



Faith Works

March 9, 2025 + First Sunday of Lent

Crossing the Threshold

Stilling Ourselves

“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 created.
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.*

*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.*

Reflecting Divine Light

adapted from Psalm 143 and Psalm 101 (Nan Merrill)

*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.*

*May I be a mirror of your love,
for divine light shines in those whose lives reflect love.*

*Strength comes with pureness of heart.
Cleanse me anew, O Gentle Healer.
Let me hear your Voice within the Silence, for in You I put my trust.
Teach me ways of loving service,
that I might co-operate with you, O my Beloved.*

*May I be a mirror of your love,
for divine light shines in those whose lives reflect love.*

*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.*

*May I be a mirror of your love,
for divine light shines in those whose lives reflect love.*

Offering Ourselves

*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.*

"Quiet My Heart"

Sitting with Scripture

*Every good and perfect Gift descends from Above,
from the Abba of Lights,
the One with which is no alteration,
nor the shadow of change.
He willed, and gave birth to us by the Word of Truth,
that we might be the "first-fruits" of his Creation.*

James 1:16-27

*And you, my beloved brothers and sisters,
let every one of you be swift to hear, and slow to speak, and slow to be angry;
for the wrath of man does not work the Righteousness of God.
Therefore, remove from yourselves all impurity and the abounding of wickedness,
and with humility receive the Word which is planted in your nature,
which is able to make your souls Live.*

*But be doers of the Word,
and not hearers only,
and not deceive your souls.*

*For if a person is a hearer of the Word and not a doer of it,
this is like one who views their face in a mirror;
for, he sees his soul and turns away,
and forgets who he was.*

*But every one who looks into the perfect Law of Freedom, and remains in it,
that one is not a hearer of the "hearing of forgetfulness,"
but a doer of works; and this one will be blessed in his work.*

*And if a person thinks that he serves God, and holds not his tongue,
he deceives his own heart, for this one's service is empty.
For the Service which is pure and true before God the Abba, is this:
to visit the orphans and widows in their afflictions,
and that a person keeps their soul from the world, without blemish.*

Meditation

Praying with St. Teresa of Avila

*Let nothing disturb you,
Let nothing frighten you,
All things are passing away.
God never changes.
Patience obtains all things.
Whoever had God lacks nothing,
God alone suffices.*

"Let Nothing Disturb You"

Meditation

Song of Response

*A Heart of devotion that loves who you are,
Contented to rest in your presence.
A heart of reflection in love with your word,
That's seeking your wisdom and guidance.
A heart full of action that loves as you love,
That selflessly lives out your calling.
Devotion, reflection, and action combined,
This is the heart you require.*

"The Heart You Require"

*To act justly, and love mercy, and walk humbly with you, God.
To act justly, and love mercy, and walk humbly with you, God.*

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.

Receiving Holy Communion

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

'Quiet My Heart' – Peter Johns, *'Let Nothing Disturb You'* – Peter Johns,
'The Heart You Require' – Peter Johns

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

Worship Response

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

Evening Contemplative Worship

Today | The Chapel | 6:00 p.m.

Evening Worship Response

Today | The Anchor House | 7:00 p.m.

For the Season of Lent, we will offer a Contemplative Worship Service twice on a Sundays. This evening service will contain the exact same elements, music, and content as the morning service. A time of reflection and sharing follows in The Anchor House. Childcare is available in the Chapelwood Nursery for infants through 2nd grade (reservations appreciated – QR code).



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, March 10 | 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.



Faith Works: Contemplative Bible Study in James

Wednesday, March 12 | The Anchor House | 11:00 a.m.

Join us in The Anchor House, for a closer look at the New Testament book of James. We will begin with a time of singing and centering before examining the passage, followed by some time spent in small groups reflecting. There is also an optional opportunity for community lunch. Register using the QR Code.



Lent on the Labyrinth

Wednesday, March 12 | The Labyrinth | 6:30 – 8:00 p.m.

Join us on the Labyrinth at The Anchor House, Wednesdays before sunset as we journey through Lent. Walking the labyrinth is a way to pray and meditate with your whole being – body, mind, and heart. It's a tangible way to "walk humbly with God", to quiet your mind, and open your heart. You may go at your own pace with materials and prompts available to guide you should you have need. This is a "come and go" offering.

Spring Equinox Experience

Thursday, March 20 | The Labyrinth | 6:30 – 8:00 p.m.

We are looking forward to welcoming you and anyone you might want to bring with you for this event to celebrate the spring equinox. You have a lot of options for this experience. Participants are free to drop-in, come and go, spend the evening in prayer, in creativity or both. There will be time for walking the labyrinth as well as an opportunity for SoulCollage®. Come take a "pause" in your journey with us. There is no fee associated with this event but registration is preferred so we can have enough supplies prepared.

