



All the Light We Cannot See: Cultivating the Inner Light

8:45 a.m. + September 29, 2024

*Blessed are you who bear the light in unbearable times,
who testify to its endurance amid the unendurable,
who bear witness to its persistence
when everything seems in shadow and grief.
Blessed are you in whom the light lives,
in whom the brightness blazes —
your heart a chapel,
an altar where in the deepest night can be seen
the fire that shines forth in you in unaccountable faith,
in stubborn hope, in love that illumines
every broken thing it finds.
~ Jan Richardson*

Allowing Ourselves to Shine

*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.*

“Creation Song”

Radiating the Light

Song of Response

*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.*

“Creation Song”

Contemplating the Psalm

*Those who love truth will see your light...
Yes, you are the light of my life
You shine through my darkness.
Yes, with you I can do all things;
and my spirit soars like an eagle
Your ways lead to wholeness, O loving presence;
Your Word in me is life;
How tenderly you live in my heart!*

Psalms for Praying, 18 (Nan Merrill)

Praying with Symeon the New Theologian

"I Awaken in Christ"

*I awaken in Christ,
Awaken as Christ awakens within me.
All of me becomes all of Him,
As Christ awakens so deep within.
See, my feet and my hands transfigured,
As Christ awakens my body.
All my brokenness changed,
My brokenness now is beauty: transformed in Him.*

*I awake in Christ!
I awake in Christ!*

Contemplating Scripture

Ephesians 5:8-10, 13-14

*For once you were Darkness,
but now Light in the Lord.*

As Children of Light walk.

*For the fruit of the Light is in all Goodness and Righteousness and Truth –
proving what is well-pleasing to the Lord.*

*All things exposed by the Light are made manifest,
for everything that becomes manifest is Light.*

*Therefore, it says,
"Awake, sleeper,
and rise from the dead,
and the Christ will enlighten you."*

Meditation

Song of Response

"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

"O Enlightened One"

*O Enlightened One,
Life-giving Spirit.
May I bear your Image,
And be a Child of Light.*

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, Light, or Love.

Offering Ourselves for Transformation

*O Enlightened One,
Life-giving Spirit,
May I bear your Image,
And be a Child of Light.*

"O Enlightened One"

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

*"Creation Song" – Peter Johns, "I Awaken in Christ" – Peter Johns,
"Wake Up, Sleeper" – Michael Sciretti Jr, "O Enlightened One" – 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

The Enneagram Map to Your Deeper Self Book Launch and Potluck.

Today | The Anchor House | 10:00 a.m. – 11:30 a.m. | Free

Join us after worship for the launch of Sandra Smith's book. Sandra will read excerpts from the book followed by Q and A. Books will be available for purchase. People are invited to bring a dish to share that embodies their Enneagram Type.

The Anchor House Hours

Tuesdays – Fridays | Noon - 4pm

The Anchor House is 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 retreat outside of these hours, please let Haley know and we will make sure a room is available for you.

Blessing of the Animals

Wednesday, October 2 | The Anchor House | 6:30 p.m.

Hop, run or fly on over with your special pet friend for an individual blessing by Michael and Rachel. Let's give thanks for fur, feathers, and friendship in all its unique forms. We will meet on the labyrinth at The Anchor House. All people and pets are welcome, but please make sure all pets are either on a leash or in a carrier. We will have a brief worship service celebrating the unique relationship we have with our pets, and then each owner is invited to bring their pet forward for an individual blessing.

Means of Grace: The Contemplative Life of John Wesley

Thursday, October 3 | The Great Room | 6:30 p.m. – 8:30 p.m.

Part family dinner, part history lesson, the aim of this class is to engage in "holy fellowship", as John Wesley understood it, and to look at the life and beliefs of the man who started the Methodist Movement. Each class will start with a delicious meal and an abbreviated version of a Methodist Class meeting and will end with a discussion on the topic for the evening. Join us for a 6 week "holy experiment" as we eat together, learn together, and have our hearts strangely warmed.



October Guided Silent Retreat

Saturday, October 5 | The Anchor House | 9 a.m. - 2 p.m. | \$25

For October's guided silent retreat, we will open ourselves to the life and spirituality of Francis of Assisi (d. October 3, 1226). There will be plenty of time for reading and reflection, prayerful walking of our backyard labyrinth, and space for prayerful art. Participants will receive handouts with readings, prayers and songs inspired by Francis, for use as lectio divina as well as reflective questions.



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

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

Stewards of the Earth: Creating a Habitat in Your Yard with Native Plants

Wednesday October 9, 16, and 23 | The Anchor House | 6:30 p.m. | \$30

In this class we'll develop a theological basis for creation care and discover how to live out our call to steward the earth. We'll explore how to incorporate native plants into our landscape and seek to understand how we can help our local ecosystem thrive. Please use the QR code to register for the class.



SoulCollage: Spiritual Embodiment Workshop

Saturday, October 12 | The Anchor House | 9:00 a.m. – 4:00 p.m. | Price Varies

SoulCollage is a spiritual practice that helps us know ourselves and grow closer to the person God has created us to be. In this thematic workshop, we explore Living with Divine Inspiration. Please use the QR code to register for the class.



Minaret Foundation Upcoming Gatherings

November 7 & December 12 | 6:30 – 8:30 p.m. | Location TBD

Everything Belongs: Songs from The Center, Volume 2 - Contemplative Concert

November 10 | 6:00 p.m. | The Chapel