

Cornerstone Community Church of Lansingburgh

570 3rd Ave. Troy, NY. 12182

Church Office Phone: (518) 235-3851 Church Office Email: Office@cornerstoneccl.org

Pastor Teresa Cell Phone: (518) 817-5676

Pastor Teresa Email: pastorteresaccl@gmail.com

Worship in the Sanctuary or Before the Service

Sunday School starts at 10:00AM

Sunday Worship starts at 10:00AM

JOIN the ZOOM Meeting 9:45 am Worship by ZOOM

Call (929) 205 6099 Meeting ID: 853 6846 3784

<https://us02web.zoom.us/j/85368463784> Passcode: 604772

Lenten Spiritual Discipline 1- Centering Prayer



Part 2

Prayer Preview

Where does Centering Prayer come from? Its

source is the Trinity dwelling within us. it is rooted in God's life within us...With baptism comes the entire uncreated presence of the most holy Trinity: Father, son and Holy Spirit. We participate as human beings in God's life just by being alive, but much more through grace...

This stream of divine love that is constantly renewed in the life of the Trinity is infused into us through grace. We know this by our desire for God. That desire, however it may be battered by the forces of daily life, manifests itself in the effort that we make to develop a life of prayer and a life of action that is penetrated by prayer.

Thomas Keating, "The Theological Basis of Centering Prayer,
Intimacy with God"

Contemplative Prayer We may think of prayer as thoughts or feelings expressed in words. But this is only one expression. In the Christian tradition contemplative prayer is considered to be the pure gift of God. It is the opening of mind and heart - our whole being - to God, the Ultimate Mystery, beyond thoughts, words, and emotions. Through grace we open our awareness to God whom we know by faith is within us, closer than breathing, closer than thinking, closer than choosing, closer than consciousness itself.

Centering Prayer Centering Prayer is a method designed to facilitate the development of contemplative prayer by preparing our faculties to receive this gift. It presents ancient Christian wisdom teachings in an updated form. Centering Prayer is not meant to replace other kinds of prayer; rather it casts a new light and depth of meaning on them. It is at the same time a relationship with God and a discipline to foster that relationship. This method of prayer is a movement beyond conversation with Christ to communion with him.

Theological Background The source of Centering Prayer, as in all methods leading to contemplative prayer, is the indwelling Trinity: Father, Son, and Holy Spirit. The focus of Centering Prayer is the deepening of our relationship with the living Christ. It tends to build communities of faith and bond the members together in mutual friendship and love.

The Root of Centering Prayer Listening to the word of God in Scripture (Lectio Divina) is a traditional way of cultivating friendship with Christ. It is a way of listening to the texts of Scripture as if we were in conversation with Christ and he were suggesting the topics of conversation. The daily encounter with Christ and reflection on his word leads beyond mere acquaintanceship to an attitude of friendship, trust, and love. Conversation simplifies and gives way to communing. Gregory the Great (6th century) in summarizing the Christian contemplative tradition expressed it as "resting in

God.” This was the classical meaning of contemplative prayer in the Christian tradition for the first sixteen centuries.

Wisdom Saying of Jesus Centering Prayer is based on the wisdom saying of Jesus in the Sermon on the Mount: “When you pray, go to your inner room, close the door and pray to your Father in secret. And your Father, who sees in secret, will reward you”(MT 6:6). It is also inspired by writings of major contributors to the Christian contemplative heritage including John Cassian, the anonymous author of *The Cloud of Unknowing*, Francis de Sales, Teresa of Avila, John of the Cross, Thérèse of Lisieux, and Thomas Merton.

The Guidelines

1. Choose a sacred word as the symbol of your intention to consent to God’s presence and action within.
2. Sitting comfortably and with eyes closed, settle briefly and silently introduce the sacred word as the symbol of your consent to God’s presence and action within.
3. When engaged with your thoughts,* return ever-so-gently to the sacred word.
4. At the end of the prayer period, remain in silence with eyes closed for a couple of minutes. *thoughts include body sensations, feelings, images, and reflections

Centering Prayer Guidelines

- I. **Choose a sacred word as the symbol of your intention to consent to God’s presence and action within.** • The sacred word expresses our intention to consent to God’s presence and action within. • The sacred word is chosen during a brief period of prayer to the Holy Spirit. Use a word of one or two syllables, such as: God, Jesus, Abba, Father, Mother, Mary, Amen. Other possibilities include: Love, Listen, Peace, Mercy, Let Go,

Silence, Stillness, Faith, Trust. • Instead of a sacred word, a simple inward glance toward the Divine Presence, or noticing one's breath may be more

suitable for some persons. The same guidelines apply to these symbols as to the sacred word. • The sacred word is sacred not because of its inherent meaning, but because of the meaning we give it as the expression of our intention to consent. • Having chosen a sacred word, we do not change it during the prayer period because that would be engaging thoughts.

