The Center
for Christian Spirituality

All Things Hold Together: Held in You

8:45 a.m. + November 22, 2026 + Reign of Christ Sunday

And then our Lord opened my spiritual eye and shewed me my soul in the midst of my heart. I saw the soul so large as it were an endless world and as it were a blissful kingdom; and by the conditions I saw therein, I understood that it is a worshipful site. In the midst of that site sits our Lord Jesus, God and man, a fair person and of large stature, highest bishop, solemnest king, most worshipful Lord. And I saw Him clad solemnly, and worshipfully He sits in the soul even right in peace and rest. And the Godhead rules and guards Heaven and earth and all that is - sovereign might, sovereign wisdom, and sovereign goodness. The place that Jesus takes in our soul, He shall never remove it without end, as to my sight. For in us is His homeliest home and His endless dwelling, and in this He shewed the delight that He has of the making of our soul.
Julian of Norwich,
Revelations of Divine Love (15th century)

Crossing the Threshold

Opening Song *"**Praise to the Lord"***

Praise to the Lord, the Almighty, the King of creation!
O my soul, praise Him, for He is thy health and salvation!
All ye who hear, now to His temple draw near;
Join me in glad adoration.

Praise to the Lord, who o'er all things so wondrously reigning,
Bears thee on eagle's wings, e'er in his keeping maintaining.
God's care enfolds all, whose true good He upholds.
Hast thou not known His sustaining?

Praise to the Lord, who doth prosper thy work and defend thee;
Surely His goodness and mercy here daily attend thee;
Ponder anew what the Almighty can do,
Who with His love doth befriend thee.

Offering a Psalm of Celebration *contemplative adaptation of **Psalm 65** (Nan Merrill)*

Praise belongs to You, O Indwelling Beloved,
and to You we commit our lives,
to You who hear our prayers!
To You we come when we go astray;
when our transgressions fill us with guilt,
You do forgive us.
Blessed are those who draw near to You,
those who dwell in your Heart!
Awaken us to your kindness,
enter into the Sacred Chapel of our heart!

At the rise of each morning,
And as the sun sets at night,
the people bow their heads in reverent gratitude.
You visited the earth and satisfied our thirst,
offering Living Streams of water;
You fed the hungry,
and taught of Love's way.
You watered hardened souls,
filled with stone and weeds,
softening them with kindness,
and blessing their growth.
You crowned your years with abandonment,
inviting all to Eternal Life.
In the desert flowers come forth,
the pastures flourish with fruit and grain;
giving food to the poor,
the valleys rise up.
May all people honor these gifts with joyful song
while walking the path of Love.
Praise belongs to You, O Indwelling Beloved,
and to You we commit our lives,
to You who hear our prayers!

The Chapel of the Heart ***"Within"***

Within. Within. Within my soul a treasure lies,
The God of heaven and earth resides within. Within.
This temple built of flesh and bone, contains inside God's holy throne!
Within. Within. Within.

In faith. In fear. No matter what may come along,
Within my heart you sing a song of hope, of love.
A reassuring melody, that stirs from deep inside of me.
Within. Within. Within.

Contemplating Scripture ***Colossians 1:21-29***

And you who were once estranged and hostile in mind, doing evil deeds, the Son of God's Love has now reconciled in his fleshly body through death, so as to present you holy and blameless and irreproachable before him – provided that you continue abiding in the faith, grounded and settled, and not moved away from the hope of the Good News, which you heard, which has been proclaimed to all creation under heaven. I, Paul, became a servant of this Good News.

I am now rejoicing in my sufferings for you, and in my flesh I am completing what is lacking in Christ's afflictions for the sake of his Body, which is the Church, of which I became a servant according to the stewardship of God that was given to me for you, to fulfill the Word of God – the mystery that has been hidden throughout the ages and generations but has now been revealed to his saints. To them God willed to make known what are the riches of the glory of this mystery in the Gentiles, which is Christ in you, the hope of glory, Whom we proclaim, warning everyone and teaching everyone in all Wisdom, so that we may present everyone perfect in Christ. Unto this end I labor, contending according to His Working, which works in me in Power.

Meditation

Being Held Together ***"Held"***

I want to lose myself in You –
Lost in the beauty of all that You are.
Here in the chapel of my heart,
I will worship You.
(repeat)

As I am held by You.

Held in compassion, held in forgiveness,
Held in Your faithfulness and grace.
Held as accepted, held as beloved,
Held as enough in Your embrace.

