

# JOURNEYS

*Spiritual Formation Quarterly*

FIRST PRESBYTERIAN CHURCH OF FORT WORTH  
SUMMER 2017



rest

Keeping the Sabbath

*Six days you shall labor and do all your work, but the seventh day is the Sabbath of the Lord your God. In it you shall do no work: you, nor your son, nor your daughter, nor your male servant, nor your female servant, nor your cattle, nor your stranger who is within your gates. (Exodus 20:9, 10)*



# JOURNEYS

In Exodus, God made it clear that the entire household should have the opportunity to be refreshed by a Sabbath rest. However, it is also clear that, as author Mark Buchanan put it, we've lost, "the rest of God . . . [and the] wisdom in God's own rhythm of work and rest." To get back to that "rest," we've got to ask, "what is rest?" and "what are acceptable Sabbath keeping activities?"

Jesus, "demonstrated the true purpose of Sabbath keeping, which is liberation - to heal, to feed, to rescue, to celebrate, to lavish and relish life abundant." Sabbath keeping is setting aside one day (or part of a day) out of seven for feasting and resting and worship and play. It is meant to be a GIFT from God, not a burden. This edition of *Journeys* is dedicated to sparking ideas of ways you can enjoy the gift of Sabbath keeping and the soul-enriching rest and rejuvenation that it offers.

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# Read, Prepare, Play: A Sabbath Keeping Journey

by Martha Brooks

Sabbath keeping can be practiced in many ways. For me, it is the commitment to find a time (from a whole day to several hours) and give that time to God. Some people observe Sabbath keeping on Sunday; however, it can also be observed on Saturday or other days of the week.

My observance is on Mondays. I remember a time, years ago, after returning from a mission trip, when my laundry was stacked about me and my yard was a mess. I thought, "Boy, this sure is different from last week!" All of a sudden, a strong thought came, "why don't you take Monday as a Sabbath? Sunday sure isn't for you. Use Monday to Read, Prepare, Play!" I said, "OK,"

just like that! Sabbath keeping had begun for me.

The giving of time to God during Sabbath keeping can take many forms. For instance, I remember a time when we were in Jerusalem, and saw whole families playing together and simply enjoying each other's company. That's Sabbath keeping. For me, on Mondays I don't clean house or shop. Instead, I continue to explore what those three words (Read, Prepare, Play) mean to me. Sometimes I Prepare a church school lesson. Sometimes I Read a novel or something more inspiring. Sometimes I Play by doing yard work. At other

*Continued on page 10*

# PRACTICES

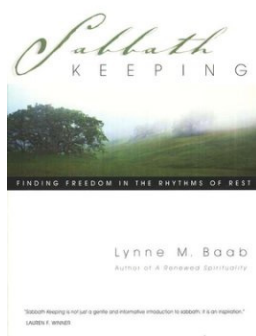
As summer is a time to rest and revitalize, it is the perfect time to discover your own, “pattern of rest,” which “affirms the deep love of God that cannot be earned through frenetic activity.” (author Lynne Baab in *Sabbath Keeping: Finding Freedom in the Rhythm of Rest*). The ways to keep the Sabbath are as numerous as there are people keeping the Sabbath.

The following is merely a sampling of things you can try as you search for your own, unique practices to find rest and renewal in the Lord:

- *Play*: Engage in an activity that is “fun” for you / brings you joy.
- Read a book
- Spend time with your family
- Refrain from housework
- Engage in a Bible study
- Tour a museum or art gallery
- Attend a worship service, church activity, or Sunday school class
- *Create*: a painting, a special food, music, a garden or outdoor space ... anything, really
- Attend a concert or play
- Take music, dance, art, photography or other classes
- Dine with family and friends
- Be still and listen for God
- Pray
- Perform a rhythmic, “mindless” activity, if it brings you peace and presence
- Move your body
- Nap
- Study
- Volunteer
- Be with people
- Help someone
- Work for justice
- Refrain from buying
- Meditate
- Read the Bible
- Sing

# PRACTICES

## BOOKS TO READ

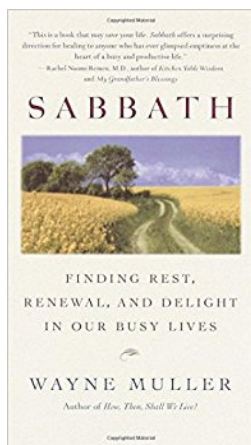


### *Sabbath Keeping: Finding Freedom in the Rhythms of Rest*

Lynne M. Baab

Let's face it: our rest needs work. Sabbath recalls our creation, and with it God's satisfaction with us as he made us, without our hurried wrangling and harried worrying. Sabbath keeping reminds us that we are free to rest each week. This is a practical and hopeful guidebook that shows us how to embrace a rhythm of rest and

encourages all of us to slow down and enjoy our relationship with the God of the universe.



