

Rooted in Grace

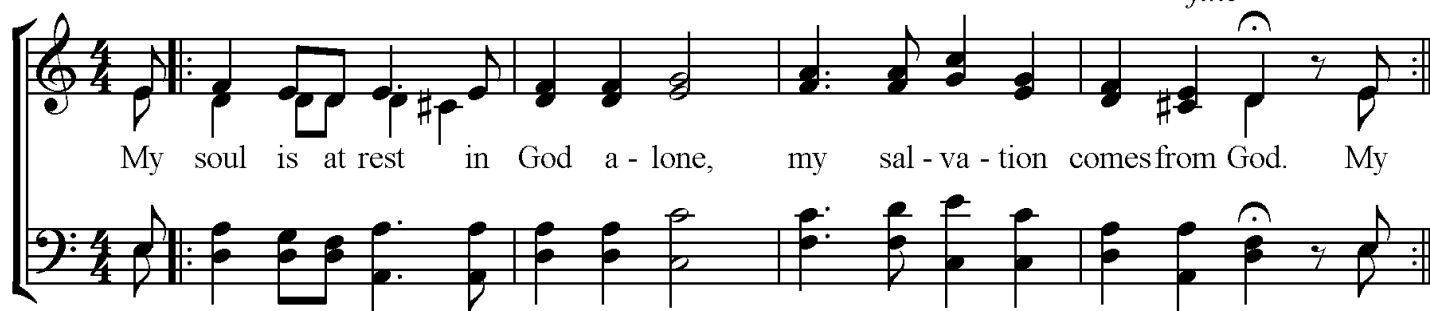
8:45 a.m. + October 11, 2026

Remaining little before God... is to recognize our nothingness, to expect everything from God as a little child expects everything from its father; it is to be disquieted about nothing, and not to be set on gaining our living... To be little is not attributing to oneself the virtues that one practices, believing oneself capable of anything, but to recognize that God places this treasure in the hands of His little child to be used when necessary; but it remains always God's treasure.
Thérèse of Lisieux, *Last Conversations*, August 6, 1897

Crossing the Threshold

Stilling Ourselves

"My Soul is at Rest"
fine



Sitting with a Psalm

Psalm 131

*O LORD, my heart is not lifted up, my eyes are not raised too high;
I do not occupy myself with things too great and too marvelous for me.
But I have calmed and quieted my soul, like a weaned child with its mother;
my soul is like the weaned child that is with me.
O Israel, hope in the LORD from this time on and forevermore.*

Singing our Contentment

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 its mother's arms;
Like this child sleeping by my side,
My soul, in God, knows peace and rest.*

*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.*

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 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.*

The Immediacy of Love

"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.*

Call to Littleness

Proverbs 9:4; Isaiah 66:12-13; Mark 10:13-16

"Whoever is a little one, let him come to me."

*"You shall nurse, you shall be carried upon her hip,
and bounced upon her knees.
As one whom his mother comforts,
so I will comfort you."*

People were bringing children to him in order that he might touch them, and the disciples spoke sternly to them. But when Jesus saw this, he was indignant and said to them,

*"Let the children come to me; do not stop them,
for it is to such as these that the kingdom of God belongs.
Truly I tell you, whoever does not receive the kingdom of God as a little child
will never enter it."*

And he took them up in his arms, laid his hands on them, and blessed them.

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.*

Story of a Soul

Thérèse of Lisieux

I wanted to find an elevator which would raise me to Jesus, for I am too small to climb the rough stairway of perfection. I searched, then, in the Scriptures for some sign of this elevator, the object of my desires, and I read these words coming from the mouth of Eternal Wisdom: "Whoever is a LITTLE ONE, let him come to me." And so I succeeded. I felt I had found what I was looking for. But wanting to know, O my God, what You would do to the very little one who answered Your call, I continued my search and this is what I discovered: "As one whom a mother caresses, so will I comfort you; you shall be carried at the breasts, and upon the knees they shall caress you." Ah! never did words more tender and more melodious come to give joy to my soul. The elevator which must raise me to heaven is Your arms, O Jesus! And for this, I had no need to grow up, but rather I had to remain little and become this more and more.

Meditation

Revelations of Divine Love

"All Shall Be Well" (Song of Julian of Norwich)

*Just as God is our Father, God is our Mother,
And she rejoices in us.
With his power and goodness, her wisdom and kindness,
With light, and grace, and love.
Light for our darkness, grace filled forgiveness,
And love as a balm for the soul.
When doubts gather round us, troubles surround us,
There is a calm that we know.*

*For all shall be well,
And all shall be well,
And all shall be well,
All manner of things shall be well.*

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

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

Assisting in Worship Today

Cody Arthur, Dylan Cumberland, Lori Anderson, Rev. Noel Denison

Today's Music

"My Soul is at Rest" – Jacques Berthier, *"Psalm 131"* – Maggi Dawn,

"Love is Little" – Traditional, *"All Shall Be Well"* – Peter Johns

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.



Poetry Circle

Tuesday, October 20 | The Anchor House | 6:30 p.m. – 8:00 p.m.

For poetry lovers and writers, for the curious and experienced, join Mark Jodon as he leads this time of sharing, of offering feedback, of exploring poetic forms and devices, and trying our hands at writing prompts, all while growing in fellowship and community. For more information, contact Mark at Mjodon@littler.com

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.

