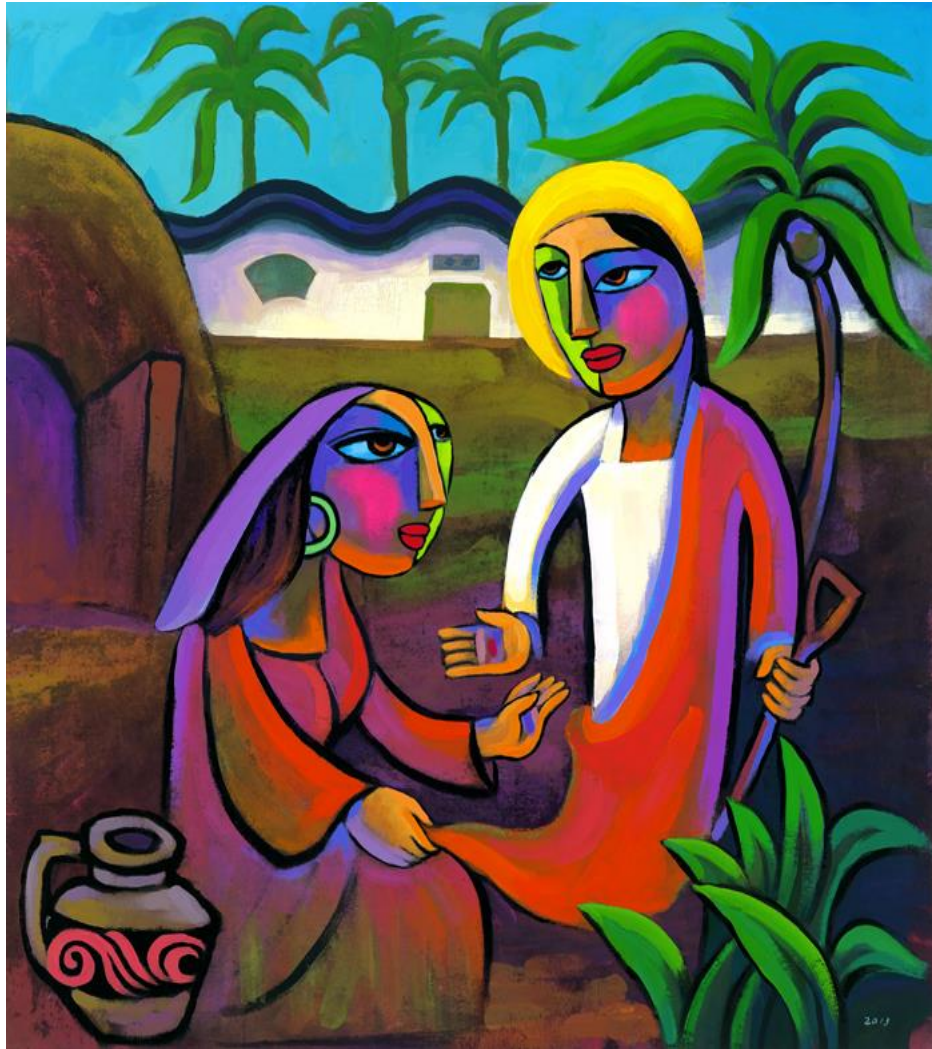




THE CENTER
for Christian Spirituality

The Way to Love

8:45 a.m. + April 4 + Easter Sunday



He Qi, Do Not Hold on to Me

Jesus, in the plan of God, has opened the way to the highest states of consciousness. The Garden of Eden is both a memory of what could be and a preview of what is to come. In the Garden of the Resurrection the full revelation of the mystery of Christ is unveiled. And with that knowledge and experience, Mary reaches the third level of Contemplative prayer, the abiding state of divine union, which is to see God giving himself in everything. This is the transformed consciousness of inner resurrection. And this is the Good News she was sent to announce to the apostles....

The Garden of Eden stands for a state of consciousness, not a geographical location. She is sent out of the garden, but with the abiding interior state the garden represents: the certitude of being loved by God, of loving him in return, and of God giving himself in every event and at every moment, both within and without. In this state, outside and inside are in harmony; they have become one. In the course of this conversation, the Ultimate Mystery becomes for Mary the Ultimate Presence, and the Ultimate Presence becomes the Ultimate Reality.

Thomas Keating

Welcome

Song of Solomon 8:6

*Set me as a seal upon your heart, as a seal on your arm.
For Love is as strong as death; ardent love is as unrelenting as Sheol.
Love's flames are fiery flames – the flame of the Great I Am.*

Song

“Set Me as a Seal”

*Set me as a seal upon your heart,
For Love is stronger than death.*

Remembering

John 20:1

Now on the first day of the week Mary Magdalene came early when it was yet dark, into the tomb – the place of remembrance – and saw that the stone had been taken away from the place of remembrance.

