



The CENTER
for Christian Spirituality

Sensing God

8:45 a.m. + March 12, 2023 + Third 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

Gathering Ourselves for Worship

- I allow my body to become comfortable in this pew. I notice the rattle in my mind. I let the rattle go as best I can.
- I quietly ask God for the grace to be as fully present to this time of worship as possible.
- I bring to God anything that I need to confess, acknowledging the state of my life as honestly as possible.
- I ask God for the freedom to make whatever response I need to make to God's invitation today.
- I offer a quiet prayer . . . as I touch my head, asking for understanding in my mind . . .
 - . . . as I touch my heart, asking for courage of will . . .
 - . . . as I touch my feet, asking for the grace to go where God leads me . . .
 - . . . as I touch my ears, asking for sensitivity to hear what God says to me today . . .
 - . . . as I touch my hands, asking for openness to offer my labors in love for others.

Examen with Sung Response

"Heaven Touches Earth"

*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.*

A Time of Stillness

Prayer of Response

*May we cherish the silence and not be afraid. May we know it not empty but full of Presence.
May the Love at its heart calm our fears. May we know the gentle touch of a trusting hand. Amen.*

Sitting with Scripture

Mark 10:13-16

*One day some parents brought their children to Jesus so he could touch and bless them.
But the disciples scolded the parents for bothering him.*

When Jesus saw what was happening, he was angry with his disciples. He said to them,

“Let the children come to me. Don’t stop them! For the Kingdom of God belongs to those who are like these children. I tell you the truth, anyone who doesn’t receive the Kingdom of God like a child will never enter it.”

Then he took the children in his arms and placed his hands on their heads and blessed them.

Meditation

Sharing a Blessing

“Peace To You”

*Peace to you,
We bless you now in the Name of the Lord.
Peace to you,
We bless you now in the Name of the Prince of Peace.
Peace to you.*

The Caress

Anthony DeMello

Become aware of each sensation
on the surface of your skin,
beginning with the crown of your head
and moving downward to the tip of your toes.

It matters not that you feel no sensation
in some parts of your body.
The mere attempt to feel them
will give you the benefit of this exercise.

Now reflect that each sensation
is a biochemical reaction
that needs God’s almighty power to exist.

Imagine you experience God’s power
each time you experience these sensations.

Imagine each sensation to be a touch of God-
rough, smooth, pleasurable, painful.

Imagine this touch of God to be luminous
and healing.

Song of Response

"Psalm 131"

*My heart is not raised up too high,
My eyes don't search beyond the sky.
I do not seek what can't be known,
Nor fret myself over mysteries.*

*But I have calmed and soothed my soul,
Like a child at rest in it's mother's arms;
Like this child sleeping by my side,
My soul, in God, knows peace and calm.*

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 imagine resting in the Divine Embrace.

Blessing Each Other

"Psalm 131"

*All you who love and trust your God,
In this God shall you put your hope.
For there you'll find unfailing love,
From this time forth and forever more.*

Holy Communion

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.



Taize Worship Service

Saturday April 1 @ 9:30 a.m. | St. Cecilia Catholic Church, Bunker Hill

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

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.*