

Plan a Sabbath feast

When?

Who?

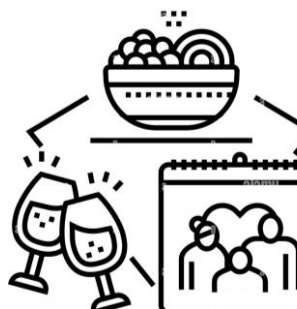
Who else?

What will you eat?

What can others bring along?

Suggested format

- Light two candles
- Read a psalm or sing together
- Bless the children, bless each other
- Pray
- Eat (don't forget pudding, this is a lavish feast)
- Share highlights of the week
- and/or things you are thankful for
- Celebrate life together.



Mark or note what might work for you

What I WILL do

- Open good wine
- Dance
- Play music
- Get coffee with your best friend
- Make love to your spouse
- Nap
- Eat delicious food
- Go fishing or swimming or walking
- Be in nature
- Watch the sun rise or set
- Make a fire
- Read fiction or poetry
- Sing
- Go on a picnic
- Play a game
- Call a friend or family member who lives far away
- Something creative...

What I WON'T do

- Use the internet
- Play electronic games
- Do household jobs
- Do gardening jobs
- Or wash the car
- Balance the accounts
- Do any work for church
- Shopping – in person
- Shopping - virtual
- Watch TV
- Stay on the sofa
- Stress about what I'm NOT doing
- Stress about how I should spend the time
- Spend the day alone
- Turn down invitations to be with others
- Pretend everything is OK if it isn't....

Not rules, no burdens but boundaries to protect the time.