

WIEUCA Families

SUMMER BLAST

E-MAIL 2



Are We There Yet?

How many times have you heard that while headed out on vacation.

Well, at the risk of annoying you even more, we want to ask you, "are you there yet" in finding some well deserved rest and spiritual energy this summer through observing "Summer Sabbath."

In this edition, we want to share a story with you on what Sabbath looked like for one family in our church. Also we want to let you in on a little secret: observing a healthy Sabbath could cause you to feel a bit guilty, at first. Don't worry, we'll share some ways to overcome the guilt.

Spiritual Formation Staff

More Family Friendly
Summer Sabbath Ideas on the next page

✘ Who's idea was it to begin with? ✘

Then he said to them " The Sabbath was made for man, and not man for the Sabbath."

Mark 2:27 (NIV)

I know you must be thinking that taking some time during the day on a regular basis to do nothing but sit and relax must be crazy. After all, haven't you been taught that idle hands are the devils workshop? That was a message I heard often growing up. I also know that our society highly values a work ethic that says, "if you are not productive, then you can easily be replaced."

So what do we do with all these thoughts that keep us from slowing down? How do we erase all the messages running rampantly through our heads that will not allow us to stop without guilt?

Honestly, we are not suggesting that a healthy work ethic is not a good thing. In fact, appealing again to the work of God in the creation

story, it would appear that God had a very good work ethic so to speak. God worked diligently and then rested. God intended for us to embrace that pattern as well.

It is interesting that in Jesus' day the Sabbath had become almost

the opposite in that you weren't allowed to do anything during Sabbath days. Remember when the Pharisees confronted Jesus as his followers were plucking a few grains of wheat while walking during Sabbath.

Jesus gently rebuked their misguided messages by letting them know that the Sabbath was intended to be good for the people not the other way around. So how can we let go of the guilt? We do that by acknowledging that God created Sabbath Rest and declared it to be good for us.



"How do we erase all the messages running rampantly through our heads that will not allow us to stop without guilt?"



What Sabbath Rest in a 21st Century World Can Look Like

One family was kind enough to share a beautiful story of a Sabbath experience with us. As you read the story below, you will notice that they didn't set out to make this a "Sabbath Experience" but it sure turned in to one. Sometimes we just have to be able to slow down enough to recognize it when it happens.

We had a super summer sabbath day. My mom and I took my kids to an old park near my parents home that has streams running all through it. We played and got wet and had a picnic. We had lots of fun.

Then, after dinner, my dad suggested that he and I take the kids to feed the ducks at a pond at a nearby college. We parked, fed some ducks and then started walking around the pond. As we walked over towards a bridge, my dad and I both noticed a brick labyrinth on the ground. This was really cool, because I had just been looking to see if there was one in town--my dad mentioned he had wanted to do one. So it was really cool that we stumbled upon one. The children asked what it was and we got to explain it--also neat. Then we walked across the bridge and saw the horse farm adjacent to the pond area. The kids looked at the horses. We

walked back toward the pond and more ducks came up. I noticed some benches facing the lake surrounding a small statue of St. Francis. We talked about St. Francis and how much he loved animals and being in nature. We thought it was neat that there were ducks and horses right there. Then my daughter suggested we play "church" and they sat down on the benches. We were being silly but also I asked them questions about St. Francis and they answered with what I had told them. My daughter made me pretend that she was new in town (so it wasn't all serious stuff). Then, since we were playing church, I asked the new girl (my daughter) if she would say a prayer like St. Francis had and she did and my dad got the cutest little video. My daughter said while we were throwing bread out "Feeding the ducks was a great idea." Man, it was a great time. What was even greater was not just doing it but thanking God for the time, the opportunity and the rest.

Hopefully, your family can find an easy activity that all of you enjoy. While you are doing that, look, listen and feel for where God may be present. You just might discover that you are in the midst of your own Sabbath moment. If so, we'd love to hear about it.

SABBATH AT WIEUCA

MOTHER'S
MORNING OUT
9:00 - 12:00
Tuesdays & Thursdays

KIDS' NIGHTS
Wednesdays
gym or playroom
6:00 - 7:30
(thru July)

Send your Sabbath
photos to
ddoud@wieuca.org

More Family Friendly Summer Sabbath Ideas



As the sun begins to set, go out on your deck or into the back yard with your children and get them to share with you what they are hearing, seeing or feeling as the sun is setting. Find ways to affirm God's presence in what they are experiencing. You might share a favorite memory verse, hymn or chorus that may be appropriate to the setting.



Create a space in your home that encourages quiet reflective activity. It could be as simple as a small table with a Bible, a religious symbol such as a cross or candle and perhaps some subtle music. Use this space for yourself as a parent to refocus when you are feeling overwhelmed. Share with your child how this space helps you. Encourage your child to use this space. Set up some boundaries on not allowing people to invade that space while someone is using it.



Guilt Erasers:

- Remind yourself that God invented Sabbath for you to enjoy.
- Love yourself by indulging in Sabbath Rest which will help you be a more loving neighbor to your spouse, your kids and others. This is how Jesus summed up the law, right?
- Proper rest and renewal will actually make you more productive in the long run.



Don't forget to send your photo of your family experiencing Sabbath rest while on vacation or just spending some time together. E-mail it to us and we'll make a display of Wieuca families experiencing Sabbath.