CHURCH OF THE RESURRECTION



PARISH RETREAT 2024

SABBATH
RESTING *in the* LORD

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Schedule

FRIDAY August 30
6:00pm-7:00pm Arrival time at Caboose Farm
Upon arrival, please connect with your house host or Parish Retreat Team member to direct you to your house. Place your items in your assigned room and gather in the Main Barn for fellowship.
7:00pm-8:30pm Evening Prayer/SESSION 0: Reclaiming the Sabbath (Main Barn)
8:30pm-10:00pm Reception
10:00pm Main Barn Locked. Return to Guest Houses

SATURDAY August 31
8:00am Breakfast (in houses or on your own)
8:45am Children's Ministry Check-in Begins until 9:15am
9:00am Morning Prayer (Main Barn)
9:15am SESSION I: The Sabbath is for Rest (Main Barn)
Nursery/kids programs for 6m-11yrs available 9:00am-12:30pm
10:15am Break & Refreshments (Main Barn)
10:30am SESSION II: The Sabbath is for Rescue (Main Barn)
Nursery/kids programs for 6m-11yrs are available at this time until 12:30pm
11:30am Individual Noonday Prayers with priests available for confession
12:30pm Lunch
1:30pm-5:30pm Session III: Practice Rest (no teaching session)
Free Time with optional on-site/off-site activities: Trip to the creamery, Board Games, Painting, Naps, etc.
5:30pm Evening Prayer (Main Barn)
6:00pm Dinner (Main Barn)
7:00pm Session IV: Restful Worship & Variety Show (Main Barn)
Families are encouraged to include children in the evening of praise and worship
9:00pm After-Party: Campfire & S'mores (weather permitting)
Childcare: Monitor watching available at Adams, Washington and Lincoln house until 10:00pm
10:00pm Main Barn Locked

SUNDAY September 1
8:00am Breakfast (in houses or on your own)
8:45am Children's Ministry Check-in Begins until 9:15am
9:00am Session V: The Sabbath is for Restoration (Main Barn)
Nursery/Children's 3+ Chapel service 9:00am-10:15am
10:15am Break & Refreshments (Main Barn)
Parents, please pick up your children at this time
10:30am Sunday Worship (Holy Eucharist) Service
12:30pm Lunch
1:30pm-2:30 pm Rez Olympics (relay race)
5:00pm Clean up & Checkout

Compline

Officiant The Lord Almighty grant us a peaceful night and a perfect end. Amen.

Officiant Our help is in the Name of the Lord;
People **The maker of heaven and earth.**

Officiant Let us humbly confess our sins to Almighty God.

Silence may be kept. The Officiant and People then say
Almighty God and Father, we confess to you, to one another, and to the whole company of heaven, that we have sinned, through our own fault, in thought, and word, and deed, and in what we have left undone. For the sake of your Son our Lord Jesus Christ, have mercy upon us, forgive us our sins, and by the power of your Holy Spirit raise us up to serve you in newness of life, to the glory of your Name. Amen.

The Officiant alone says
May Almighty God grant us forgiveness of all our sins, and the grace and comfort of the Holy Spirit. **Amen**.

Officiant O God, make speed to save us;
People **O Lord, make haste to help us.**
Officiant Glory be to the Father, and to the Son, and to the Holy Spirit;
People **As it was in the beginning, is now, and ever shall be, world without end. Amen. Alleluia.**

The following Psalm, is said.
PSALM 134
1 Behold now, praise the Lord, *
all you servants of the Lord,
2 You that stand by night in the house of the Lord, *
even in the courts of the house of our God.
3 Lift up your hands in the sanctuary *
and sing praises unto the Lord.
4 The Lord who made heaven and earth *
give you blessing out of Zion.

Glory be to the Father, and to the Son, and to the Holy Spirit;
as it was in the beginning, is now, and ever shall be, world without end.

The following passage of Scripture, is read
MATTHEW 11:28-30
Come to me, all who labor and are heavy laden, and I will give you rest. Take my yoke upon you, and learn from me, for I am gentle and lowly in heart, and you will find rest for your souls. For my yoke is easy, and my burden is light.

At the end of the reading is said
Officiant The Word of the Lord.
People Thanks be to God.

A period of silence may follow. The following hymn may be sung.

