

Remember the Sabbath

First Church of Barre Universalist, Barre, VT. January 18, 2011 - Facilitated by George Plumb

This gathering is based on the book, *Sabbath: Finding Rest, Renewal, and Delight in Our Busy Lives*, by Wayne Muller.

Chalice Lighting: New Living Translation (©2007) "Remember to observe the Sabbath day by keeping it holy."

Opening Words: The Poem, *Let Evening Come*, by Jane Kenyon, page 13 of the book.

Thorns and Roses

Business

Intro to Topic: Some form of "Sabbath" is found in almost all religions. Although it is really very important, regardless of religious background, we have mostly "forgotten the Sabbath." Expound on this a bit.

Quotes:

There is more to life than merely increasing speed. Gandhi

You are not made for the Sabbath; the Sabbath is made for you. Mark 2:27

If a country is governed wisely....

People enjoy their food,

Take pleasure in being with their families,

Spend weekends working in their gardens,

Delight in the doings of their neighborhood.

Tao Te Ching

He makes me lie down in green pastures;

He leads me beside still waters,

He restores my soul.

Twenty-third Psalm

Questions for Discussion:

What does the Sabbath mean to you?

How did you live the Sabbath as a child? What, if anything, is different now?

How has electronics changed things?

What does rhythm have to do with the Sabbath?

What is the connection between the Sabbath and happiness?

When does the Sabbath begin and end?

What do the following have to do with the Sabbath: Food? Music? Prayer? Nature? Playing? Giving? Other days of the week?

What UU Principles apply to the Sabbath?

Will this discussion change anything in your life?

Likes and Wishes

Closing Words: Quote by Wendell Berry, page 232 of the book.