2. Sitting comfortably and with eyes closed, settle briefly and silently introduce the sacred word as the symbol of your consent to God's presence and action within. • "Sitting comfortably" means relatively comfortably so as not to encourage sleep during the time of prayer. • Whatever sitting position we choose, we keep the back straight. • We close our eyes as a symbol of letting go of what is going on around and within us. • We introduce the sacred word inwardly as gently as laying a feather on a piece of absorbent cotton. • If we fall sleep, we simply continue the prayer upon awakening

3. When engaged with your thoughts, return ever-so-gently to the sacred word. • "Thoughts" is an umbrella term for every perception, including body sensations, sense perceptions, feelings, images, memories, plans, reflections, concepts, commentaries, and spiritual experiences. • Thoughts are an inevitable, integral and normal part of Centering Prayer. • By "returning ever-so-gently to the sacred word" a minimum of effort is indicated. This is the only activity we initiate during the time of Centering Prayer. • During the course of Centering Prayer, the sacred word may become vague or disappear

4. At the end of the prayer period, remain in silence with eyes closed for a couple of minutes. • The additional two minutes enables us to bring the atmosphere of silence into everyday life. • If this prayer is done in a group, the leader may slowly recite a prayer, such as the Lord's Prayer, while the others listen.

https://www.contemplativeoutreach.org/download/method-of-centering-prayer-brochure/?wpdmdl=106397&refresh=65d532dbef95e1708471003&ind=1702660379606&filename=170266037960380wprm_Centering_Prayer%20brochure.pdf

Third Sunday in Lent, Year B

March 3, 2024

***Please stand as you are able**

Announcements

Joys and Concerns for Prayer

Gathering

Prelude

Opening Prayer

Rev. Dr. Teresa Ko-Davis

Lenten Prayer

(inspired by John 2:13-22)

Holy God, in Jesus Christ you have built for us
an eternal house, a temple of righteousness,
a place of gracious plenty for the hungry
and abundant life for the poor in spirit.
Fill us with zeal for the body of Christ.
Overturn the tables of corruption and greed
and upset the imbalance of injustice,
so that we may worship you in spirit and truth;
through Jesus Christ, who is risen indeed.

CALL TO WORSHIP**Psalm 34:1-10**

Miss Mary Ann Light

I will bless God at all times;
 words of praise are ever in my mouth.
 I glory in the Most High;
 let the humble hear and rejoice

**O magnify the Holy One with me;
 Together let us praise God's name.**

**When i called for help God answered
 And freed me of all my fears.**

LooktoGodandberadiantwithjoy;
 your faces will not be ashamed.
 The afflicted call out in distress
 and are heard by God and rescued.

**An angel keeps guard and will protect
 All those who fear the Most High;
 Taste and see the goodness of God.
 Behappy!MaketheHolyOneyourrefuge!**

Remain faithful; reveretheMostHigh.
 These who fear God will lack nothing.
 The strong may know want and go hungry,
 but those who seek God lack no blessing.

PRAYER OF CONFESSION**Mr. Larry Moss**

(inspired by Exodus 20, Psalm 19, John 2: 13-22)

With hearts Sorrow,
 we come before you, O God,
 to confess what you already know—
 we have failed to keep your laws.
 Again and again,

**we have followed our own selfish will,
 rather than your holy and life-giving will
 for our lives.**

**We have twisted your decrees and institutions
 to suit our preconceptions and interests
 rather than your own.**

Forgive us, O God,

and cleanse us from hidden faults,
 that the words of our mouths,

**and the meditations of all our hearts,
 may be acceptable to you,
 our Rock and our Redeemer.**

Words of Assurance***Pastor Teresa***

(inspired by Exodus 20: 1-17)

God shows steadfast love
 and blesses to the thousandth generation
 those who [follow] God's ways.

In love, God sent Jesus
 to bless and redeem God's people.

God forgives us our sins
 and restores us to new life.

Let us rejoice in God's mercy.

