

**SABBATH** (inspired by the reading and sermon on June 12, 2011, by Rev. Carolyn Patierno, “Sabbath Sense”)

**OPENING WORDS & CHALICE LIGHTING:**

We come together to remind one another  
To rest for a moment on the forming edge of our lives,  
To resist the headlong tumble into the next moment,  
Until we claim for ourselves awareness and gratitude,  
Taking the time to look into one another’s face  
And see there communion: the reflection of our own eyes.  
This house of laughter and silence, memory and hope,  
Is hallowed by our presence together.

~Rev. Kathleen McTigue

**PURPOSE:** We come together to build connections and to talk about what deeply matters.

**CHECK IN:** What you share may be about your physical or spiritual health, cares or concerns for loved ones, issues you are facing. What are you leaving behind to be here today?

**READING OF GROUP COVENANT**

**FOCUS:** Sabbath (Each person in the group speaks uninterrupted; if time remains, general response and conversation are welcome.)

**“Summer Meditation”** by Robert T. Weston, Unitarian minister, adapted  
Now blows the wind with soft, relaxing warmth. The sun beats down. The schools are out.  
Children swarm in the playgrounds and the streets, and eager city folk, vacation-bound crowd the broad highways.  
The lakes and seashores lose their solitude, and all the world seems turned to carnival.  
What of ourselves? There could be, now, deep peace, a time for soul-searching.  
We might turn to examine our own lives, to sort and probe our tendencies of thought,  
To sift the true from false in the things of doubt, the beautiful from ugliness unmarked.  
The sun beats down; it is a time for pause.  
Even the trees seem resting for a time as if to meditate and gather strength for the more strenuous times that lie ahead.  
And shall not we? Here’s the unfinished clay, half-molded, that still waits on us  
To think what we have been, and are, and still yet have to become.

**Questions for Discussion**

1. Do you intentionally carve out time for soul-searching? For examining your own life?
2. Do you take time to pause? To dream? To think of what you have been and what you still may yet become?
3. Rev. Patierno reflected on the tendency of some of us to be “crazy-busy”. What is your experience with “crazy-busy” and with finding or making the time to pause, slow down, and reflect on life?
4. How does your experience at All Souls help you to find a sense of Sabbath in your life?

**CONFIDENTIALITY CHECK:** Is there anything that you shared here today that you would like held confidential? Otherwise, this is a reminder that we treat each other’s sharing with kindness and respect.

**CLOSING WORDS:**

Welcome Sabbath! Let depart  
Every care of troubled heart.  
Now the daily task is done,  
Let a word of comfort come  
Thou shalt rest, thou shalt rest.