



**Sabbath  
Week 1  
Putting it All to  
Rest**

1. I live each day in an easy rhythm between give and take.
2. I open to insights and blessings that arise only in stillness and time.
3. There is a blessing for me here, now, in this very moment.



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## 2020 Fall Program Prayer

*There is a blessing for me here, now, in this very moment. I slow down, surrender to Sabbath, and listen to Spirit.*

*As I take time to rest, I experience a wealth of peace, serenity, well-being, and delight. I let go of the frantic pace of outer desires and turn within to discern my genuine needs.*

*I affirm 'thy will be done' as an expression of my faith. I accept the greatest gift of Sabbath, the blessing of being miraculously alive.*

*My heart is lifted, my spirit refreshed, as I connect body, mind, and spirit with the world. And so it is, amen.*

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