



The CENTER
for Christian Spirituality

Sensing God

8:45 a.m. + March 05, 2023 + Second Sunday of Lent

May your body be blessed.
May you realize that your body
is a faithful and beautiful friend of your soul.
And may you be peaceful and joyful and recognize
that your senses are sacred thresholds.
May you realize that holiness is mindful, gazing, feeling, hearing, and touching.
May your senses gather you and bring you home.
May your senses always enable you to celebrate the universe
and the mystery and possibilities
in your presence here.
~ John O'Donohue

Crossing the Threshold

Opening Ourselves

*Heaven touches earth, every single moment:
In the setting sun, the whispers on the wind.
The gentle fall of rain, the fragrance when it's over.
We will taste and we will see and know that God is good.*

*May we sense your presence, O God.
May we sense your presence, O God.
Make our senses gateways to all that you are.
May we sense your presence, O God.*

"Heaven Touches Earth"

Praying for Attentiveness

*In the elements of earth, sea and sky
May we see your beauty.
In wild winds, birdsong and silence
May we hear your beauty.
In the coolness of grass and the softness of skin
May we touch your beauty.
In the moisture of the earth and its flowering and fruiting
May we smell your beauty.
In the flowing waters of springs and streams
May we taste your beauty.
These things we look for this day, O God,
These things we look for.*

Adapted from *J. Phillip Newell*

Declaring God's Abundance (with Psalm 34)

"Eat This Bread"

The musical score is written for two staves, treble and bass clef, in a 2/4 time signature with a key signature of one sharp (F#). The first system begins with a piano (*p*) dynamic and ends with a forte (*f*) dynamic. The lyrics are: "Eat this bread, drink this cup, come to me and ne-ver be hun - gry." The second system begins with a mezzo-forte (*mf*) dynamic. The lyrics are: "Eat this bread, drink this cup, trust in me and you will not thirst." The music consists of chords and simple melodic lines.

Contemplative Adaptation of Psalm 34 by Jerry Webber

*Dare to drink more deeply of God.
Dare to take a taste of God.
Dare to see how good God is.*

*The one who tastes God and sees God finds a refuge for life,
a place of blessing to call home.*

*Abandon yourself into God's hands,
you who are friends of God,
for those who open themselves to God's loving
lack nothing that gives life.*

Meditation

Song of Response

"Don't Be Afraid"

*Don't be afraid, my love is stronger.
My love is stronger than your fear.
Don't be afraid, my love is stronger,
And I have promised, promised to be always near.*

Reflecting on Scripture

*So, whether you are eating or drinking or doing anything,
do it all in the glory of God.*

1 Corinthians 10:31

Meditation

Song of Response

*Heaven touches earth, every single moment:
In the setting sun, the whispers on the wind.
The gentle fall of rain, the fragrance when it's over.
We will taste and we will see and know that God is good.*

"Heaven Touches Earth"

*May we sense your presence, O God.
May we sense your presence, O God.
Make our senses gateways to all that you are.
May we sense your presence, O God.*

Resting in the Silence

During these 5 minutes of silence, simply rest in God's abiding and loving presence in this moment. Simply be here now. Descend into this Silence. There is nothing you need to do. Just let go. Let be. Relax. Breathe deeply. Sense your body. If it helps, use a breath prayer to help you descend into this silence, such as "Lord" (inhale), "Jesus" (exhale) or a name for the Divine, or simply the phrase "Taste and See."

Holy Communion

Communion Song

*Jesu dulcis memoria
Dans vera cordis gaudia:
Sed super mel et omnia
Ejus dulcis præsentia.*

"Jesus Dulcis Memoria"

*Jesus, sweetest memory
Granting the heart its true joys,
But above honey and all things.
Is His sweet presence.*

Receiving a Good Word



Worship Response

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

Join us in The Anchor House as we reflect on the themes of today's service, what arose for us, and what questions we have.

Sensing God: Encountering God through the Senses – A Lenten Experience

March 1 – April 5, Wednesdays @ 6:30 p.m. | The Anchor House

The senses are thresholds to the heart and springtime is a feast of the senses. Join us as we dive deeper into how the senses are used in Scripture and in the ministry of Jesus.

This will be a time of teaching and experience (theoria and praxis). Come with an open heart. All are welcome! There is no cost for this experience, but please register by scanning the QR code to the right.



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

Thank you for worshipping with us today. Please register your attendance.

*If you are worshipping online, please text the word **center** to (844) 474-0707*

*If you are worshipping in person, please text the word **chapel** to (844) 474-0707*

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