***Opening Hymn 265 GtG “Jesus Shall Reign Where'er the Sun.” Vs 1, 5**

1. Jesus shall reign where e'er the sun does its successive journeys run; his kingdom stretch from shore to shore, till moons shall wax and wane no more.

5. Let every creature rise and bring honors peculiar to our King; angels descend with songs again, and earth repeat the loud Amen.

Proclamation of the Word

Psalm 46:10 “Be still, and know that I am God”

Mr. Chris Anderson

Psalm 130:5-7

I wait for the Lord,
my soul waits.

And in his word I hope;
my soul waits for the Lord
more than those who watch for the morning,
more than those who watch for the morning.

O Israel, hope in the Lord!
For with the Lord there is steadfast love,
and with him is great power to redeem.

The Word of the Lord.

Thanks be to God.

John 2:13-22

Deacon Mary Ann Whelden

2:13 The Passover of the Jews was near, and Jesus went up to Jerusalem.

2:14 In the temple he found people selling cattle, sheep, and doves, and the money changers seated at their tables.

2:15 Making a whip of cords, he drove all of them out of the temple, both the sheep and the cattle. He also poured out the coins of the money changers and overturned their tables.

2:16 He told those who were selling the doves, "Take these things out of here! Stop making my Father's house a marketplace!"

2:17 His disciples remembered that it was written, "Zeal for your house will consume me."

2:18 The Jews then said to him, "What sign can you show us for doing this?"

2:19 Jesus answered them, "Destroy this temple, and in three days I will raise it up."

2:20 The Jews then said, "This temple has been under construction for forty-six years, and will you raise it up in three days?"

2:21 But he was speaking of the temple of his body.

2:22 After he was raised from the dead, his disciples remembered that he had said this; and they believed the scripture and the word that Jesus had spoken.

The Word of the Lord.

Thanks be to God.

Anthem "I See the Lord"

Prayer of Illumination

Dr. Lawrence Lansing

Prepare our hearts, O God, to accept your Word.
 Silence in us any voices but your own,
 so that we may hear your Word and also do it;
 Gracious God, give us humble, teachable,
 and obedient hearts,
 that we may receive what you have revealed,
 and do what you have commanded. Amen.

Sermon "Intro to the Centering Prayer of Silence Part II"

Rev. Dr. Teresa Ko-Davis

Response to the Word

***Song of Response - GTG p. 626**

"As the Deer "

As the deer pants for the water,

so my soul longs after you.

You alone are my heart's desire, and i long to worship you.

You alone are my strength, my shield;

to you alone may my spirit yield.

You alone are my heart's desire,

and I long to worship you.

INVITATION TO THE LORD'S TABLE
Presider of the Communion: Elder Ruth Pierpont

GREAT THANKSGIVING

The Lord be with you.

And also with you.

Lift up your hearts.

We lift them up to the Lord.

Let us give thanks to the Lord our God.

It is right to give our thanks and praise.

It is truly right and our greatest joy to give you thanks and praise ... (minister continues) Therefore we praise you, joining our voices with the choirs of heaven and with all the faithful of every time and place who forever sing to the glory of your name:

Holy, holy, holy Lord, God of power and might, heaven and earth are full of your glory. Hosanna in the highest. Blessed is he who comes in the name of the Lord. Hosanna in the highest.

Minister continues: ... Great is the mystery of faith.

Christ has died, Christ is risen, Christ will come again.

Minster continues...

THE LORD'S PRAYER

Our Father, who art in heaven, hallowed be thy name;

thy kingdom come, thy will be done

on earth as it is in heaven.

Give us this day our daily bread, and forgive us our trespasses,

as we forgive those who trespass against us; and lead us not into temptation, but deliver us from evil. Amen.

Hymn: GTG p.530 GtG

“One Bread, One Body”

vs. 1, 2, 3

**Refrain: One bread, one body, one Lord of all one cup of blessing which we bless.
And we, though many, throughout the earth, we are one body in this one Lord.**

1. **Gentile or Jew, servant or free, woman or man, no more.**
2. **Many the gifts, many the works, one in the Lord of all.**
3. **Grain for the fields, scattered and grown, gathered to one, for all.**

BREAKING OF THE BREAD.

***SHARING THE ELEMENTS** - Please walk to the front of the altar in two lines, receive the elements and return to your seat.

PRAYER AFTER COMMUNION

The Prayers of the People

Pastor Teresa

As God's people, called to love one another,
let us pray for the needs of the church,
the whole human family,
and all the world, saying: Hear our prayer.

