

# “Take it On Home”



Church of the Resurrection - Family Ministry

September 2016

A Few Thoughts: *“Bear in mind that the Lord has given you the Sabbath…” Exodus 16:29.*

Every September feels like a new start to me – almost like a new year begins September 1<sup>st</sup> instead of January 1<sup>st</sup>. Usually this time of year brings me refreshed and looking forward to the new programs ahead. Somehow this year is different. There was not much time during my summer this year for those moments of rest that I always need in order to restore my spirit. Do you every feel this way?

I’ve noticed recently that I am not along in this frantic feeling. Those around me never seem to allow themselves a “slower” mode. It seems like we are not accomplishing all that needs to be done if we are not rolling along at 100 miles an hour. And we are dragging our children along with us… Maybe it is the feeling we are going to miss out on an opportunity or our children will miss one. But stop for a second. Isn’t there something more? What are we running after?

I’ve been thinking about this a lot lately and an answer came to me as I was driving carpools and doing errands one afternoon. There was an older couple walking down the street in our neighborhood and they stopped to look at one of the gardens that looked particularly nice that afternoon. I suddenly had this deep longing to be those people at that very moment. I wanted to be able to walk and admire people’s gardens – without an agenda or plan but rather for the joy of it. I couldn’t explain this need to my husband later as I tried to put it into words but I’ve spent quite a bit more time to think about it since then.

I think it comes down to the basic need of rest in my life. And in particular, the need for Sabbath. What I was yearning for when I saw the couple in my neighborhood was the time to walk and be in God’s creation without any other distractions. I need to just be. If you are feeling this way or maybe have felt this way in the past, I invite you to join with me in a kind of Sabbath. I am going to start small but I hope to expand my Sabbath as I go along. Each Sunday (or it can be any day), I am going to spend one hour away from my technology and be outdoors. Maybe taking a walk or sitting on a park bench or just in my backyard. I

will not have an agenda or try to accomplish anything except to just be... Won't you join me? Let me know how your Sabbath feels for you.

--Whitney Wilson

### This month at Church of the Resurrection, we are learning about

Godly Play (preschool -2nd grade) stories in September: The Calendar of the church year, Creation, and The second creation.

Connect (3rd - 5<sup>th</sup> grades) topics in September: Creation and the Fall

Bagel and Bible (middle and high school) topics: Lectionary Bible readings (Identical to the Sunday morning readings)

### Upcoming Events to put on your Calendar:

- Our annual "St. Francis Day" service with the blessing of the animals will be Sunday October 2nd at the 8am and 10:15am services. There will be no Sunday School that day so that all the children and youth can be in the service and enjoy the festivities.
- On October 23rd at 5pm we will be having our annual Harvest Feast dinner which is one of the few occasions that we all come together as a congregation and share a meal together. This year will be a little different with an Italian theme and people will be invited to bring their favorite dish to share. There will also be children's activities during the meal so that parents will have an opportunity to talk with their fellow parishioners.

## The Episcopal Church of the Resurrection

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