Slow Me Down
Leslie Jordan, Sandra McCracken, Matthew Kaemingk, Wendell Kimbrough, Kate Bluett
CCLI Song # 7212840 -- CCLI License # 3947217

O good shepherd would you teach me how to rest
I'm rushing on will you make me to lie down
Will you build a fold by the waters that refresh
Will you call my name and lead me safely out

From my anxious drive to labor on and on
From the restless grind that has
Put my mind to sleep
Will you call me back and gently slow me down
Will you show me now what to lose and what to keep

Chorus
O Good Shepherd O Good friend slow me down
O Good Shepherd O Good friend slow me down

When my table's bent with only greed and gold
And my grasping hands are afraid you won't provide
Will you pour the wine that loosens up my hold
Set your table here with what truly satisfies

On the busy streets trying to make myself a name
If the work is yours there is nothing I can claim
Will you home to the pastures of your peace
The house is yours I'm sitting at your feet

Officiant Into your hands, O Lord, I commend my spirit;
People **For you have redeemed me, O Lord, O God of truth.**
Officiant Keep me, O Lord, as the apple of your eye;
People **Hide me under the shadow of your wings.**

Lord, have mercy upon us.
Christ, have mercy upon us.
Lord, have mercy upon us.

THE LORD'S PRAYER

Our Father, who art in heaven, Hallowed by thy Name,
Thy kingdom come,Thy will be done,
On earth as it is in heaven. Give us this day our daily bread.
And forgive us our trespasses, as we forgive those who trespass against us. And lead us not into temptation, but deliver us from evil.
For thine is the kingdom, and the power, and the glory, forever and ever. Amen.

Officiant O Lord, hear our prayer;
People **And let our cry come to you.**
Officiant Let us pray.

The Officiant then says the following Collect
Visit this place, O Lord, and drive far from it all snares of the enemy; let your holy angels dwell with us to preserve us in peace; and let your blessing be upon us always; through Jesus Christ our Lord. **Amen**.

Silence may be kept, and other intercessions and thanksgivings may be offered.
The Officiant and People say or sing the Song of Simeon with this Antiphon

Guide us waking, O Lord, and guard us sleeping; that awake we may watch with Christ, and asleep we may rest in peace.

THE SONG OF SIMEON

Lord, now let your servant depart in peace,
according to your word.
For my eyes have seen your salvation,
which you have prepared before the face of all people;
To be a light to lighten the Gentiles,
and to be the glory of your people Israel.
Glory be to the Father, and to the Son, and to the Holy Spirit;
as it was in the beginning, is now, and ever shall be,
world without end. Amen

Guide us waking, O Lord, and guard us sleeping; that awake we may watch with Christ, and asleep we may rest in peace.

Officiant Let us bless the Lord.
People **Thanks be to God.**

The Officiant concludes with the following
The almighty and merciful Lord, Father, Son, and Holy Spirit, bless us and keep us, this night and evermore. **Amen**.



session 0:

RECLAIMING *the* SABBATH

Texts
Mark 2:23-3:6; Matthew 12:1-14;
Luke 6:1-11

The Restful Truth
The "Grainfield Incident" and the healing of the man with a withered hand on the Sabbath show us what the Sabbath is truly about. The Sabbath is meant for rest, rescue, and restoration.

Ponder

1. As a disciple, how would you have felt seeing Jesus prioritize your immediate need for food over strict Sabbath observance? How has Jesus prioritized your rest?

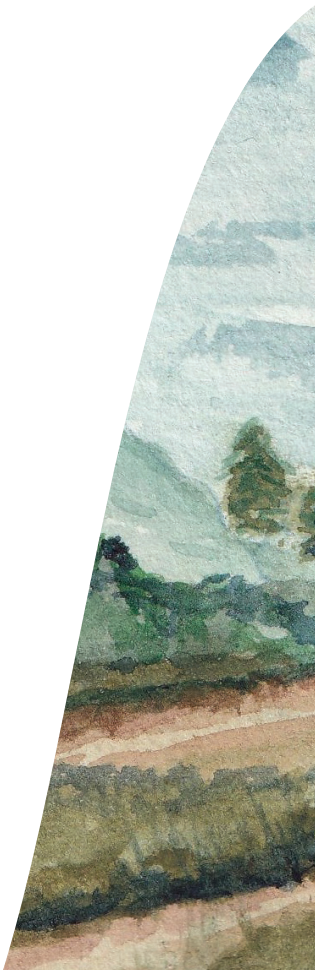
2. Imagine being the man with the withered hand. What emotions would you experience as Jesus called you forward and healed you on the Sabbath? How do these emotions key into the theme of Sabbath?

3. Put yourself in the shoes of the Pharisees. What would be your initial reaction to Jesus healing on the Sabbath? How can you balance strict adherence to religious rules with the need for compassion and mercy?

The Sabbath is a day to remember that we are not human doings, but human beings created in the image of God.

Notes

Fun Fact:
In ancient Israel, travelers were allowed to pick and eat heads of grain from a neighbor's field to satisfy their hunger, as long as they did not use a sickle. This practice, rooted in the Old Testament laws of gleaning (Deuteronomy 23:25),ensured that the poor and travelers had access to food.



