

A Sabbath for July and August

No: meetings (unless absolutely necessary), Bible or book studies, Sunday School, ways of serving that feel like work

Yes: Prayer partners, Prayer walkers, Listening Circles, Lunch group(s), bringing green beans monthly for PFH, events at PUMC that other groups or organizations are directing, gardening, ways of serving that feel life-giving, fellowship events: movie nights, fire pit gatherings (with little to no set-up), game nights, CCoM events, potlucks, creation care or anti-racism events or projects

3 Minutes of Silence

Questions to Consider today as we plan to take Sabbath:

- How will you commit to connecting with God during this Sabbath time?
- How will you commit to connecting with people from this congregation during this time?
- How will you commit to connecting with creation?
- What gives you life? How will you incorporate what gives you life into your daily or weekly routine?
- What brings you joy? How will you incorporate what brings you joy during your daily or weekly routine?

Questions to consider during the Sabbath time:

- Who are you—*most authentically*?
- What do you care about—*most deeply*?
- What's calling you—*now*?
- Who is God—*to you*?
- Who is this congregation—*to you*?
- Who are your neighbors?
- Who are *our* neighbors in and around Parkwood?

Things to consider taking up during this Sabbath:

- Mepkin Abbey Contemplative Morning Prayer on Zoom on Tuesdays and Thursdays @ 8 AM and 8 PM. Meeting ID: 372 179 245, Passcode: 193322.
- A podcast on faith or the spiritual life: “Turning to the Mystics” with James Finley, “Everything Happens” with Kate Bowler, “No Small Endeavor,” “Nomad,” “Learning How to See” with Brian McLaren, “Everything Belongs” with Richard Rohr, “On Being” with Krista Tippett, “For the Life of the World” from the Yale Center of Faith and Culture, “The RobCast” with Rob Bell, “Duke Chapel Sermons,” “On Call: Stories and Conversations on Calling” with Pastor Adam and Rev. Amie Stewart, “Crackers and Grape Juice” (a UMC podcast)
- A book that is life-giving or formative for living more holistically: “A Generous Orthodoxy” by Brian McLaren, “The Gifts of Imperfection” by Brené Brown, “Breathing Under Water” by Richard Rohr, “Daring Greatly” by Brené Brown, anything by Henri Nouwen. Please come talk to Pastor Adam if there’s something specific you’re looking for.
- Join a prayer or book group
- A contemplative hike
- 20 minutes of silence
- Coffee with a friend