

On the Way with Jesus

8:45 a.m. + July 28, 2024



Pool of Bethesda, Jerusalem

Virtue is something you are.
But it is also something you must be.
James Cutsinger

Waking Up

*Wake up sleeper,
Rise from death and Christ will shine through you.
Wake up sleeper,
Rise from death and Christ will shine through you.*

*Touch my eyes and heal my blindness,
Pry me from my sleep.
Brilliant visions show to me,
Now unveil Your love!*

Wake up sleeper...

Hearing our Invitation

Awaken, sleeper.

Arise from the dead.

And the Anointed One will enlighten you and shine through you.

“Wake Up Sleeper”

Ephesians 5:14

Remembering the Voice

"Quiet My Heart"

*Hear in the silence the whispers of memory,
Be still and listen,
Be still and wait.
Wait for the Voice that once echoed through Eden,
That speaks affirmation,
That longs to create.
The Voice in the garden, the Voice in the cloud,
The Voice in the temple, still speaks aloud.*

*Quiet my heart, till I can hear.
There are distractions ever near.
Quiet my heart, help me discern,
What are the lessons I must learn.
Quiet my heart.*

Listening to the Awakener

from Psalm 143, Psalms for Praying

*O Bringer of Joy, Awaken my heart;
pour your love and blessings through all my being!
Free me from attachments and desire,
that I may become a clear mirror,
reflecting your love to the world.*

*For fear has pursued me, it has crushed my spirit to the ground;
it has veiled your Light so that I dwell in darkness.
Therefore, I cry out to You, O Great Awakener;
Help me to rise once again like the phoenix of old!*

*Strength comes with pureness of heart.
Cleanse me anew, O Gentle Healer.
This yearning within my soul is naught
but the inner birthright to know and live in You.
Let me hear your Voice within the Silence,
for in You I put my trust.*

Remembering Ourselves, Remembering God

"Quiet My Heart"

*Help me awaken and rise up from slumber,
Shake off the darkness,
Shine with your light.
Willing to listen, to learn and to follow,
To love with your passion,
To see with your sight.
Help me be watchful for where I'm asleep,
Attentive and mindful. God, come and speak!*

*Quiet my heart, till I can hear.
There are distractions ever near.
Quiet my heart, help me discern,
What are the lessons I must learn.
Quiet my heart.*

The Morning Gospel

John 5:1-9

Then Jesus returned to Jerusalem to observe one of the Jewish holy days. Inside the city near the Sheep Gate there is a pool called in Aramaic, Bethesda "The House of Loving Kindness"). And this pool is surrounded by five covered porches. In these were lying a great multitude of the weak, blind, lame, withered – all of them waiting for their healing. For an angel of God would periodically descend into the pool to stir the waters, and the first one who stepped into the pool after the waters swirled would instantly be healed.

Now there was a man who had been in his weakness for thirty-eight years. When Jesus saw him lying there, and knowing that the man had been crippled for a long time, Jesus said to him, "Do you wish to be whole?" The weak man answered him, "Sir, I have no one to put me into the pool when the water is stirred up, and while I am going another steps down before me." Jesus said to him, "Wake up! Take up your sleeping mat. And walk!" And immediately the man become whole. And he took up his mat. And walked.

Waking Up

"Wake Up Sleeper"

*Wake up sleeper,
Rise from death and Christ will shine through you.
Wake up sleeper,
Rise from death and Christ will shine through you.*

Meditation

Song of Response

"Blessed is the One Who Turns Around"

*Blessed is the one who turns around and awakens.
Blessed is the one who opens blinded eyes.*

Guided Prayer

Song of Response

"Blessed is the One Who Turns Around"

*Blessed is the one who turns around and awakens.
Blessed is the one who opens blinded eyes.*

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.

Communion

Receiving a Good Word



Our Staff

Haley Brown – Ministry Assistant & Director of gastrochurch

Rev. Rachel Sciretti – Associate Pastor

Peter Johns – Associate Director

Rev. Dr. Michael Sciretti, Jr. – Pastor of The Center

Zachary Montasser – Violinist

Today's Music

"Wake Up Sleeper" – Michael Sciretti, Jr. & Robert Shoup, **"Quiet My Heart"** – Peter Johns,

"Blessed is the One who Turns Around" – 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, rsciretti@chapelwood.org.

Centering Prayer

Today | The Chapel | after Contemplative Worship

Wisdom of the Redwoods - Guided Silent Retreat

Saturday, August 3 | The Anchor House | 9am – 2pm | \$20

Join us for a day of learning and exploring the wisdom creation has to offer us through the Redwoods. As a council of wise elders, these gentle giants hold space as we search for our personal and collective roots. When entering a redwood forest, we immediately feel calmer, grounded and inspired. Their presence creates a natural cathedral or sacred space that speaks to our soul. At this guided silent retreat, we will explore what trees have to teach us about the nature of the Divine. 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.



State of The Center

August 4 | The Anchor House | 10:00 a.m.

Join us to hear The Center staff give a reflection and report of what has been in 2024 and what is coming up in the rest of this year. We will share about specific upcoming offerings as well as new ways to get involved at The Center.

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

Sunday, August 4 | The Chapel | 6:00 p.m. | <https://thecenterfcs.org/rafa>

Summer Book Reading Discussion *Braiding Sweetgrass*

August 7 | The Anchor House | 6:30 p.m.

Join us this summer as we read this beautiful selection of Indigenous wisdom, scientific knowledge and the teachings of plants, followed by a gathering for discussion on August 7th.

Enneagram Workshops

Friday, September 27 | The Anchor House | 1:30 – 5:00pm | \$95

Deepening Self Awareness with the Enneagram Map: An Introductory Workshop

Saturday, September 28 | The Anchor House | 8:45am – 4:00pm | \$185

Relaxing into Our Wholeness: Enneagram Type as Portal to Essence



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.