### *Sabbath: Finding Rest, Renewal, and Delight in Our Busy Lives*

Wayne Muller

In today's world, with its relentless emphasis on success and productivity, we have lost the necessary rhythm of life, the balance between work and rest. Constantly striving, we feel exhausted and deprived in the midst of great abundance. Millennia ago, the tradition of Sabbath created an oasis of sacred time within a life of unceasing labor. In this book, Wayne Muller shows us how to create a

special time of rest, delight, and renewal--a refuge for our souls -- to restore our creativity and regain our birthright of inner happiness.

# PRACTICES

## SUMMER SABBATH KEEPING OPPORTUNITIES

Sabbath keeping helps us to establish a rhythm of work, rest, worship, celebration and relationships. The following are a few things that can help you achieve this renewing rest and joy:

### *Renewal Through Movement*

FPC offers several options to get your body moving:

**Yoga Stretch** Mondays, 9:30 a.m. in Room 109

**Fun with Zumba** Wednesdays, 9:30 a.m. in Room 109

**Tai Chi** Fridays, 10 a.m. in the Atrium by the Great Hall

### *Renewal Through Creativity*

**Fort Worth Library's Third Thursday Jazz Series**

Thursdays, July 20, August 17 & September 21 at 6:30 p.m.

City of Fort Worth Central Library (500 W. 3rd Street)

Internationally renowned musicians perform free in the Gallery of the Central Library on the 3rd Thursday of each month during the summer. To learn more, go to: [www.fortworthtexas.gov/library/thirdthursdayjazz/](http://www.fortworthtexas.gov/library/thirdthursdayjazz/)

**Modern Art Museum of Fort Worth: Drawing from the Collection**

Sunday, August 6 from 2–3:30 pm. at the 500X Gallery

Learn with local artists as they lead informal basic drawing classes in the galleries. This free class is open to adults at all skill levels—just bring a sketchbook and pencils. For more information, to: <http://www.themodern.org/programs/upcoming/>

### *Renewal Through Worship*

**Taize Prayer Services**

3rd Sunday of each Month from 6:30–7 p.m. in the FPC Chapel

In addition to Sunday morning worship services, FPC also offers a service using music from the Taize Community in France, woven together with scripture and prayer. This reflective evening service offers a sense of peace and calm in the midst of our everyday living.

# PRACTICES

## *Renewal Through Community*

### **Mo-Ranch All Church Retreat**

*Friday, September 1 - Monday, September 4*

*Mo-Ranch Assembly, Kerrville, Texas*

Come enjoy time with your family in community at FPC's annual all church retreat at the Mo-Ranch Assembly camp and conference center in central Texas. This year's theme is "Reconnect." Reconnect to each other, to our families, to God. Lots of outdoor and indoor activities for all age groups. Call Robyn Michalove at 817-335-1231 to see if spots remain open.

### **Worship on Wednesdays (WOW!)**

*Wednesdays, 5:30 p.m. (does not meet in July)*

*Community Crossroads at 1516 Hemphill*

WOW! offers a mid-week service of physical and spiritual food. To learn more about how to become involved, contact Leah Wyckoff at 817-335-1231.

### **Volunteer Opportunities at FPC**

There are many volunteer opportunities available through FPC. For a more extensive list of options and opportunities, please go to: <http://fpcfw.org/serve/serve-at-fpc/>

## *Renewal Through Study and Reflection*

### **Montserrat Saturdays of Renewal**

*1st Saturday of the Month (August 5, September 2, October 7, November 4, and December 2) from 9 a.m. - 12 noon*

*Montserrat Jesuit Retreat House (600 N Shady Shores Drive, Lake Dallas, TX 75065)*

Montserrat's *Saturdays of Renewal* are perfect for anyone searching for the Sabbath-keeping gifts of peace, space, silence and sharing. The Jesuits of Montserrat offer a morning of prayer conferences, time for personal silent prayer, sharing, and a celebration of the Eucharist. Info at <https://www.montserratretreat.org/saturdays/>

