



The CENTER
for Christian Spirituality

Trinity Sunday

8:45 a.m. + May 26, 2024

*So just as Christ gave his whole life over to the Transcendent –
to whom He called His “Father” – so too do we.*

We are also to live in oneness with God-Immanent, what He called his “Spirit.”

*Like Christ, we are to love God with our whole heart, mind, soul and body,
a path of love requiring total giving of self, even unto death.*

Anything held back is self, anything given, is God’s.

Thus as we decrease, God increases - the more empty of self, the more room for God.

*Our journey, then, is one of ever changing proportions:
less of self, more God, until in the end there is no-self at all.*

It has been replaced by Christ and all He is.

Bernadette Roberts, The Christian Contemplative Journey

Quiet Meditation for Entering Worship

- I sit quietly for a moment. I need to drop anchor, to allow myself to come home to the center of my being.
- I become aware of what I have carried with me into this place. What concerns, decisions, joys, and challenges have I brought with me?
- I whisper a prayer, asking God to help me be open to God’s Spirit within me this morning.

Surrounded by God

“God”

*God to enfold me, God to surround me, God in my thinking, God in my words.
God in my sleeping, and in my waking, God in my watching, God in my hopes.
God in my life, God in my lips, God in my heart and my soul.
In my sufficing, and in my slumber, in my eternal and living soul.*

The Morning Psalm

Psalm 16, Psalms for Praying

Remain ever before me, O Loving Presence, for in You am I safe.

You are my Beloved; in You I can do all things.

*I look to those who are at one with You
and learn from them of your ways;*

My delight increases each time

I sense Your presence within me!

*Love is my chosen food, my cup,
holding me in its power.*

Where I have come from, Where'er I shall go,

Love is my birthright, my true estate.

*I bless the Counselor who guides my way;
in the night also does my heart instruct me.*

I walk beside the Spirit of Truth;

I celebrate the Light.

Thus my heart is glad, and my soul rejoices.

I shall not be afraid, nor fall into the pit of despair;

In Love's presence there is fullness of joy.

You are my Beloved; in You will I live.

Surrounded by God

"God"

*God to enfold me, God to surround me, God in my thinking, God in my words.
God in my sleeping, and in my waking, God in my watching, God in my hopes.
God in my life, God in my lips, God in my heart and my soul.
In my sufficing, and in my slumber, in my eternal and living soul.*

Contemplating Scripture

Romans 8:14-17

*For all who are led by the Ruach of God are "sons" of God.
For you did not receive the spirit of slavery to fall again into fear;
rather, you received a Spirit of adoption of "sons," by whom we cry, "Abba! Father!"
The Ruach Herself bears witness to our spirit that we are children of God.
And if children, also heirs – heirs of God and joint-heirs with the Christ –
if indeed we suffer with Him so that we may also be glorified with Him.*

Meditation

Song of the Presence

"Ruach, Abba Isa"

*Ruach, Abba, Isa.
Ruach, Abba, Isa.*

*Who are you?
You are who,
You are who you are.*

Seeing with Julian

Revelations of Divine Love, Chapter 54

I saw no difference between God and our substance, but as it were all God; and yet my understanding took that our substance is in God; that is to say, that God is God, and our substance is a creature in God.

*For the almighty truth of the Trinity is our father, for He made us and keeps us in Him.
And the deep wisdom of the Trinity is our mother in whom we are all enclosed.
The high goodness of the Trinity is our lord, and in Him we are enclosed, and He in us.*

*We are enclosed in the Father, and we are enclosed in the Son, and we are enclosed in the Holy Spirit;
and the Father is enclosed in us, and the Son is enclosed in us, and the Holy Spirit is enclosed in us –*

All-mighty, All-wisdom, All-goodness: one God, one Lord.

Meditation

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.

Song from The Center

"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 them.
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.*

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

"God" – John Michael Talbot, "Ruach, Abba, Issa" – Logan Jones, "Everything Belongs" – 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 | 10:00 a.m.

Embody Grace - Guided Silent Retreat
Saturday, June 1 | The Anchor House | 9am – 2pm | \$35

How does grace live in my body? How do I physically experience this grace? How can I access it when I need it? What might the Divine be saying to me through my body? Join other seekers for a day of guided experience led by Katie Simpson, Rachel Sciretti and Michael Sciretti. Through listening practices such as breath work, mindfulness exercises, physical movement, and body prayer, we will become more aware of how we embody grace. There will also be time and space for self-directed practice and prayer. The cost of the retreat is \$35 and includes the price of lunch as well as materials. We don't want anyone to miss out because of pricing. Contact Haley for information on scholarships at hbrown@chapelwood.org.



Rafa - An Evening of Contemplative Prayer, Lament, and Healing
June 2 | 6:00pm | Fair Haven, 1330 Gessner Road Houston, TX 77055 | <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.



The Anchor House Hours
Tuesdays - Fridays | Noon – 4 p.m.

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.