

Heart ♥ to ♥ Heart

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Time for Refreshment and Renewal: Living in the Sabbath Spirit

Summer usually offers us a change of pace; it may give us some time for vacation, a time to be refreshed and renewed, to step outside our usual environment, daily schedule, and many responsibilities. With this in mind, Heart to Heart offers reflection suggestions for the summer season: some reflective pieces and prayers and some suggestions for books for summer reading.

“The meaning of Sabbath is to celebrate time rather than space. Six days a week we live under the tyranny of things of space; on the Sabbath we try to become attuned to holiness in time. It is a day on which we are called upon to share what is eternal in time, to turn from the results of creation to the mystery of creation; from the world of creation to the creation of the world.”

Abraham Joshua Heschel, *The Sabbath*

“Sabbath time is time off the wheel, time when we take our hand from the plow and let God and the earth take care of things, while we drink, if only for a few moments, from the fountain of rest and delight.”

Wayne Muller, *Sabbath*



Remember the Sabbath and Keep it Holy

"Maybe because at this time of year I feel more empty than full, I have been thinking about the idea of sabbath and what I need to do in order to replenish my energy and to renew my creativity and to be able to do more than just the next thing on the list.

Here's my idea. What about this as an exercise in faithfulness?

What if instead of thinking about the upcoming couple of months as summer,

Or your upcoming time away as vacation,

What if you thought about it and approached it as sabbath?

As time you intentionally carve out from the busyness and business of life as it usually is.

To live differently.

To bring a different attitude and outlook to the moment you have.

To look at your life and the time of your life as gift.

And then to see what happens.

Maybe it means using these days to intentionally cultivate a deeper sense of gratitude.

Maybe it means using this time to say thank you more times than you complain or shake your head or point your finger.

Maybe it means going at a pace which enables you to pay enough attention that you notice those things...that something...which takes your breath away.

Maybe there is something about having time and energy to help that is a part of holiness.

Maybe it is slowing down enough that you notice the daily grace which brushes up against your life.

Maybe.

Remember the Sabbath and keep it holy."

From the Blog "We Get There by Walking" by Paul Alcorn

Suggested Summer Reading

An Unfinished Love Story: A Personal History of the 1960's, Doris Kearns Goodwin

Come Forth: The Promise of Jesus' Greatest Miracle, James Martin SJ

Come Have Breakfast, Elizabeth Johnson, CSJ

Covenant of Water, Abraham Verghese

Heaven and Earth Grocery Store, James McBride

Indigo Girl, Natasha Boyd

Little Fires Everywhere, Celeste Ng

Mad Honey, Jodi Picoult & Jennifer Finney Boylan

Remarkably Bright Creatures, Shelby Van Pelt

The Women, Kristin Hannah

Trial, Richard North Patterson





A Summer Prayer

May you breathe in the beauty of summer with its power of transformation. May this beauty permeate all that feels un-beautiful in you.

May the God of summer give us beauty.

May you seek and find spaces of repose during these summer months. May these moments refresh and restore the tired places within you.

May the God of summer give us rest.

May you be open to times of celebration and recreation that are so much a part of summer. May you find happiness in these times of play and leisure.

May the God of summer give us joy.

May you see the wonders of summer's colors. May these colors delight you and entice you into contemplation and joy.

May the God of summer give us inner light.

May you feel the energy of summer rains penetrating thirsty gardens, golf courses, lawns, and farmlands. May these rains remind you that your inner thirst needs quenching. May your inner self be refreshed, restored, and renewed.

May the God of summer give us what we need for healing.

May you savor the fresh produce that comes to your table and enjoy the fruits of summer's bounty.

May the God of summer give us a sense of satisfaction in the work of our hands.

May you find shelter when the stormy skies of summer threaten your safety.

May the God of summer give us shelter when inner storms threaten our peace of mind and heart.

May you enjoy the unexpected and find surprises of beauty and happiness as you travel the roads on summer vacation.

May the God of summer lead us to amazing discoveries as we travel the inner roads of our soul as well.

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