



The CENTER
for Christian Spirituality

Anchored

8:45 a.m. + February 23, 2025

*Abundance is seeking the beggars and the poor,
just as beauty seeks a mirror.*

*Beggars, then, are the mirrors of God's bounty,
and they that are with God are united
with Absolute Abundance.*

Jalal al-Din Muhammad Rumi (13th c.)

We are the "poor" in relation to Absolute Abundance.

We are also mirrors, reflectors of that Abundance and all Its Qualities.

Our purpose as mirrors is to manifest those qualities in our actions and relationships.

Kabir Helminski,

Embodying Love, Reflecting Grace

"The Heart of God"

Faith that moves mountains, grace that forgives.

Peace that calms stormy seas.

Love that brings healing, trust that endures.

Truth that can set us free.

Help us embody all that you are and live lives that reflect your grace.

To walk with the stranger, until we are friends,

And we all find a place, at home in the heart of God.

Make us faithful to forgive,

When we're wounded by the world.

Peaceful bearers of your grace.

Help us love as you love.

Contemplating the Psalm

Psalms for Praying, 101 (Nan Merrill)

I sing of loyalty and of justice;

to You, O Beloved, I sing.

I give heed to the Way that leads to peace.

Come, O Blessed One, make your home in my heart.

May I be a mirror of your love to all that I meet;

May I reflect the freedom of your truth,

and live as a beneficial presence in the world.

*O, that I might walk in the Light with a grateful heart,
and radiate peace to the world!*

I accompany those who love You,

that I may grow in wisdom;

I enter into the Silence, into the Eternal Light,

*and listen to your Word.
For, no one who oppresses another,
who keeps company with injustice,
will dwell in the house of Love.
And, no one who prefers darkness
will live in the glory of Light.*

***O, that I might walk in the Light with a grateful heart,
and radiate peace to the world!***

Song of Response

"The Heart of God"

***Faith that moves mountains, grace that forgives.
Peace that calms stormy seas.
Love that brings healing, trust that endures.
Truth that can set us free.
Help us embody all that you are and live lives that reflect your grace.
To walk with the stranger, until we are friends,
And we all find a place, at home in the heart of God.***

Contemplating the Gospel

Luke 6:12-19

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.

He descended with them and stood on a level place. A large crowd of his disciples was there and a great number of people from all over Judea, from Jerusalem, and from the coastal region around Tyre and Sidon, who had come to hear him and to be cured of their diseases. Those troubled by unclean spirits were healed, and all the sought to touch him, because power was coming from him and making them all whole.

Meditation

Praying our Desire (with Sung Response)

"I Am A Hole in A Flute" (Hafez)

***I am a hole in a flute that the Christ Breath moves through.
Listen to this music. Listen to this music.***

*Lord, make me an instrument of your peace.
Where there is hatred, let me bring love.
Where there is offence, let me bring pardon.
Where there is discord, let me bring union.
Where there is error, let me bring truth.*

***I am a hole in a flute that the Christ Breath moves through.
Listen to this music. Listen to this music.***

*Where there is doubt, let me bring faith.
Where there is despair, let me bring hope.
Where there is darkness, let me bring your light.
Where there is sadness, let me bring joy.*

***I am a hole in a flute that the Christ Breath moves through.
Listen to this music. Listen to this music.***

O Lord, grant that I may not so much seek
to be consoled as to console,
to be understood as to understand,
to be loved as to love,
for it is in giving that one receives,
it is in self-forgetting that one finds,
it is in forgiving that one is forgiven,
it is in dying that one awakens to eternal life.

***I am a hole in a flute that the Christ Breath moves through.
Listen to this music. Listen to this music.***

Guided Prayer

Song of Response

“My Soul Proclaims the Goodness of God”

***My soul proclaims the Goodness of God,
My heart overflows with God's Love for the world.
My life gives voice to the Vision of God,
That all things are reconciled.***

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

Song of Response

“The Heart of God”

***Make us faithful to forgive,
When we're wounded by the world.
Peaceful bearers of your grace.
Help us love as you love.***

***With faith that moves mountains, grace that forgives.
Peace that calms stormy seas.
Love that brings healing, trust that endures.
Truth that can set us free.
Help us embody all that you are and live lives that reflect your grace.
To walk with the stranger, until we are friends,
And we all find a place, at home in the heart of God.***

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

Today's Music

'The Heart of God' – Peter Johns, 'I Am A Hole in a Flute' – Teri Lubber

'My Soul Proclaims the Goodness of God' – Peter Johns, 'Enclosed' – 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.

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.

Yoga at The Center: A Posture of Prayer

Monday, February 24 | 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.



Within Our Darkest Night: The Spirituality of Taizé

Wednesday, February 26 | 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 27 | The Anchor House | 10:00 a.m. – 11:30 a.m.

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.



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.

