



Rooted in Grace

8:45 a.m. + October 4, 2026

*He set before me the book of nature; I understood how all the flowers he has created are beautiful, how the splendor of the rose and the whiteness of the Lily do not take away the perfume of the little violet or the delightful simplicity of the daisy....
Perfection consists in doing his will, in being what he wills us to be.
Thérèse of Lisieux, Story of a Soul*

Crossing the Threshold

Standing Firm and Rooted Deep contemplative adaptation of **Psalm 125** (Nan Merrill)

*Those who put their trust in You are like giant trees
standing firm and rooted deep.
As the trees grow strong in fertile soil,
so we mature in the garden of Love,
nourished by the Word of Life.
For the weeds of fear, the tares of ignorance,
find no home here; they are soon cast out.
As each flower in its uniqueness blesses the garden,
the interconnectedness of all brings it to fulfillment.
Those whose lives reflect goodness and integrity,
become mirrors to Love's way.
They are like fragrant blossoms that bring joy to all around them,
like open imitations for others to come.
Come! Enter the Garden of Love!*

Opening to God **"Joyful, Joyful, We Adore Thee"**

*Joyful, joyful, we adore You, God of glory, Lord of love;
Hearts unfold like flowers before You, opening to the sun above.
Melt the clouds of sin and sadness; drive the dark of doubt away;
Giver of immortal gladness, fill us with the light of day!*

*All Your works with joy surround You, earth and heaven reflect Your rays,
Stars and angels sing around You, center of unbroken praise;
Field and forest, vale and mountain, flowery meadow, flashing sea,
Chanting bird and flowing fountain call us to rejoice in thee.*

*Mortals, join the mighty chorus which the morning stars began;
God's own love is reigning o'er us, joining people hand in hand.
Ever singing, march we onward, victors in the midst of strife;
Joyful music leads us sunward in the triumph song of life.*

Contemplating Scripture

Ephesians 3:14-22

*Because of this grace I bend my knees before the Father, Source of All,
from Whom the whole Family in the heavens and upon the earth is uttered.*

*I pray that he would give you according to the riches of His Glory,
to be strengthened with power through His Spirit into the Inner Self,
that the Christ may inhabit your hearts through faith,
being rooted and grounded in Love,
in order that you may be able to comprehend with all the saints
what is the breadth and length and height and depth,
and to know the Love of Christ that surpasses knowledge,
so that you may be filled into all the fullness of God.*

*Now to the One who can do superabundantly above all that we ask or think,
according to the Power that works in us,
unto Him be the Glory in the Church in Christ Jesus
unto all the generations, forever and ever. Amen.*

Surrounded by Love

"Love Beyond Measure"

*Love beyond measure, mercy so free.
Your endless resources, given to me.
Strength to the weary, healing our lives.
Your Love beyond measure, has opened my eyes,
Opened my eyes.*

Lord, open my eyes.

The Story of a Soul

Thérèse of Lisieux

I wondered for a long time why God has preferences, why all souls don't receive an equal amount of graces.... Jesus deigned to teach me this mystery. He set before me the book of nature; I understood how all the flowers he has created are beautiful, how the splendor of the rose and the whiteness of the Lily do not take away the perfume of the little violet or the delightful simplicity of the daisy. I understood that if all flowers wanted to be roses, nature would lose her springtime beauty, and the fields would no longer be decked out with little wild flowers.

And so it is in the world of souls, Jesus' garden. He willed to create great souls comparable to lilies and roses, but he has created smaller ones and these must be content to be daisies or violets destined to give joy to God's glances when he looks down at his feet. Perfection consists in doing his will, in being what he wills us to be....

Just as the sun shines simultaneously on the tall cedars and on each little flower as though it were alone on the earth, so Our Lord is occupied particularly with each soul as though there were no others like it.

Music for Reflection

"Love Is Little"

Meditation

Song of Response

"Love Is Little"

*Love is little, Love is low.
Love will make my spirit grow.
Grow in peace, grow in light,
Love will do the thing that's right.*

Silence as "Gazing Upon the Sun"

Thérèse of Lisieux used the imagery of a flower, a tree, or even a little eagle gazing at the sun as a way of opening oneself to God. The same root that draws up the grace of the soil is the one that lifts its face, unstriving, toward the light. Considering this image, take these next five minutes of silence to let your soul rest in that same twofold grace: rooted below in a Love that already holds you, and open above to God's gaze shining upon and in you. There is nothing you need to do or say. Simply relax and go receptive. If it helps you to center, use a heart-focused breath prayer such as: "Rooted in You" (inhale), "Open to You" (exhale).

Holy Communion

"Love Beyond Measure"

*Love beyond measure, mercy so free.
Your endless resources, given to me.
Strength to the weary, healing our lives.
Your love beyond measure, has opened my eyes,
Opened my eyes.

