

July 31, 2024

“Unless one learns how to relish the taste of Sabbath ...  
one will be unable to enjoy the taste of eternity in the world to come.”

— **Abraham Joshua Heschel, The Sabbath**

Tomorrow begins my first day of Sabbatical! Sunday was a beautiful time to worship together and receive a Sabbatical blessing. The past few days have been tying up loose ends and making sure that all the ducks are in a row. I have no worries or concerns at all about disconnecting for the next four months and have full trust and confidence in our leadership and volunteers. We have such great leadership where many people's skills are gifts are involved. It is a beautiful expression and example of what it means to serve in ministry together.

It is not unusual for concerns or questions to occur around programming and process. The Fall is prepped and planned out, leaders are in place, and information has been shared with the council and the office and staff. However, at our roots, our ministry is not about programming. It's about rooting ourselves in our faith and beliefs and the living it out. People continue to ground themselves within community around scripture and prayer with morning devotions, yoga, Bible study, and learning along with grounding in individual spiritual practices. People continue to provide care and support through illness and life challenges. People continue to communicate and check in with each other. We are well practiced as a community to have high standards of horizontal leadership and thus, we function and flourish as one. We live into and out of 1 Corinthians 12:4-11 which says,

*Now there are varieties of gifts, but the same Spirit; 5 and there are varieties of services, but the same Lord; 6 and there are varieties of activities, but it is the same God who activates all of them in everyone. 7 To each is given the manifestation of the Spirit for the common good. 8 To one is given through the Spirit the utterance of wisdom, and to another the utterance of knowledge according to the same Spirit, 9 to another faith by the same Spirit, to another gifts of healing by the one Spirit, 10 to another the working of miracles, to another prophecy, to another the discernment of spirits, to another various kinds of tongues, to another the interpretation of tongues. 11 All these are activated by one and the same Spirit, who allots to each one individually just as the Spirit chooses.*

As I engage my own Sabbath time, I encourage you to engage your own Sabbath time of worship and rest. Dwell in the word, practice lectio divina, and sit space to hear God speak. Practice pastoral care with each other. Eat together. Get coffee. Walk. Read scripture outloud. Laugh with one another. Play. Pray. Read. Don't be afraid to go back to basics of worship and connection. Call one another and go through the directory to see if there is someone you haven't seen or connected with in awhile, and reach out.

I pray for us all in this time of renewal. Deep peace with us all as we remember the Sabbath time and keep it holy, in all it's ways.

With Sabbath rest and restoration,  
Pastor Shannyn

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If you are looking for some books to ground you, here are a few recommendations:

The Sabbath by Abraham Joshua Heschel

Where God Meets Man by Gerhard O. Forde

Whole Prayer: Speaking and Listening to God by Walter Wangerin and Eugene Peterson

A Spirituality of Living by Henri J.M. Nouwen

Circle of Grace by Jan Richardson

Fierce Self Compassion by Kristin Neff