



The CENTER
for Christian Spirituality

Breathe:

The Holy Spirit and the Life of God-in-Us

8:45 a.m. + May 3 + Fifth Sunday of Eastertide

*Holy Spirit, making life alive, moving in all things, root of all created being,
cleaning the cosmos of every impurity, effacing guilt, anointing wounds.*

You are lustrous and praiseworthy Life,

You waken and enliven all things.

Hildegard of Bingen (d. 1179)

Crossing the Threshold

Calling to the Spirit

*Veni Sancte Spiritus,
Veni Sancte Spiritus.*

“Veni Sancte Spiritus” (Come, Holy Spirit)

Contemplating Scripture

*Then the LORD God formed the human from the dust of the ground,
and breathed into his nostrils the breath of life;
and the human became a living soul.*

Genesis 2:7

Opening to the Presence

*This is the air I breathe,
This is the air I breathe.
Your holy presence living in me.*

“Breathe”

*This is my daily bread,
This is my daily bread.
Your very words, spoken to me.*

*And I, I'm desperate for you.
And I, I'm lost without you.*

Praying Psalm 135

*Lift up your hearts, all you who choose the path of Life!
Sing songs of praise to the Beloved –
to the Holy One, who encompasses all creation with Love,
to You, who enter all open hearts!
For great are You, closer than our very breath.
Through You the world evolves – in heaven and on earth,
in the heights and in the depths.
In You and with You do we live and have our being,
You, who send your Spirit to dwell in our hearts!*

Nan Merrill

Song of Response

“Spirit Wind”

*Spirit Wind, Breath of God,
Breathe new life into the world.
Spirit Wind, Breath of God,
Breathe new life into the world.*

Praying Psalm 144

Nan Merrill

*Blessed are You, O Radiant One,
You, who are hidden within our hearts,
even as we are hidden within your Heart!
You invite us to participate in the Divine Unfoldment,
as we awaken from our long sleep
and give birth to creativity.
Open us that we might recognize the divine in every person,
and become sensitive to all we meet along the path.
For you are the Breathing Life of all,
the infinite and eternal within our hearts.*

Song of Response

“Spirit Wind”

*Spirit Wind, Breath of God,
Breathe new life into the world.
Spirit Wind, Breath of God,
Breathe new life into the world.*

Praying Psalm 144

Nan Merrill

*Let each one be receptive to the Spirit that inspires,
allowing our will to respond with action.
And may all judgments and denials be released,
that our souls are freed to serve the Light with joy!
Thus will we recognize oneness with the divine spark
dwelling within our hearts,
fanning it to illuminate the way.
Gratitude and inner peace will abide in
every tranquil soul.*

Song of Response

“Spirit Wind”

*Spirit Wind, Breath of God,
Breathe new life into the world.
Spirit Wind, Breath of God,
Breathe new life into the world.*

Contemplating Scripture

John 20:19-22

When it was evening on that day, the first day of the week, and the doors were locked where the disciples were, for fear of the Jewish leaders, Jesus came and stood among them and said,

“Shalom to you. Peace be with you.”

After he said this, he showed them his hands and his side. Then the disciples rejoiced when they saw the Lord. Jesus said to them again,

“Shalom to you. Peace be with you. As the Father has sent me, so I send you.”

When he had said this, he breathed into them and said to them, *“Receive the Spirit of Holiness. If you let go the sins of any, they are let go from them. If you hold on to any, they are held.”*

Meditation

Song of Response

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

“I Am a Hole in a Flute”

Welcoming God-in-Us

Contemplative Prayer is a way to welcome the Divine Presence within you in an intentional way. During these minutes of silence, simply rest in God’s indwelling and loving presence in this moment. Just be and relax. Center your attention in your heart and imagine your breath flowing in and out from your heart area. The Divine Breath breathes you. If it helps you to center, use the heart-focused breath prayer “Breathe in me” (*inhale*) “Breath of God” (*exhale*).

Song of Response

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

“I Am a Hole in a Flute”

Holy Communion

*O boné Jesu,
miserere nobis,
quia tu creasti nos,
tu redemisti nos
sanguine tuo praetiosissimo.*

*O good Jesus
Have mercy on us
Because you created us,
You redeemed us,
With your most precious blood.*

“O Boné Jesu”

Receiving a Good Word



Our Staff

Haley Brown – Associate Director of The Anchor House
Courtney Garrison – Ministry Assistant
Christian Ibanez – AV Production
Peter Johns – Associate Director of Contemplative Worship

Zachary Montasser – Violinist
Ruby Alberto – AV Production
Rev. Rachel Sciretti – Associate Pastor
Rev. Dr. Michael Sciretti, Jr. – Pastor of The Center

Today’s Music

“Veni Sancte Spiritus” – Jacques Berthier, *“Breathe”* – Marie Barnett,
“Spirit Wind, Breath of God” – Scott Soper, *“I Am a Hole in a Flute”* – Teri Lubber,
“O Boné Jesu” – Giovanni Palestrina.

Montasser-Foyt Baby Shower

Sunday, May 3 | The Anchor House | 11:30 a.m.

Join us as we celebrate with Zach and Ali the upcoming birth of their Baby Boy. Zach showers us with his beautiful violin music, so let us shower his growing family with blessings. Please check out their registry and be sure to RSVP.



Yoga at The Center: A Posture of Prayer

May 4th | The Anchor House | 6:00 – 7:00 p.m. | \$10 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.



Where Sound Meets Silence

Thursday, May 7th | The Anchor House | 10:30 – 11:00 a.m.

Each week Peter and Zach guide a gentle rhythm of silence, Scripture, and improvised music for violin and piano. Within this quiet, gentle space, we reflect on the passage appointed for Sunday's worship, trusting the Spirit to speak anew through word and sound alike. We gather for about thirty minutes of prayer, stillness, and reflection. Those unable to attend in person are warmly invited to join online as the reflection is streamed live. There is no cost to attend but registration is recommended.



May Guided Silent Retreat: Practicing the Presence of God with Brother Lawrence

Sunday May 9 | The Anchor House | 9:00 a.m. – 2:30 p.m. | \$35

Join us as we explore the spirituality of 17th century French contemplative Brother Lawrence of the Resurrection and his method of "practicing the Presence of God... for the love of God." Elements of the day include large group gathering with an introduction to his life and spirituality, a handout of excerpts from his works, a shared meal, silence for individual prayer, opportunity for walking the labyrinth, and optional sharing at the end of the day. Throughout the day we will be encouraged to do each thing "for the love of God." The cost of the retreat is \$35 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.



Voices Ring: A Mini Concert of Memories

Wednesday, May 13 | The Sanctuary | 6:00 p.m.

Join us for this informal concert by the Contemplative Choir who sing regularly in the 8:45 Contemplative Worship Service, and the Chancel Bells who perform regularly in the Sanctuary. This concert will feature performances of music that would fall out of the scope of Sunday Morning Worship and gives the ensembles a chance to perform a variety of material.

SoulCollage: Change Your World

Saturday, May 16 | The Anchor House | 9:30 a.m. – 3:30 p.m. | Suggested Donation

SoulCollage® invites us into balance as an inner and outer journey as voiced in the SoulCollage® tagline: "Discover your Wisdom! Change your World!" ALL are welcome, regardless of ability to make this donation.

