

Give something away, to someone who needs more than you. Making this a regular practice is very freeing. The more valuable the item, the deeper the practice.

Have a long bath. Ritual cleansing opens us to new things.

Try writing your own prayer.

Read a chapter from another spiritual tradition. Hear how the words enter your heart.

Walk outside in your bare feet. Feel the earth's blessings, holding you, supporting you, nurturing you.

Keep a journal. Once a week, write down all the little (and big) things for which you are grateful.

Make a list of all the values you hold dear. Each week, revise the list.

Sing a song. Practice an instrument. Draw a design. Try a new recipe each Sabbath.

Make Sabbath bread.

Invite someone over each week for a glass of wine and friendly conversation.



Sabbath (7)

Even the most beautiful flowers close for the night



*What is it about this twilight
hour?
Even the sound
Of a barely perceptible breeze
Pierces the heart.
-- Izumi Shikubo*



I am the vine; you are the branches. John 15:5

Make a Sabbath Box

Make a Sabbath box. Literally, find a box into which you will place those things which keep you from Sabbath time for yourself.

Even if just for one hour, (or better, a whole day) place in the box things like:

- ❖ ***your TV remote***
- ❖ ***your laptop***
- ❖ ***your cell phone (turned off)***
- ❖ ***your newspaper***
- ❖ ***your TO-DO list***
- ❖ ***your shopping list***
- ❖ ***your worries (write them down)***
- ❖ ***your wallet***
- ❖ ***your keys***

*"God there is nothing I can do about these now;
I will place them in your hands."*

Jesus said: do not be anxious for tomorrow; the worries of today are sufficient for today. How does this work for you?

Once you place your items in the box, close it: whatever remains undone or unfinished, will not get done tonight (or today).

"In Sabbath time, we take our hand off the plow, and allow God and the earth to care for what is needed. Let it be. Then, at the end of your Sabbath time, be aware of how you open the box, and how you respond to what you will receive now back into your life."

--- Wayne Muller

ASK:

***Where am I in the midst of all of this?
How can I exercise better care of my life?***



Today is a gift; that's why they call it "the present".

Here are some other Sabbath Practices to try

Lighting candles for dinner on the eve of the Sabbath (this is how Sabbath begins in Jewish tradition)

Beginning a Sabbath time with a period of silent time, an hour, a morning, maybe while walking.

***Bless your children. Touch their heads and pray for their strength and happiness. If you don't have children, you can bless others the same way, even a pet.
"May you be happy; may you be at peace."***

Buy fresh flowers to begin your Sabbath, or make a bouquet from your own garden.

Write a letter to a friend. Call a long-lost relative. Pen a note of apology or forgiveness; you have held that grudge too long.

*You are not made for Sabbath;
The Sabbath is made for you.
--- Jesus*