



The CENTER
for Christian Spirituality

Embody Grace

8:45 a.m. + January 28, 2024

Various convictions of our faith...can help us to enrich the meaning of this conversion. These include the awareness that each creature reflects something of God and has a message to convey to us, and the security that Christ has taken unto himself this material world and now, risen, is intimately present to each being, surrounding it with his affection and penetrating it with his light.

Then too, there is the recognition that God created the world, writing into it an order and a dynamism that human beings have no right to ignore. We read in the Gospel that Jesus says of the birds of the air that "not one of them is forgotten before God" (Lk 12:6). How then can we possibly mistreat them or cause them harm?

I ask all Christians to recognize and to live fully this dimension of their conversion. May the power and the light of the grace we have received also be evident in our relationship to other creatures and to the world around us. In this way, we will help nurture that sublime fraternity with all creation which Saint Francis of Assisi so radiantly embodied.

Pope Francis, *Laudato Si':
On Care for Our Common Home*

Aware of God's Presence

"God"

*God to enfold me, God to surround me,
God in my thinking, God in my words.
God in my sleeping, and in my waking,
God in my watching, God in my hopes.
God in my life, God in my lips,
God in my heart and my soul.
In my sufficing, and in my slumber,
In my eternal and living soul.*

Contemplating Scripture

Psalm 5:12, 84:11

*For You, LORD, bless the righteous one.
You surround him with favor like a shield.*

*For the LORD God is a sun and shield;
he bestows favor and honor.
No good thing does the LORD withhold
from those who walk uprightly.*

Opening Ourselves

"God"

*God to enfold me, God to surround me,
God in my thinking, God in my words.
God in my sleeping, and in my waking,
God in my watching, God in my hopes.
God in my life, God in my lips,
God in my heart and my soul.
In my sufficing, and in my slumber,
In my eternal and living soul.*

Guided Meditation

Remembering Our Purpose

"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 our 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.*

With faith that moves mountains...

Contemplating Scripture

Psalm 85:1-2, 8-13

*LORD, you were favorable to your land;
you restored the fortunes of Jacob.
You forgave the iniquity of your people;
you pardoned all their sin.*

*Let me hear what God the LORD will speak,
for he will speak peace to his people,
to his faithful, to those who turn to him in their hearts.
Surely his salvation is at hand for those who fear him,
that his glory may dwell in our land.*

*Graciousness and truth have met together.
Righteousness and peace have kissed.
Faithfulness will spring up from the ground,
and righteousness will look down from the sky.*

*The LORD will give what is good,
and our land will yield its increase.
Righteousness will go before him
and will set us in the way of his steps.*

Meditation

Caring for Creation

"Tend The Ground"

*We till the earth, we tend the ground,
Sowing hope and peace where none is found.
In selfless love God's life abounds.
We till the earth, we tend the ground.*

*As God provides our every need,
With grateful hearts let us receive.
These gifts of love, and make return,
To bless the world, to bless the world.*

We till the earth...

*All creatures share one common home,
One living God, one song of hope.
The rocks cry out and praises ring,
Rise up and sing, rise up and sing!*

*Where hardened hearts have turned to greed,
Trampling upon the fledgling seed,
Help us to tend to others needs,
Open our eyes, open our eyes.*

*Let mercy fall on us like rain,
To clear the air and heal the pain.
Where sin has broken bonds of love,
Let mercy reign, let mercy reign.*

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 Christ, Love, Abba, Jesus, or Spirit. Or follow the rhythm of your breath.

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 our place - at home in the heart of God.*

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

For information about The Center for Christian Spirituality and upcoming events, visit: www.TheCenterFCS.org.

Centering Prayer

Today | The Chapel | after Contemplative Worship

Worship Response

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

Guided Silent Retreat: Prayer Beads as Spiritual Practice

Saturday, February 3 | The Anchor House | 9:00 a.m. – 2:00 p.m. | \$35

To register for this retreat, scan the QR code to the right.

The price covers lunch and the cost of materials we will use to make our own prayer beads.



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

Sunday, February 4 | The Chapel | 6:00 p.m. | <https://thecenterfcs.org/rafa>

Centered: Lessons on Receiving and Embodying Grace

Friday, Feb. 23 (6:30 p.m. – 8:30 p.m.) & Saturday, Feb. 24 (9:00 a.m. – 4:00 p.m.) |

The Anchor House | \$75

This is an introduction to Contemplative Christianity and Prayer.

To register, scan the QR code to the right.



In our Weekend Workshop and Retreat, you will receive: A simple and comprehensive way of understanding “contemplative Christianity” and “contemplative prayer,” techniques to use your body as a tool for transformation, practices to help you destress and navigate stress with flow and ease, several ways to pray that use your body, contemplative songs to help you remember sacred wisdom and to center you, a template for walking a path of transformation – body, soul and spirit, an overview of the entire contemplative journey and how it is integrally related to service and ministry, handouts to help you remember the key teachings and practices, and renewal from gifting yourself with the experience of a retreat.

Our Annual Aim & Pledge: Embody Grace

“Embody Grace” is our aim and intention this year as a contemplative community. We invite you to help us be stewards of the grace of God at work in and through The Center for Christian Spirituality. To make your estimate of giving for 2024, scan the QR code to the right.



Please register your presence in the notebooks in the foyer.