Lord, open my eyes.*

Communion Anthem

"Panis Angelicus"

*Panis angelicus
fit panis hominum;
Dat panis cœlicus
figuris terminum:
O res mirabilis!
Manducat Dominum
pauper, servus et humilis.*

*Thus Angels' Bread is made
the Bread of man today:
the Living Bread from heaven
with figures dost away:
O wondrous gift indeed!
the poor and lowly may
upon their Lord and Master feed.*

Blessing of the Pilgrims

Receiving a Good Word



Our Staff

Haley Brown – Associate Director of The Anchor House
Courtney Garrison – Ministry Assistant
Christian Ibanez – AV Production
Peter Johns – Associate Director of Contemplative Worship

Zachary Montasser – Violinist
Everett Dagher – AV Production
Rev. Rachel Sciretti – Associate Pastor
Rev. Dr. Michael Sciretti, Jr. – Pastor of The Center

Today's Music

"Joyful, Joyful, We Adore Thee" – Henry Van Dyke, Ludwig Van Beethoven, *"Love is Little"* – Traditional,
"Love Beyond Measure" – Dave Bilbrough, *"Panis Angelicus"* – Cesar Franck

Blessing of the Animals

Today, October 4 | The Anchor House Backyard | 6:00 p.m.

Hop, run or fly on over with your special pet friend for an individual blessing by Michael and Rachel. Let's give thanks for fur, feathers, and friendship in all its unique forms. We will meet on the labyrinth at The Anchor House. All people and pets are welcome, but please make sure all pets are either on a leash or in a carrier. We will have a brief worship service celebrating the unique relationship we have with our pets, and then each owner is invited to bring their pet forward for an individual blessing.

October Guided Silent Retreat: The Wisdom and Wonder of Mary Oliver

Saturday, October 10 | The Anchor House | 9:00 a.m. – 2:00 p.m. | \$35

The prose and poetry of Mary Oliver call her readers to "practice awe" by being mindful of where it is we are placing our attention. In this Guided Silent Retreat, led by Dylan Cumberland, we will learn from the poet herself what is our endless and proper work. Through extended silence, gentle guidance from Mary Oliver, and the gifts of contemplative prayer, participants are invited to "keep some room in your heart for the unimaginable" and to see the Creator behind Creation in even the simplest of things. A handout containing excerpts of her work, along with reflection questions, will be our guide. The final 30 minutes of the retreat will include an optional time for group sharing. 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.



SoulCollage Workshop: To Tell the Sacred Story

Saturday, October 17 | The Anchor House | 9:30 a.m. – 3:30 p.m. | Suggested Donation of \$30

At the heart of SoulCollage® we find an invitation to enter into the narrative that is our "story." Each card we create provides a unique entry point into the journey of our life. Some of our stories come from our memories and some from our family. No matter where they come from, we honor them all. This workshop is led by Cindy Serio & Ginny Itz. This is a come-and-stay event. Please bring your own lunch. If it is a better fit for your day, you are welcome to come for the morning only from 9:30 am - 12:30 pm. The Anchor House will be open at 9 am for you to find your space. The introduction will start at 9:30 am and we will gather in the circle for centering at 9:45 am. There is a suggested donation of \$30 for the full day to support the ministry of SoulCollage® at The Center. ALL are welcome, regardless of ability to make this donation.



Recovering the Prayer of the Heart: A Centering Prayer Workshop

Saturday, October 24 | The Anchor House | 9 a.m. – 4:00 p.m. | \$35

Join us for a one-day Centering Prayer Workshop led by Michael Sciretti, Jr. & Nancy Sterling, rooted in the ancient Christian contemplative tradition designed to introduce you to a practice that opens the door to deeper silence, freedom, and communion with God. From the very beginning of the Christian tradition, the great spiritual masters taught that there is a way through the noise — a path of surrender and stillness that leads slowly and gently, into deeper communion with God, with others, and with your own truest self. Whether you are brand new to contemplative prayer or returning to a practice you have let slip, this workshop is an open door. Come as you are. 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 Courtney for information on scholarships at cgarrison@chapelwood.org.



Rooted in Grace

This October, our Contemplative Worship series, Rooted in Grace, walks alongside Chapelwood's Capital Campaign of the same name, which is expanding our capacity for ministry: a new food pantry, renewed spaces for children and students, and gathering places for our church family. Where Chapelwood's Sundays make the case for why that work belongs to all of us, we're dwelling in the prayer underneath it: Paul's prayer in Ephesians 3, that we would be "rooted and grounded in Love." Our guide is Thérèse of Lisieux, the Carmelite nun known as the Little Flower. At first she can seem an odd companion for a capital campaign, she never raised money or laid a brick, and thought herself one of the smallest, most ordinary souls in her convent. But she believed that when we stop trying to be great and simply let God love others through us, in the smallest and most hidden ways, we discover that our vocation, too, is Love. However you're led to take part in what God is doing in and through all of Chapelwood, you can learn more using this QR code.

