.



Be - ing o - pen to each mo - ment, chang - es ev - ery ac - tion in - to prayer.



Listen - ing to the life God gives 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 "Set free" (inhale), "the Light within (exhale), or use a sacred word (such as Love, Peace, Abba, Jesus, or Spirit).

## Receiving the Light

*O Enlightened One, Life-giving Spirit.*

*May I bear your Image, and be a child of Light.*

*"O Enlightened One"*

## Communion

## Embodying Light

## 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](http://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 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](mailto: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.

