



Anchored

8:45 a.m. + February 16, 2025

*The faithful are mirrors of the faithful. This is how their faces become clean....
The most precious friend in this life is someone who is working to be free from their own ego's
machinations, someone who sincerely prefers selflessness to self-importance, who prefers a merging
harmony with others rather than domination over them. The best of friends are the people who have
made their primary focus the work on their inner being...*

Kabir Helminski

Centering Ourselves

"Always Begin Again"

*Always we begin again,
Every moment new.
Giving back the good we have received from you.
Waking up with grateful hearts,
As we greet the day.
All creation sings with us a song of praise.
We will arise and seek the common good and welcome all in love.
Offering grace to all humanity as reflections of above.
Living with sacrifice, simplicity, and wisdom till the end.
Because always we begin again.*

Sitting with a Psalm

Psalm 133 (adapted by Nan Merrill)

*Behold, how good and pleasant it is when brothers and sisters dwell in unity.
It is like vistas seen from atop a mountain one has climbed...
Or like the stillness of a sunset after a long day's work.
It is like a shimmering rainbow, breaking through a summer rain.
When men and women dwell in harmony, the star of Truth appears.*

The Goodness in us All

"Enclosed"

*Enclosed in All-Power,
Enclosed in All-Wisdom,
Enclosed in All-Goodness,
We are made one.*

Contemplating the Gospel

Luke 6:12-16

*Now during those days Jesus went into the mountain to pray, and he spent the night in prayer to
God. And when it became day, he called his disciples and chose twelve of them, whom he also named
"apostles": Simon, whom he named Peter, and his brother Andrew, and James, and John, and Philip,
and Bartholomew, and Matthew, and Thomas, and James son of Alphaeus, and Simon, who was called
the Zealot, and Judas son of James, and Judas Iscariot, who became a betrayer.*

Meditation

Song of Response

“Servant Song”

*We are travelers on a journey, fellow pilgrims on the road.
We are here to help each other, walk the mile and bear the load.
I will hold the Christ-light for you in the nighttime of your fear;
I will hold my hand out to you, speak the peace you long to hear.*

*Sister, let me be your servant, let me be as Christ to you;
Pray that I may have the grace to let you be my servant, too.
Brother, let me be your servant, let me be as Christ to you;
Pray that I may have the grace to let you be my servant, too.*

Holding Others in the Light

Song of Presence

“Enclosed”

*Enclosed in All-Power,
Enclosed in All-Wisdom,
Enclosed in All-Goodness,
We are made one.*

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 Abba, Spirit, Jesus, Beloved, Light, or Love.

Song of Presence

“Enclosed”

*Enclosed in All-Power,
Enclosed in All-Wisdom,
Enclosed in All-Goodness,
We are made one.*

Communion

Singing Hope

“Always Begin Again”

*Always we begin again,
Every moment new.
Giving back the good we have received from you.
Waking up with grateful hearts,
As we greet the day.
All creation sings with us a song of praise.
We will arise and seek the common good and welcome all in love.
Offering grace to all humanity as reflections of above.
Living with sacrifice, simplicity, and wisdom till the end.*

Receiving a Good Word



Our Staff

*Haley Brown – Associate Director of The Anchor House
Courtney Garrison – Ministry Assistant
Peter Johns – Associate Director of Contemplative Worship*

*Zachary Montasser – Violinist
Rev. Rachel Sciretti – Associate Pastor
Rev. Dr. Michael Sciretti, Jr. – Pastor of The Center*

Worship Leader
Cody Arthur – Vocals and Piano

Today's Music
'Always We Begin Again' – Peter Johns, 'Enclosed' – Michael Sciretti Jr.,
'Servant Song' – Richard Gillard

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.

Yoga at The Center: A Posture of Prayer

Monday, February 17 | The Anchor House | 6:00 p.m. – 7:00 p.m. | \$20 per class

In this course, led by Jonathan Mangrum, we will use the practice of yoga as a lens to explore what it means to embody spirituality. Each class will include time engaging in breath work, meditation, yoga postures, and poses.



Poetry Circle

Tuesday, January 21 | The Anchor House | 6:30 p.m. – 7:30 p.m.

Join us for the next meeting of the Poetry Circle with Mark Jodon. The Center's poetry circle will share and critique our poems, explore poetic forms and devices, try our hands at writing prompts, and grow together in fellowship and community. This circle is for anyone who loves poetry, no matter your writing experience level.

Within Our Darkest Night: The Spirituality of Taizé

Wednesday, February 19 | The Anchor House | 6:30 p.m. – 8:00 p.m.

In this course, led by Peter Johns and Rev. Rachel Sciretti participants will be invited to engage the work of reconciliation in one's relationship to God, self, others, their community, world, and creation. The format of this class will be a mix of lecture and discussion, blending history, biography, theology, and maybe a little bit of music theory. Questions for personal reflection will be offered, inspired by the ministry of Brother Roger and the Taizé community.



Stewards of Your Future

Thursday, February 20 | The Anchor House | 10:00 a.m. – 11:30 a.m. | \$40

Preparing for retirement and estate planning can be overwhelming. Joe Pascoe will cover in this course various financial topics that he has learned from you and past clients are topics that are of concern to you and are not clearly described by your financial advisor or attorney.



HEAL Palestine Art Fundraiser

Saturday, February 22 | 1:00 p.m. – 5:00 p.m. | The Anchor House

The Center and Chapelwood & Heal Executive board members Dr. Greg Stocks and Robin Brady invite you to join us in meeting these children and seeing their art, and the art of local artists who are creating advocacy art to help with the healing journey. HEAL Palestine is a non-profit organization founded in response to the massive devastation and loss in Gaza dedicated to helping Palestinian children rebuild their lives through a grassroots, holistic four-pillar approach of Health, Education, Aid, and Leadership

March Guided Silent Retreat

Saturday, March 1 | 9:00 a.m. – 2:00 p.m. | The Anchor House | \$35

The Center welcomes Rex Foster to lead us in our March Guided Silent Retreat. Stations of the Heart is a contemplative art experience built around 12 original, nature-inspired works of art. Each piece is designed to help you pause, reflect, and connect with God through the ancient practices of Visio Divina (Divine Seeing) and Lectio Divina (Divine Reading). Loosely inspired by the Stations of the Cross, this series is a chance to explore meaningful spiritual concepts in a creative, structured format. In this retreat, we'll journey through six of the Stations. It's not just about looking at art—it's an interactive, sacred practice designed to engage our hearts, minds, and spirits through guided reflection.

