



Manifesting Light, Life, and Love

8:45 a.m. + April 28, 2024 + Fifth Sunday of Easter

Singing with Julian of Norwich

"All Shall Be Well"

*Just as God is our Father, God is our Mother,
And she rejoices in us.
With his power and goodness, her wisdom and kindness,
With light, and grace, and love.
Light for our darkness, grace filled forgiveness,
And love as a balm for the soul.
When doubts gather round us, troubles surround us,
There is a calm that we know.
For all shall be well,
And all shall be well,
And all shall be well,
All manner of things shall be well.*

Contemplating Scripture

1 John 3:1-3, 21-24

*Behold how great is the Love of the Abba towards us,
that he has called us, "Sons," and made us so.
Therefore, the World does not know us,
because it does not know him.*

*My beloved, now we are the Sons of God,
and it is not yet manifest what we shall be.
But we know that when he is manifested,
we are in his likeness, and we shall see him as he is.
And all who have this hope upon him purify themselves,
just as he is pure....*

*My beloved, if our heart does not disdain us,
we have confidence before the Divine.
And whatever we ask, we receive from him,
because we keep his commandments
and bring forth the things which are beautiful before him.*

*And this is his Commandment,
that we trust in the Name of his Son, Yeshua the Anointed One,
and love one another, just as he gave a commandment to us.
And the one who keeps his commandments is kept by him,
and he abides in him, and in this we know that he abides in us,
from the Spirit whom he has given to us.*

Tending the Flame Within

"O Living Flame of Love"

*O Living Flame of Love, that tenderly wounds my soul.
Burn through the veil of earth and heaven till I am one with you.
O let me blaze with fire, let Spirit fill each part.
Come light the caverns of my soul, illuminate my night.*

*May my life burn bright,
With a holy light.
May my soul burn like a candle.*

*How gentle and how sweet you wake within my heart,
And breathe in me the breath of life and fill my soul with love!*

Contemplating Scripture

1 John 3:7-8, 11-12, 16-18

*My sons, let no one deceive you.
The one performing Righteousness is Righteous
just as the Anointed One is Righteous.
The one visiting the Sin is from the Adversary,
because from the Beginning the Adversary sinned.
For this the Son of God manifested:
to undo the works of the Adversary....*

*This is the Announcement
you have heard from The Beginning:
love one another.*

*Not as Cain, who was from the Evil One
and slaughtered his brother.
And why did he slaughter him?
Because his works were evil,
and his sibling's Righteous....*

*In this we know The Love:
he laid down his soul for us,
and we ought to lay down our souls for the siblings.
And whoever has the possession of the World,
and beholds his sibling in need,
and shuts up his mercies from him,
how is there abiding in him the Love of God?
My children, let us not love in word neither tongue,
but in works and Truth.*

Meditation

Journeying in Righteousness

"I Walk"

*With beauty behind me I walk,
With beauty before me I walk.
Today as I travel, I journey in goodness.
Seeking out beauty I walk.
With beauty below me I walk.
With beauty above me I walk.
Today as I wander the way of contentment.
With calm assurance I walk,
That all may be beauty I walk.*

Meditation

Surrendering to Love

*The Lord abides in you.
Only be still, only be still.
Believe and you will see.
Only be still, only be still.
Though fears and doubts surround,
Just wait on holy ground.
For God is all around,
Only be still, only be still.*

“Only Be Still”

Silence

During these minutes of silence, simply rest in God’s abiding and loving presence in this moment. You are in God and God is in you. Just be and relax. Center your attention in your heart and imagine your breath flowing in and out from your heart area. If it helps you to center, use a sacred prayer word such as Christ, Love, Abba, Jesus, or Spirit. Or follow the rhythm of your breath.

God Within

*How gentle and how sweet you wake within my heart,
And breathe in me the breath of life and fill my soul with love!*

“O Living Flame of Love”

*May my life burn bright,
With a holy light.
May my soul burn like a candle.*

Communion

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

Zachary Montasser – Violinist

Today’s Music

“All Shall Be Well” – Peter Johns inspired by St. Julian of Norwich

“O Living Flame of Love” – Peter Johns inspired by St. John of the Cross

“I Walk” – Peter Johns inspired by a Diné (Navajo) Prayer

“Only Be Still” – Peter Johns

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.

If you have a prayer request or seeking support, please contact Rachel Sciretti, rsciretti@chapelwood.org.

Centering Prayer

Today | The Chapel | after Contemplative Worship

Worship Response

Today | The Anchor House | 10:00am

Manifesting Light, Life, and Love: A Contemplative Bible Study on 1 John

Wednesdays, May 1 – May 8 | 6:30pm | The Anchor House

The Anchor House Hours

Tuesdays - Fridays | Noon - 4pm

The Anchor House will be open in the afternoons for you to come and pray, meditate, walk the Labyrinth or just be still. If you would like to request a specific room for spiritual direction, counseling or for your own time of Centering Prayer outside of these hours, please let Haley know and we will make sure a room is available for you. If you'd like to become an Anchor House Host, let Haley know after worship or email her at hbrown@chapelwood.org.

World Labyrinth Day, Saturday, May 4

May Guided Silent Retreat

9:00am – 1:00pm | The Anchor House | \$35

Join us on May 4th for a day of exploring an ancient archetype for meditation, contemplation, and reflection. Between 9am and 1pm, we will learn how to use labyrinths as a spiritual practice, we will spend time building our own "mini" labyrinths, and have time to walk the Labyrinth at The Anchor House.



World Labyrinth Day Walk

1:00pm | The Anchor House Labyrinth | Free

Folks are invited to walk the Labyrinth at the Anchor House for a special World Labyrinth Day Celebration with Cindy Serio beginning at 1pm.

Rafa - An Evening of Contemplative Prayer, Lament, and Healing

May 5 | 6:00pm | Westminster United Methodist Church | <https://thecenterfcs.org/rafa>

Rooted – A Journey with The Center to Discover the Divine Among the Trees, Leaves and Vines

October 21 - 28

Join us for 7 days in California as we explore the wisdom and beauty creation has to offer us through the Coastal Redwoods and the Napa Valley vines. Scholarship funds are available. Total cost (not including airfare) is \$3,100/person. Contact Haley (hbrown@chapelwood.org) for the scholarship application. Our next informational meeting for those interested in going is Wednesday, May 8, at 5:30 p.m.

