



Rooted in Love

8:45 a.m. + February 11, 2024

We begin our prayer by disposing our body. Let it be relaxed and calm, but inwardly alert. The root of prayer is interior silence. We may think of prayer as thoughts or feelings expressed in words, but this is only one expression. Deep prayer is the laying aside of thoughts. It is the opening of mind and heart, body and feelings -- our whole being -- to God, the Ultimate Mystery, beyond words, thought, and emotions. We do not resist them or suppress them. We accept them as they are and go beyond them, not by effort, but by letting them all go by. We open our awareness to the Ultimate Mystery whom we know by faith is within us, closer than breathing, closer than thinking, closer than choosing -- closer than consciousness itself. The Ultimate Mystery is the ground in which our being is rooted, the source from whom our life emerges at every moment.

Fr. Thomas Keating

Welcome

Seeking Love

“Boundless Love”

*We come here to worship, we come here to pray.
Aware of our weakness, in need of your grace.
Some of us hiding, some of us found.
Standing together upon holy ground.
Boundless love and beautiful grace,
Filling this place, filling our hearts.
In our delight and in our despair,
Still you are there,
Flooding our lives with boundless love.*

Standing Firm and Rooted Deep

contemplative adaptation of Psalm 125
(Nan Merrill)

*Those who put their trust in You are like giant trees
standing firm and rooted deep.
As the trees grow strong in fertile soil,
so we mature in the garden of Love,
nourished by the Word of Life.
For the weeds of fear, the tares of ignorance,
find no home here; they are soon cast out.
As each flower in its uniqueness blesses the garden,
the interconnectedness of all brings it to fulfillment.
Those whose lives reflect goodness and integrity,
become mirrors to Love's way.
They are like fragrant blossoms that bring joy to all around them,
like open imitations for others to come.
Come! Enter the Garden of Love!*

Sending Out Deep Roots

“Beyond Belief”

*In the knowing of the heart no words are needed.
As I gaze within myself, I see your face.
In the landscape of my soul you run towards me.
Although now I know in part.
With my body, mind and heart,
I am opening up to you,
Beyond belief.*

Contemplating Scripture

Ephesians 3:14-19

*For these reasons, then, I bow before the Father –
Source of All, out of whom everything in heaven and on earth originates –
asking that from the wealth of the Divine Glory
you would be strengthened through his Spirit with power in your inner being,
so that Christ may dwell in your hearts through faith.*

*I pray that you, being rooted and grounded in love,
may have the power to comprehend with all the saints,
what is the breadth and length and height and depth
and to know the love of Christ that surpasses knowledge,
so that you may be filled with all the fullness of God.*

Song of Response

“Yeshua, O Blessed One”

*Yeshua, O Blessed One,
May your love take root in me.
Yeshua, O Blessed One,
May your love, arise in me.*

Meditation

Song of Response

“Yeshua, O Blessed One”

*Yeshua, O Blessed One,
May your love take root in me.
Yeshua, O Blessed One,
May your love, arise in me.*

Guided Meditation

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.

Becoming Love

"Qualities of Love"

I am patience, I am kindness, I am love.

I am contentment and compassion, I am love.

I am presence and abundance as I'm growing into who I'm called to be.

I am wholeness, I am mercy, I am love.

I am forgiveness and completeness, I am love.

Though I see myself unclearly, I know one day I'll embrace all that I am.

All these qualities of love, they are what I long to be.

As a bearer of God's image all these traits exist in me.

I will cultivate this love, let my character be changed.

Let my heart grow more expansive, let my spirit bear the name,

I am love.

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.

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.

Ash Wednesday Noon Service
Wednesday, February 14 | The Chapel | 12:00 p.m.
Join The Center for Christian Spirituality in the Chapel for a time of quiet reflection, prayer, the meditative reading of Scripture, communion, and the imposition of ashes.

Rooted in Love, Noon Lenten Study
Wednesdays, starting February 21 | The Anchor House | 11:30 a.m. – 1:00 p.m.
Join Rachel Sciretti, Michael Sciretti, Andrew Wolfe and Teresa Rossy for weekly lunches during Lent. We will explore together what it means to be Rooted in Love. How might it be possible for us to uncover the hidden depths of God's love that dwells in us through Christ? We will read together Paul's Letter to the Ephesians and try a new spiritual practice each week, so that as Easter nears, the love of Christ will permeate every aspect of our existence. Registration includes a light lunch each week.



Centered: Lessons on Receiving and Embodying Grace
Friday, Feb. 23 (6:30 p.m. – 8:30 p.m.) & Saturday, Feb. 24 (9a.m. – 4p.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. We never want money to be an obstacle to accessing our classes, workshops and retreats. Scholarships are always available. To request one, contact Haley Brown, hbrown@chapelwood.org.



Becoming a Member through the Center
Sunday, March 3rd | The Chapel | During Worship
Have you been worshipping with us for some time but are not a member of Chapelwood? Are you interested in becoming a member of The Center, which is a ministry of Chapelwood? Are you curious about how to officially "join"? Our next opportunity to officially join is March 3rd. Schedule a time to talk with Michael if you are interested and would like more information.