

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.

October 12th Schedule of Concurrent Activities (1-2:30PM)

Walking Meditation – Thich Nhat Hanh says, "In order to have peace and joy, you must succeed in having peace within each of your steps. Your steps are the most important thing. They decide everything." David Garvoille will offer an opportunity to develop a Sabbath practice of walking. We'll be using Thich Nhat Hanh's words to guide us. By simply walking, you will "Kiss the Earth with your feet...print on Earth your love and happiness." Meet in the Undercroft at 12:45PM.

Family Picnic or Playground (Pierrepont Playground or Cadman Plaza) Families and children are invited for a couple of hours of free play. Yes parents, that means you too. Enjoy the outdoors and the fellowship of other parents while your children learn through playing together. Meet in the Undercroft at 12:45.

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. This event is especially for those of you who never get enough music during worship. 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 or meditation. This is a quiet room, please silence your electronics and use headphones if you're listening to music.

Men's Discussion Group – (Frances White Room) leader: Ari Hoogenboom, Jr. Details forthcoming

Sabbath Seder with Rev. Ana -(Chapel) Cultivate Sabbath consciousness in this circle of shared food and reflection. We'll taste symbolic foods, inviting the Sabbath qualities of abundance, fullness, wisdom, fertility, and peace to permeate our community and our lives.

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 several pumpkin breads to use as part of our closing communion ceremony. While the breads are in the oven, we can get to know each other better, play board games or take a walk to the promenade. Garnett Losak is our leader (children over 10 are welcome with a parent or caregiver)

Biking – Bring your bike to church and join Nara Williams, one of our resident bike enthusiasts for an easy ride through Brooklyn. Nara will plan the route. Meet in the Undercroft at 12:45. Helmets are required please.

Games – (Undercroft) If the weather is rainy, bring your favorite board game or a puzzle to share.

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.

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 12th, January 11th,
March 8th, May 31st**

(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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