

Hey All,

So . . . are you exhausted yet? We want to give you permission to take a 24 hour, deep-breath, in-home retreat. Come celebrate a Sabbath with us.

One of the reasons we are hosting this event is to help people experience Sabbath time in your own ordinary life. To that end, we invite you to block out a full, 24-hour day beginning at 5 pm Saturday, November 18th until 6 pm Sunday, November 19th - and that you guard this time as you would guard a family vacation that you've driven three hours away to attend. In other words, don't schedule anything overlapping and think about how you might "pack" for such an event.

1. Consider what you would like to "leave behind" when you begin this experience.

Would you bring your work laptop or papers to correct to a Sabbath retreat? What about your cell phone, Facebook, or the laundry? Would you want to spend that time away vacuuming, preparing for your mother's visit, or fretting about a coworker conflict? Leave these things behind for 24 hours.

2. Consider what you would like to "bring" to this experience.

What activities give you joy or bring you rest? Knitting, napping, drawing or dreaming, reading, or relaxing in the bath? What do you need to do in advance to be ready to follow your heart if the moment arises - a good book? Some new yarn? A puzzle? "Bring" those things to your Sabbath retreat.

Food is part of your day. Would you love a day not to cook? What can you get or do in advance to allow that? Would you love the chance to linger in the kitchen and create a lavish meal? What can you get or do in advance to allow that?

How can this day be a different kind of day for you all? If you are alone a lot, consider spending part of the day with someone whose company you enjoy. If you're around people a lot, consider finding a pocket of time each person in your house can do something alone, or plan an hour when everyone is quiet together.

3. When the bus leaves for camp...

The Jewish Sabbath begins right at sundown. When the sun drops below the horizon, the Sabbath has begun. What's done is done, what is undone remains undone. The important thing is that everything gets set down, so that space may be opened up to be met by God just as we are.

Sabbath is a day for *being*, instead of *doing*.

This means that if the time comes and you have done no preparing, *do not worry*. Get on the bus anyway - this day will be a blessing to you.

See you at: 5:00 – Saturday, November 18th for worship. The next 24 hours are your Sabbath.

*There will be the normal worship at 10:00 a.m. on November 19th.

With great love,

Pastor Jon