



Rooted in Love: Rooted in Light

8:45 a.m. + March 17, 2024 + Fifth Sunday in Lent

Welcome

Praying with St. Patrick

I arise today...

*I arise today,
through a mighty strength, the invocation of the Trinity,
through belief in the Threeness,
through confession of the Oneness
of the Creator of creation....*

Song of Response

*Wake up sleeper,
Rise from death and Christ will shine through you.
Wake up sleeper,
Rise from death and Christ will shine through you.*

"Wake Up Sleeper"

Praying with our Bodies

Praying with St. Patrick

I arise today...

*I arise today,
Through God's strength to pilot me,
God's power to sustain me,
God's wisdom to guide me,
God's eye to look before me,
God's ear to hear me,
God's word to speak for me,
God's hand to guard me,
God's path to go before me,
God's shield to protect me,
God's host to save me...*

Song of Response

"Wake Up Sleeper"

*Wake up sleeper,
Rise from death and Christ will shine through you.
Wake up sleeper,
Rise from death and Christ will shine through you.*

Praying with our Bodies

Praying with St. Patrick

I arise today...

*I arise today,
Christ with me,
Christ before me, Christ behind me, Christ in me,
Christ beneath me, Christ above me,
Christ on my right, Christ on my left,
Christ when I lie down, Christ when I sit down, Christ when I arise,
Christ in the heart of everyone who thinks of me,
Christ in the mouth of everyone who speaks of me,
Christ in every eye that sees me,
Christ in every ear that hears me.*

Song of Response

"Wake Up Sleeper"

*Wake up sleeper,
Rise from death and Christ will shine through you.
Wake up sleeper,
Rise from death and Christ will shine through you.*

Praying with our Bodies

Sitting with Scripture

Ephesians 5:8-10, 13b-18

*For once you were darkness, but now in the Lord you are light.
Walk as children of light,
for the fruit of the light is found in all that is good and right and true.
Try to find out what is pleasing to the Lord...
Everything exposed by the light becomes visible,
for everything that becomes visible is light.
Therefore it says,*

*"Wake up, sleeper.
Rise from the dead,
and Christ will shine on you."*

*So observe how you walk exactly,
not without Wisdom, but rather with Wisdom.
Redeeming the Time, because the days are full of trouble.
So do not be unmindful, but rather understand the will of the Lord.*

Meditation

Stilling Ourselves

"Quiet My Heart"

*Hear in the silence the whispers of memory,
Be still and listen, be still and wait.
Wait for the voice that once echoed through Eden.
That speaks affirmation, that longs to create.
The voice in the garden, the voice in the cloud,
The voice in the temple, still speaks aloud.*

*Quiet my heart, till I can hear.
There are distractions ever near.
Quiet my heart, help me discern,
What are the lessons I must learn.
Quiet my heart.*

*Help me awaken and rise up from slumber,
Shake off the darkness, shine with your light.
Willing to listen, to learn, and to follow,
To love with your passion, to see with your sight.
Help me be watchful for where I'm asleep.
Attentive and mindful, God come and speak!*

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.

Releasing the Light

"Creation Song"

*Set free the light within,
Cast off the covers that keep it concealed.
Father of Light let me shine like the sun.
Set free the light within.*

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*

Zachary Montasser – Violinist

Today's Music

"Wake Up Sleeper" – Michael Sciretti, Jr., "Quiet My Heart" – Peter Johns, "Creation Song" – Peter Johns.

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.

Rooted in Love, Noon Lenten Study
Wednesday | The Anchor House | 11:30 a.m. – 1:00 p.m.

The Anchor House Hours

Tuesdays - Fridays | Noon - 4pm

The Anchor House will be open in the afternoons for you to come and pray, meditate, walk the Stations of the Cross, the Labyrinth or just be still. If you would like to request a specific room for spiritual direction, counseling or for your own time of Centering Prayer outside of these hours, please let Haley know and we will make sure a room is available for you. If you'd like to become an Anchor House Host, let Haley know after worship or email her at hbrown@chapelwood.org.

Spring Equinox Celebration

Tuesday March 19 | The Anchor House | 6:30 p.m. – 7:30 p.m.

Join us outside on The Anchor House labyrinth to celebrate the Spring Equinox. We will have a gratitude fire circle with a contemplative liturgy.

Taize Worship Service

Saturday March 23 | St. Cecilia Catholic Church, Bunker Hill | 9:30 a.m. – 10:30 a.m.

The Center's Contemplative Choir is facilitating a Taizé worship service at St. Cecilia Catholic Church. All are welcome.

Holy Week at The Center

Holy Wednesday Service

Wednesday, March 27 at 6:30pm | The Anchor House

Maundy Thursday Potluck and Service

Thursday, March 28 at 6:30pm | The Anchor House

Good Friday Labyrinth Walk and Service

Friday, March 29 9:00am, Noon | The Anchor House

The labyrinth will be available from 9am for walking prayer and meditation, and we will hold a service at Noon.