Resting in God

We have sung of being held. Now we simply let it be true. During these minutes of silence, abide in God's Loving Presence, here in this chapel and in the chapel of your own heart. You don't have to hold anything together right now. You are in the Love of God, held with everyone in this room and with all creation. The Fullness of God is poured into Christ, and Christ is your Divine Center. So, there is nothing you need to do but receive. To assist you in consenting to God's Loving Presence within, you might center your attention in your heart, or breathe deeply down into your belly. If it helps, use a sacred word such as Love, Abba, Jesus, or Spirit. You may also pray with your breath.

Breathe in: Christ
Breathe out: in me

Song of Response ***"The Kingdom of God is Within You"***

The Kingdom of God is within you,
The Spirit of Life is within you,
The Firstborn of God is within you,
Striving to emerge from your heart;
Emerging from the womb of your heart.

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*
Cannon Alexander *– AV Production*
Rev. Rachel Sciretti *– Associate Pastor*
Rev. Dr. Michael Sciretti, Jr. *– Pastor of The Center*

Today's Music

'Praise to the Lord, the Almighty' – Catherine Winkworth & Paul Schilling, ***'Within'*** – Peter Johns, ***'Held'*** – Peter Johns, ***'The Kingdom of God is Within You'*** – Michael Sciretti Jr

Save the Dates

December 12 Guided Silent Retreat: An Honest Advent at 9:00 a.m. in The Anchor House
December 13 Advent Community Gathering at 10:00 a.m. in The Anchor House
December 19 Creative Space
December 20 Service of the Longest Night at 6:00 p.m. in The Chapel
December 21 Winter Solstice on the Labyrinth at 4:00 p.m. in The Anchor House
December 24 Contemplative Communion and Candlelight Christmas Eve Service at 4:00 p.m. in The Chapel

Centering Prayer

Sundays, Immediately following worship | The Chapel, Mondays at 9:00 a.m. & 5:00 p.m. | Online
Wednesdays at 9:00 a.m. | Online & In Person at The Anchor House, Fridays at 9:00 a.m. | Online

Join us for Centering Prayer, a Christian method of silent meditation designed to help a person rest in the inner presence and action of God. This method of prayer is both a relationship with God and a discipline.

Prayer Shawl

Tuesdays | 10:30 a.m. | The Anchor House

Join us in the Great Room of the Anchor House to pray, share, knit or crochet, and bless prayer shawls that have been completed. These shawls are gifted to individuals as a tangible embrace of God's love and mercy. Shawls are given to individuals facing a major health issue, death, or another critical life event. Occasionally, shawls may be given on joyful occasions as well. Whether you're knitting and crocheting skills are advanced or you wish to learn, we'd love to have you join us!

The Anchor House Hours

Tuesdays, Wednesdays & Thursdays | Noon - 4pm

The Anchor House is open in the afternoons for you to come and pray, meditate, walk 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 retreat outside of these hours, please let Haley know and we will coordinate a room for you.

Creation Care – Growing the Ground We Pray On

We are preparing for a groundbreaking. The Anchor House labyrinth has been where our community walks its way into silence, into prayer, into the presence of God. In partnership with Go Native Landscaping, we're transforming our backyard into two new sacred spaces: a Labyrinth Woodland Garden and a Butterfly Garden. They'll surround our contemplative practice with the quiet, living witness of native Texas plants, trees and pollinators. This is more than landscaping; it's an invitation to let the land itself become a companion in prayer and a habitat for the smallest of God's creatures, who remind us that flourishing is always communal. We invite you to help bring this vision to life with a designated gift toward these gardens.

Holding One Another in the Light

As our commitment to one another deepens, we want to be able to pray for one another – bearing burdens and joining in celebrations. Here is how to participate:

1. *Make a request for prayer or thanksgiving using the QR link or go to thecenterfcs.org*
2. *Opt in to receive the weekly prayer list by emailing Rachel at rsciretti@chapelwood.org.*

Spiritual Direction

Most of us at some point in life know we want a deeper relationship with God, and direction for our life, but just have no idea where to start. It leaves us feeling isolated and alone. At The Center for Christian Spirituality, we believe spirituality is meant to be lived in community, and everyone deserves a Soul Friend! That is why we have launched our Spiritual Direction ministry here at The Center. Our trained and certified Spiritual Directors help you be watchful and attentive to God in your life and guide you through the ups and downs of life and faith. If you are looking for a little one-on-one guidance in your relationship with God and God's direction for your life, one of our Spiritual Directors might just be a great fit for you.