Family Morning Prayer

The following verse of Scripture is said
PSALM 51:15
O Lord, open my lips,
and my mouth shall show forth your praise.

PSALM 51:10-12

10 Create in me a clean heart, O God, *
and renew a right spirit within me.
11 Cast me not away from your presence, *
and take not your holy Spirit from me.
12 O give me the comfort of your help again, *
and sustain me with your willing Spirit.

Glory be to the Father, and to the Son, and to the Holy Spirit: *
as it was in the beginning, is now, and ever shall be, world without end. Amen.

A READING FROM HOLY SCRIPTURE
COLOSSIANS 3:1-4

If then you have been raised with Christ, seek the things that are above, where Christ is, seated at the right hand of God. Set your minds on things that are above, not on things that are on earth. For you have died, and your life is hidden with Christ in God. When Christ who is your life appears, then you also will appear with him in glory.

At the end of the reading is said
Officiant The Word of the Lord
People **Thanks be to God.**

THE APOSTLES' CREED

I believe in God, the Father almighty,
creator of heaven and earth.
I believe in Jesus Christ, his only Son, our Lord.
He was conceived by the Holy Spirit
and born of the Virgin Mary.
He suffered under Pontius Pilate,
was crucified, died, and was buried.
He descended to the dead.
On the third day he rose again.
He ascended into heaven,
and is seated at the right hand of the Father.

He will come again to judge the living and the dead.
I believe in the Holy Spirit,
the holy catholic Church,
the communion of saints,
the forgiveness of sins,
the resurrection of the body,
and the life everlasting. Amen.

A period of silence may follow
Prayers may be offered for ourselves and others.

THE LORD'S PRAYER

Our Father, who art in heaven, Hallowed by thy Name,
Thy kingdom come,
Thy will be done,
On earth as it is in heaven.
Give us this day our daily bread.
And forgive us our trespasses,
as we forgive those who trespass against us.
And lead us not into temptation, but deliver us from evil.
For thine is the kingdom,
and the power, and the glory, forever and ever.
Amen

THE COLLECT

The Officiant concludes with the following
O Lord, our heavenly Father, almighty and everlasting God, you have brought us safely to the beginning of this day: Defend us by your mighty power, that we may not fall into sin nor run into any danger; and that, guided by your Spirit, we may do what is righteous in your sight; through Jesus Christ our Lord. **Amen**



session 1:

THE SABBATH *is for* REST

Texts
Genesis 2:1-3, Exodus 20:8-11, Psalm 92

The Restful Truth
The Sabbath is a "Temple in Time," a regular groove which God carved out for humanity to rest in him, that is, to flourish in his holy presence in tranquility, serenity, peace, and repose. The Sabbath is a "thin space" where the eternal God communes with finite human beings.

Ponder

1. Do you embrace your God-given, finite, human limits, or do you try to live as if you did not have them? Ponder the goodness of the rest (menuha) God created for you.

2. Do you feel that God is distant? Ponder the imminence of God in the Temple of the Sabbath, and the nearness of God in the stillness of his rest.

"Things created in six days He considered good, the seventh day He made holy."

"…the ancient rabbis suggested that an act of creation took place in the seventh day. The world would not be complete if the sixth day did not culminate in the Sabbath." Abraham Heschel

"What was created on the seventh day? Tranquility, serenity, peace and repose." Genesis rabba 10.9

Notes

Fun Fact:
Traditionally, the Sabbath is observed from Friday evening to Saturday evening in Judaism. A good night's rest was part of the Sabbath.



session 2:

THE SABBATH *is for* RESCUE

Texts
Exodus 14, Deuteronomy 5:12-15

The Restful Truth
In the command to observe the Sabbath, God frees us from the petty tyrants that would control and domineer over our lives. The forces of fear and greed conspire to enslave us by monopolizing our time and energy, but the gift of the Sabbath rescues us by breaking their control and asserting that our life is a gift from God, not a reward tenuously granted by overlords.

Ponder

1. Are there forces in your life–whether external to you or internal–that want to monopolize your time? Consider what dominates your calendar and thoughts, and why.

2. How can you structure a Sabbath to reflect the reality that our life is a gift from God? Ponder how practical changes in your life reflect and reinforce this truth.

3. Are there ways we can free others from the tyranny of greed and fear through the practice of the Sabbath? Ponder how structuring your own life can enslave or offer life to those around us.