Awakening to the Light

“Vigil”

As we wait be - fore the morn - ing We be - lieve the light will dawn on us.

As our eyes ad - just to dark - ness we can see the beau - ty that is us.

In our dark - ness God is shi - ning.

Remembering and Living Resurrection

Song of Response

“Meet Us in the Darkness”

*Meet us in the darkness where we wait for You.
Empty us of everything that is not true.
Laying down what we desire,
We seek the truth beyond the fire.
So meet us in the darkness where we wait for You.*

The Story Continues

from John 20: 11-18

*Mary stood at the tomb – the place of remembrance – weeping outside.
As she was weeping, she stooped down into the place of remembrance.*

And she saw two angels in white, sitting – one at the head and one at the feet – where the body of Jesus had lain. They said to her, “Woman, why are you weeping?” She said to them, “Because they have taken away my Lord, and I do not know where they have laid him.”

Having said this, she turned around and saw Jesus standing, but she did not know that it was Jesus. Jesus said to her, “Woman, why are you weeping? Whom are you seeking?”

Supposing him to be the gardener, she said to him, "Sir, if you have borne him away, tell me where you have laid him, and I will take him away."

Jesus said to her, "Mary."

She turned and said to him in Aramaic, "Rabboni!" (which means, "My Teacher").

Jesus said to her, "Do not cling to me, for I have not yet ascended to the Father; but go to my brothers and say to them,

'I am ascending to my Father and your Father, to my God and your God.'"

Mary Magdalene went and announced to the disciples,

"I have beheld the Lord" – and that he had said these things to her.

Meditation

Song of Response

"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.***

Silence as the Prayer of Remembrance

Contemplative Prayer is sometimes called the Prayer of Remembrance. We begin by entering our own body, our own place of remembrance. We remember that we are embodied and we sense our own body here and now. We enter our own "cave" of the heart by "stooping down" in humility, with our attention directed towards our heart. From this place, we breathe deeply and pray. If it helps, use a sacred word to help you descend into this silence (such as Beloved, Teacher, Mercy, Abba, Jesus, or Spirit) or a breath prayer, such as "Lord" (*inhale*) "have mercy" (*exhale*). If a thought, feeling, or sensation tries to take you away from this interior place, don't "cling" to it – simply and gently let it go by returning to your sacred word or breath prayer. In this way, we seek to "behold" the Sacred.

Song of Response

"Beyond Belief"

Offering Ourselves

We entrust ourselves to God, the Holy, Loving Mystery:

***Beyond all names and rational conception,
the Source and End of all things,
The true Lover of our souls,
the deepest Desire of our hearts.***

We entrust ourselves to Jesus, Holy Epiphany of God's Love:

***Incarnation of God's Word, Teacher of God's Wisdom,
Prophet of God's passion, Channel of God's healing, Guide to the heart of God,
Who by his baptism reveals we are Beloved,
By his life reveals the Way to God,
By his death reveals the Love of God,
By his resurrection reveals the Power of God.***

We entrust ourselves to the Holy Spirit, the Breath of God filling our being:

***The Fire of God purifying our passions,
the Wisdom of God dispelling our illusions,
the Light of God revealing our true self.***

We entrust ourselves to the Body of Christ:

*The seekers of God who follow the Way of Jesus,
Worshipping God together in spirit and truth,
Serving others together in humility and love,
Becoming the eyes, mouth, hands, and feet of Christ in this world.*

We entrust ourselves to God's Reign, the Eternal Now:

*Within us and all around us, where heaven and earth become one,
a state where we taste and see God's goodness,
accessible to all who are attentive to their heart and practice resurrection.*

We entrust ourselves to the reality of our mortality:

*Trusting that in death, life is transformed, not snatched away,
and that we will return to the Holy, Loving Mystery,
the Source and End of all things,
Who receives us into the light, life, and love of God for all eternity. Amen.*

Holy Communion

Being the Body of Christ

"I Awaken in Christ" (St. Symeon the New Theologian's Song)

*I awaken in Christ,
Awaken as Christ awakens within me.
All of me becomes all of Him
As Christ awakens so deep within.
See, my feet and my hands,
Transfigured as Christ awakens my body.
All my brokenness changed,
My brokenness now is beauty; transformed in Him.*

I awake in Christ!

I awake in Christ!

Receiving a Good Word

Thank you for worshipping with us today, please register your attendance:

*If you are worshipping online, please text the word **center** to 75787*

*If you are worshipping in person, please text the word **chapel** to 75787*

For further Contemplative Resources please visit

<https://vimeo.com/showcase/6902676>