# PRACTICES



## **Women's Connection: The Fullness of Life**

*Friday, August 11, 4–6 p.m. – Sunday, August 13*

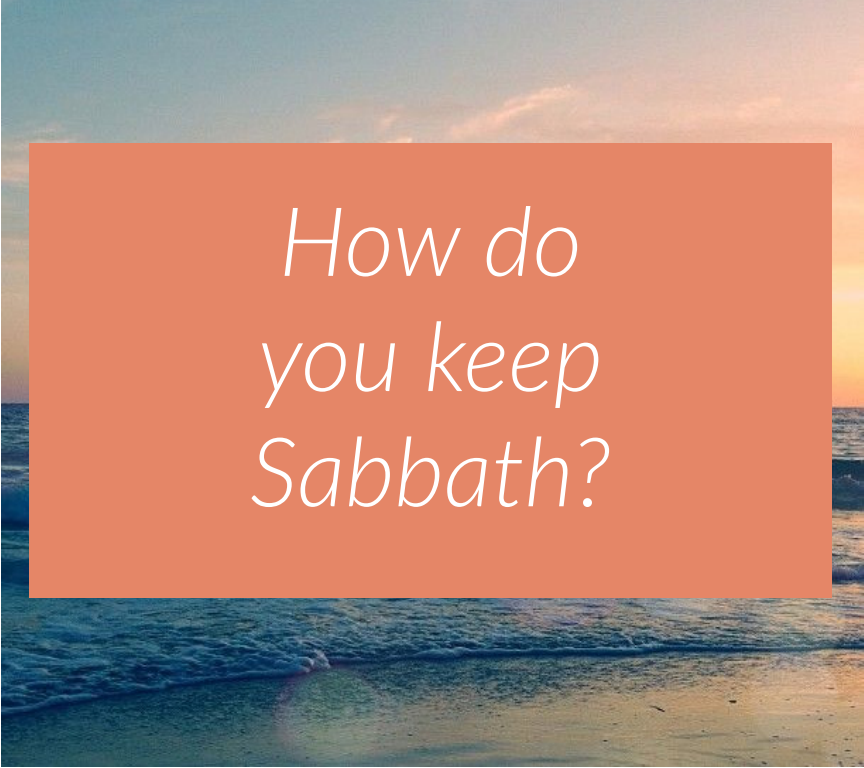
*Montreat Conference Center, Montreat, NC*

This year's Women's Connection conference will encourage participants to find grace and renewal through reflection, rest and community. It will provide holy time for women to honor who God has created them to be, by providing space and opportunities to nurture mind and body, to connect with community and to recenter their communal and individual selves in God's good news. Conference activities will include worship, fellowship, recreation, rest, and workshops. Come as you are!

## **Self-Directed Study of Sabbath Keeping**

To access this study, visit [http://www.uccfiles.com/faith\\_practices/KeepSabbath/UCCSabbath.pdf](http://www.uccfiles.com/faith_practices/KeepSabbath/UCCSabbath.pdf)





*How do  
you keep  
Sabbath?*

Want to join the discussion  
of Sabbath keeping ideas?

Visit


[FPCFW.ORG/JOURNEYS-BLOG](https://FPCFW.ORG/JOURNEYS-BLOG)

to share your own Sabbath keeping ideas and practices, as well as hear what others on the journey to rest and renewal have to share.

times I Play by going to lunch with someone. Whatever or whenever, Reading, Preparing, or Playing takes me, my intent is to give that time to the Holy.

FPC member, Malcolm Street, practices a more “traditional” sort of Sabbath keeping. He says that his Sunday Sabbath, “is more about what I don’t do than what I do—essentially, no consumerism (i.e. shopping) on Sunday. Plus, I make time for spiritual reading and reflection. And of course Sunday ‘worship.’”

For FPC member, Mary Salazar, Sabbath keeping is, “spending a day being present to God’s presence with all of my senses, joyfully in gratitude and prayer, giving myself back to God. [It is] a sacred [time] where God and I can spend the day being present to one another in silence/solitude or in family/community (spending time with a friend, taking flowers to a loved one, visiting a neighbor at home or in the hospital, taking a walk and reflecting on God’s graces, singing praises in the car, giving a stranger a kind word or smile, eating a meal or sitting in the backyard and being silent to the presence of God’s creation in prayer and journaling).”



*“Sabbath keeping is,  
‘spending a day being  
present to God’s presence  
with all of my senses,  
joyfully in gratitude and  
prayer, giving myself back  
to God.’”*



WE WANT TO HEAR

..... *from* .....

YOU

What spiritual practices would you like to see covered in future editions of *Journeys*?

Are there things you're practicing that you'd be willing to share in a future edition of *Journeys*?

Let us hear from you at  
[FPCFW.ORG/JOURNEYS](https://www.fpcfw.org/journeys)

## A GIFT FOR YOU...

In each issue of *Journeys*, the back cover will include a visual of a scripture or an encouraging quote as our gift to you. Cut it out and post somewhere you'll see it often. -- *Spiritual Formation Subcommittee*

