



The CENTER
for Christian Spirituality

On the Way with Jesus

8:45 a.m. + June 9, 2024



Capernaum (*Kaphar-Nahum*)
Jesus' "own city"
according to Matthew 9:1

Faith on the Journey

*I trust you have guided the road that I travel,
Although I have been unaware.
So, I'll keep believing though life may unravel,
Yes, I will choose faith amid fear.
For there is a place that I long to return to,
That calms my desire to roam.
And so, as I journey it's you that I turn to,
Believing you're leading me home.*

*You lead me home, by paths unknown,
You lead me home, by ways unfamiliar.
Wherever I turn, still you are there,
A compassionate friend when I choose to stray,
Leading me home by another way.*

"You Lead Me Home"

Learning the Way

Psalm 25:4,8,9,12; Psalm 18:21,30,32

*Good and upright is the LORD;
therefore he instructs sinners in the way.
He leads the humble in what is right
and teaches the humble his way.*

***Make me to know your ways, O LORD;
teach me your paths.***

*Who are they who fear the LORD?
He will teach them the way that they should choose.*

*I have kept the ways of the LORD
and have not wickedly departed from my God.*

***Make me to know your ways, O LORD;
teach me your paths.***

*This God – his way is perfect;
the promise of the LORD proves true;
he is a shield for all who take refuge in him.*

*The God who has girded me with strength
and made my way safe.*

***Make me to know your ways, O LORD;
teach me your paths.***

Faith on the Journey

“You Lead Me Home”

***You lead me home, by paths unknown,
You lead me home, by ways unfamiliar.
Wherever I turn, still you are there,
A compassionate friend when I choose to stray,
Leading me home by another way.***

Contemplating Scripture

Mark 1:14-15,21-28

*Now after John was arrested, Jesus came into the Galilee,
proclaiming the good news of God and saying,
“The time is fulfilled, and the kingdom of God has come near.
Change your perception, and trust in the good news.”*

*Jesus, along with Simon, Andrew, James and John, entered into Capernaum (meaning “Shelter of Comfort”),
and immediately on the Sabbath, he entered the synagogue and taught. They were astonished by his teaching,
for he taught them as one having authority and not as the scribes.*

*Just then there was in their synagogue a person with an unclean spirit, and he cried out,
“What have you to do with us, Jesus the Nazarene? Have you come to destroy us?
I know who you are, the Holy One of God.”*

*But Jesus rebuked him, saying, “Be quiet and come out of him!” And the unclean spirit, convulsing him and
crying with a loud voice, came out of him.*

*They were all amazed, and they kept on asking one another, “What is this? A new teaching – with authority!
He commands even the unclean spirits, and they obey him.”*

At once his fame began to spread throughout the surrounding region of the Galilee.

Meditation

St. Aidan's Prayer

"Make Me an Island"

*Leave me alone with God as much as may be.
Make me a holy island, held by the sea.
As the tide swirls around me, set me apart.
Leave me alone with God, let love fill my heart.*

*Make me an island, make me an island,
Held in the ocean of your love.
Cradled and grounded, ever surrounded,
Make me an island, held in your love.*

*Help me to face the world that rushes at me.
Face it and offer peace to all that I see.
Bearing your presence till the tide turns once more.
Folding me back to you as I was before.*

Living a Three-Centered Life

"Enneagram Chants 3, 6, and 9"

My solid ground supports authentic being.

My solid ground supports my heart and guides me.

My solid ground empowers and affirms me.

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 Jesus, Abba, Spirit, or Love.

Seeking Union

"God in My Words"

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

Holy 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

"You Lead Me Home" – Peter Johns, *"Make Me an Island"* – Peter Johns, *"Enneagram Chants"* – Sandra Smith & Peter Johns
"God in my Words" – Michael Sciretti, Jr.

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, rscoretti@chapelwood.org.

Centering Prayer

Today | The Chapel | after Contemplative Worship

Worship Response

Today | The Anchor House | 10:00 a.m.

Pilgrim Tales

Wednesday, June 12, 26 | The Anchor House | 6:30 p.m.

Come learn about the spiritual journeys of individuals who are part of our contemplative community. You'll learn about how they started their contemplative journey; what life events and moments shaped them; the wisdom they carry; and the teachers, books, and practices that have been formative for them.

Summer Solstice on the Labyrinth

Thursday, June 20 | The Anchor House Labyrinth | 6:30 p.m.

Come celebrate the Summer Solstice with us as we mark this longest day of the year with a contemplative liturgy and labyrinth walk.

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.