That churches of all traditions,
may discover their unity in Christ
and exercise their gifts in service of all,

we pray to you, O God:
Hear our prayer.

That the earth may be freed
from war, famine, and disease,
and the air, soil, and waters cleansed of poison,
we pray to you, O God:
Hear our prayer.

That those who govern and maintain peace in every land

may exercise their powers in obedience to your commands,
we pray to you, O God:

Hear our prayer.

That you will strengthen this nation to pursue just priorities
so that the races may be reconciled;
the young, educated; and the old, cared for;
the hungry, filled; and the homeless, housed;
and the sick, comforted and healed,
we pray to you, O God:

Hear our prayer.

That you will preserve all who live and work
in this city of Troy in peace and safety,
we pray to you, O God:

Hear our prayer.

That you will comfort and empower
those who face any difficulty or trial, especially_____:

We pray for the sick, the disabled, the poor, the oppressed,
those who grieve and those in prison, we pray to you, O God:

Hear our prayer.

That you will accept our thanksgiving
for all faithful servants of Christ now at rest,
who, with us, await a new heaven and a new earth,
your everlasting kingdom, we pray to you, O God:

Hear our prayer.

Pastoral Prayer

Merciful God,
as a potter fashions a vessel from humble clay,
you form us into a new creation.

Shape us, day by day,
through the cross of Christ your Son,
until we pray as continually as we breathe

and all our acts are prayer;
through Jesus Christ and in the mystery of the Holy Spirit, we pray.

Amen

Offertory

The Gifts of the People

As forgiven and reconciled people, let us offer ourselves and our gifts to God.

*Doxology GTG 607

Praise God, from whom all blessings flow;

Praise Christ, all people here below;

Praise Holy Spirit evermore

Praise Triune God, whom we adore. Amen.

*Offertory Prayer

Mrs. Jan Eden

Generous God, all we have comes from you and has been given to us as stewards that we might live and love as your beloved children. As we bring our gifts this morning, we realize what a small portion they are compared to what you have given to us. As we have sought ways to fund church ministry without raising our level of sacrifice, forgive us. If there have been times when we unconsciously favored reaching those with more assets to give and overlooked those who live and struggle with little, forgive us. Guide us in the path of repentance. We pray in Jesus' name. Amen. **(John 2:13-22)**

Amen

*Closing Hymn GTG p.839

"Blessed Assurance, Jesus Is Mine!"

1. Blessed assurance, Jesus is mine!
O what a foretaste of glory divine!
Heir of salvation, purchased of God,
born of his Spirit, washed in his blood.

Refrain: This is my story; this is my son, praising my Savior all the day long 2x

3. Perfect submission, all is at rest;
I in my Savior am happy and blest,
watching and waiting looking above,
filled with his goodness, lost in his love.

Sending

*Blessing

Pastor Teresa

Beloved, may Jesus Christ go ahead of you this week, turning over the tables that distract and raising you up to join in the abundant life of the Triune God whose love binds us together as the Body of Christ. Amen.

Amen.

Acolyte: Miss C. Anderson

Pastor and Presider: The Rev. Dr. Teresa Ko-Davis

Administrator of Communion: Elder Ruth Pierpont

Communion Servers: Elder Torill Staats, Miss libby campbell,

Deacon Pat Decker, Mrs. Chris Lansing

Music Ministry Leader: Ms. Cindy Ciabotte

Accompanist: Mr. Tony Opalka

Praise Leader: Elder Ruth Pierpont

Liturgists: Mary Ann Light, Christ Anderson, Marianne Weldon, Mary Ann Whelden,

Lawrence Lansing, Jan Eden

Greeter/Usher Coordinator: Elder Karl Eden

Sunday School Teacher: Deacon MaryAnn Whelden

Church Bell Ringer: Larry Moss, Karl Eden

VISION

Cornerstone Community Church of Lansingburgh

To Experience the Good News of God's love in Jesus Christ through **worship** and **Christian education** for all ages; **to offer true spiritual sanctuary** wherein all people can find **forgiveness, grace, faith, and renewal in Christ**; And to use these **gifts to strengthen our mission presence in the community.**

We warmly welcome all people of every age, race, ethnic or religious background, gender, sexual orientation, mental or physical ability, economic or family status. **Our First Sundays, we share in the Sacrament of Holy Communion.**

We observe an open Table at which any person who seek God's grace and blessing is welcome.

"You Matter to God and You Matter to Us!"