



Rooted in Love: Rooted in Blessing

8:45 a.m. + February 18, 2024 + First Sunday of Lent

Day and night gifts keep pelting down on us.
If we were aware of this, gratefulness would overwhelm us.
David Steindl-Rast

Welcome

Receiving Love

*Love, like a waterfall,
Falling on us,
Flooding our hearts with grace and peace.
Healing waters flow,
Flowing on us,
Flooding our hearts with love.*

"Love Like A Waterfall"

*Every moment of every day God is loving us.
Showers of mercy and waves of forgiveness are covering us.*

Praying with the Psalmist

contemplative adaptation of Psalm 67 (Nan Merrill)

*God is gracious to us and blesses us. The Radiant One shines upon us.
O, that Love's Way be followed in all the earth, Love's saving power among all the nations.
May the people rejoice in You! May all people sing with gratitude to the Beloved!
Let the nations be glad and give thanks, for you call the people to integrity and justice.
You guide the nations upon the earth.
May the people rejoice in You!
May all people sing with gratitude to the Beloved!
The earth yields its harvest. The Beloved blesses us.
Yes, the Beloved blesses us.
Let us abandon ourselves into the Heart of Love!*

Affirming Ourselves

*I am not who I was,
I am not who I will be,
I am loved.
I am not what I've done,
I am not what I will do,
I am loved.
I am beautifully broken,
Through my darkness shines your light.
I am loved.*

"I Am Loved"

Contemplating Scripture

Ephesians 1:3-6, 11, 18

Blessed be the God and Father of our Lord Jesus Christ, who has blessed us in Christ with every spiritual blessing in the heavenly places, just as he chose us in Christ before the foundation of the world to be holy and blameless before him in love. He destined us for adoption as his children through Jesus Christ, according to the good pleasure of his will, to the praise of his glorious grace that he freely bestowed on us in the Beloved....

In Christ we have also obtained an inheritance, having been destined according to the purpose of him who accomplishes all things according to his counsel and will... so that, with the eyes of your heart enlightened, you may perceive what is the hope to which he has called you, what are the riches of his glorious inheritance among the saints.

Song of Response

"Thank You"

*Thank you, thank you.
You chose to bless me before I was born!
So, I thank you, thank you.
Thank you for loving me.*

*Help me to grasp just how much I am loved,
Whenever I feel afraid.
And when doubts overwhelm I'll remember your words,
And trust you will come to my aid.*

And say thank you, thank you...

Meditation

Guided Prayer

Singing Truth

"I Am Loved"

*I am not who I was,
I am not who I will be,
I am loved.
I am not what I've done,
I am not what I will do,
I am loved.
I am beautifully broken,
Through my darkness shines your light.
I am loved.*

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.

Expressing our Gratitude

"Thank You"

*Thank you, thank you.
You chose to bless me before I was born!
So, I thank you, thank you.
Thank you for loving me.*

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, rsciretti@chapelwood.org.

Centering Prayer

Today | The Chapel | after Contemplative Worship

No Worship Response Today

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 area always available. To request one, contact Haley Brown, hbrown@chapelwood.org.



March Guided Silent Retreat: Stations of the Cross

Saturday, March 2 | The Anchor House | 9:00 a.m. – 2:00 p.m.

The Stations of the Cross began as a remembrance that pilgrims had when they were retracing Jesus' final steps in Jerusalem up to the hill where He was crucified. Wanting to share that practice and experience with people who couldn't make the trip to Jerusalem, they created local stations of meditation that became in itself a tradition. You can find this tradition on the inside of many churches still today. At this guided silent retreat participants will be able to reflect on this journey through meditations, scripture and artwork from Scott Erickson. You will be free to use the day as you wish – reading the texts or doing your own reading and praying. There will be plenty of time for reading and reflection, prayerful walking, and space for prayerful art. Participants will receive handouts with readings, prayers for use as lectio divina as well as reflective questions. 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. Register with the QR code to the right or at <https://thecenterfcs.org/retreats/>



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.