

## Community Sabbath Sunday General Schedule

“Put away your work and phone and striving and errands for the day and enjoy the abundance of all that you already have, together with your community.” – Rev. Ana Levy-Lyons

**10:15-11AM:** Our Sanctuary will open early for quiet meditation, prayer and enjoying choir rehearsal

**11-12:15PM: Worship**

**12:15-1:00PM: Coffee Hour** - Soup and Sandwiches will be available for a nominal donation.

**1:00-2:30PM: Concurrent Sabbath Activities (see schedule for details)**

**2:30-2:45:** Return to the Undercroft for a shared communion of warm pumpkin bread and hot chocolate or tea.

**2:45-3:00PM: Closing worship** (Chapel)

*Childcare for children under 2 is available in the nursery until 2:30PM. Parents must leave contact information with our caregiver.*

### January 11<sup>th</sup> Schedule of Activities (1-2:30PM)

**Pre-Worship Meditation** - (Library) Begin the Sabbath with a time for centering. We will gather at 10:15AM for brief discussion followed by 25 minutes of silent seated meditation. Please join us to connect with others who are interested in finding a space for personal meditation practices within the larger FUUB religious community. All are welcome, however, formal meditation instruction will be very limited. Leader: Samira Kawash.

**Family Kirtan** - (Chapel) Gather at 12:45PM. Based on ancient chants, Kirtan has the ability to quiet the mind if listened to with intention. As you sing with each other you experience a deep connection with the musicians, the other audience members and yourself. And when the music stops, your mind is quiet. Leader: Lee Ilan and guests. All ages are welcome.

**Hymn Sing** (Sanctuary) – Our music director, Adam Podd, will lead us in 30 minutes of singing. This is a chance to sing your all-time favorites. Afterward, participants can join any of the other activities, take a walk or spend some time in fellowship.

**Reading/Meditation/Quiet Time** (Library) – Yes, one and a half hours of uninterrupted reading, prayer, handiwork or meditation. This is a quiet room, please silence your electronics and use headphones if you’re listening to music. You may join this group at any time during the Sabbath.

**Men’s Discussion Group** – (Eastman Room – directly above the Frances White Room) leader: Ari Hoogenboom, Jr. Details forthcoming

**Book Discussion with Rev. Ana** – (Frances White Room) Rev. Ana will lead a discussion of this year's Unitarian Universalist Association common read, *Reclaiming Prophetic Witness: Liberal Religion in the Public Square* by, Paul Rasor. All are welcome, but the discussion will assume that participants have read the book.

**Baking** – (Kitchen) Do not come to this event unless you think the best way to spend a Sunday afternoon is in the kitchen making something delicious for the people you love. We will bake chocolate chip cookies to eat when we gather before our closing worship. While the cookies are in the oven, we can get to know each other better, play board games or join the Kirtan. Garnett Losak is our leader (children 10 are welcome or under 10 with a parent or caregiver)

**Games** – (Undercroft) All are invited to bring a board game or a deck of cards for an hour or two of good old fashioned fun. Apples to Apples anyone? Beware! You will smell cookies baking in the kitchen, but don’t touch until 2:30!

**Build Your Own Sabbath Practice** – Do you normally take a solitary walk on Sundays or go to a Yoga class? Feel free to create a Sabbath practice that sustains your spirit and join the community for our closing ritual.

**Twenties & Thirties Brunch** – Break bread with old and new friends and then rejoin the congregation for the closing ceremony. Meet in the Undercroft for coffee and fellowship and then head out to a local diner.

**First Unitarian Congregational Society**

*A Unitarian Universalist Congregation*

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**Rev. Ana Levy-Lyons**, *Senior Minister*

**Meagan Henry**, *Director of Education Ministries*

**Adam Podd**, *Music Director*

**Garnett Losak**, *Director of Membership & Communications*

**Robert Petrillo**, *Director of Congregational Services*

“Had I gone looking for some particular place rather than any place, I’d have never found this spring under the sycamores. Since leaving home, I felt for the first time at rest. Sitting full in the moment, I practiced on the god-awful difficulty of just paying attention. It’s a contention of my father’s—believing as he does that anyone who misses the journey misses about all he’s going to get—that people become what they pay attention to. Our observations and curiosity, they make and remake us.” -*William Least Heat Moon, 1939* –

## **Community Sabbath Sundays (2014-15)**

**October 12<sup>th</sup>, January 11<sup>th</sup>,  
March 8<sup>th</sup>, May 31<sup>st</sup>**

(Dates subject to change)

An experiment in how a liberal religious community can be transformed by celebrating a joyful Sabbath together.

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