"The Sabbath in the Old Testament was not merely a special day that was to be recognized once a week. It had much richer significance. It pointed forward to the future 'rest' of redemption that God would accomplish for his people. The Sabbath was not only a reminder of the rest that came after the six days of creation. It also was celebrated because God delivered his people from slavery in Egypt… a shadow, a prophecy, of the deliverance that would come through the sacrificial death and powerful resurrection of Jesus Christ." O. Palmer Robertson

Notes

Fun Fact:
First-century Jews were looking forward to a "Super-Sabbath" Jubilee year which they calculated by 7x7x10 = 490 years. Jesus began his ministry roughly 490 years after Ezra returned home from exile, so expectations were ripe…



Prayer and Confession

Please take this time to pray. You may use the guide below. Additionally, the priests are available for prayer and confession during this time.

PREPARATION (5 MINUTES)

- **Find a quiet space:** Choose a calm, comfortable location where you can focus without distractions.
- **Settle in:** Take a few deep breaths. Be aware of your emotions, of stress in your body. Hand those over to the Lord and ask for His guidance as you pray.

Begin with a simple, reflective opening prayer like the collect below:

Holy Spirit, breath of God and fire of love, I cannot pray without your aid: Kindle in me the fire of your love, and illumine me with your light; that with a steadfast will and holy thoughts I may approach the Father in spirit and in truth; through Jesus Christ my Lord, who reigns with you and the Father in eternal union. Amen

CONFESSION (5MINS)

- **Pray through the decalogue (Exodus 201-17):** Ask the Spirit to reveal the ways you may have fallen short of each of his commandments and pray for forgiveness.

SCRIPTURE READING (15 MINUTES)

Before the reading, pray for God to speak to you through His Word. You may use this collect:

Blessed Lord, who caused all Holy Scriptures to be written for our learning: Grant me so to hear them, read, mark, learn, and inwardly digest them, that by patience and the comfort of your Holy Word I may embrace and ever hold fast the blessed hope of everlasting life, which you have given us in our Savior Jesus Christ; who lives and reigns with you and the Holy Spirit, one God, for ever and ever. Amen.

- **Read Isaiah 58:13-14:** Reflect on this passage and consider how the Sabbath is meant to be a time of delight and spiritual renewal.
- **Read Nehemiah 13:15-22 and reflect:** Do I sometimes allow work or other responsibilities to intrude on my designated rest time? How might I create stronger boundaries to protect this time?

GRATITUDE FOR REST (10MINS)

- List the ways in which Jesus has given rest to you, your family, your church, and your broader community.
- Thank God for the ways He has given rest.

INTERCESSORY PRAYERS (15 MINUTES)

- **Pray for yourself and others:** Offer prayers for rest and renewal, both for yourself and others. Include specific prayers for:
    - People who are struggling to find rest.

- Those who are overwhelmed by responsibilities.
- Your own needs for spiritual and physical rejuvenation.
- The community and church, asking for guidance in supporting one another in observing the Sabbath.

- **Pray for other needs**

SILENCE (5MINUTES)

- **Sit in silence** and be aware of your thoughts, your surroundings. What do you notice in the silence? Note your observations below.

THANKSGIVING AND CLOSING PRAYER (5 MINUTES)

- **Give thanks:** Express gratitude for the opportunity to reflect and pray. Acknowledge God's presence and support. You may end your time with the following collect:
  Almighty God, you have promised to hear the petitions of those who ask in the Name of your Son: Mercifully incline your ear to us as we make our prayers and supplications to you; and grant that what we ask faithfully, according to your will, we may obtain effectually, for the relief of our necessities and the setting forth of your glory; through Jesus Christ our Lord. Amen.

session 3:

PRACTICING REST

Take the next four hours to enter into rest. Pray. Play. Praise.

The Restful Truth
Do rest. It's the only way to fully know rest.

Ponder

1. Pull out your calendar. Does it contain a weekly rhythm of Sabbath? What can you do to improve upon your current rhythm?

2. Identify any barriers or distractions that prevent you from fully experiencing Sabbath rest. How can you address or minimize these?

3. What specific things can you do on the Sabbath to help you delight in the Lord?

4. Reflect on God's work in your life. How has he rescued you? How has he provided for you? In what areas has he provided rest? Spend time expressing gratitude for these things.

Questions to Ask Your Kids
Children's programming for ages 4-12 covers the following lessons: "Ships and Snakes and Sermons" (Acts 27-28); "No, Nothing" (Romans 8); and "Love Is" (1 Corinthians 13).

These lessons are new testament teachings which are primary examples of how we can rest in the active, relentless, and expansive love of God.

Preamble: We've been talking about the Sabbath as rest, rescue, and restoration.

1. **Ships and Snakes and Sermons: Acts 27-28**
   How could the Romans have benefited from pausing or resting when they set out to sail to Rome?

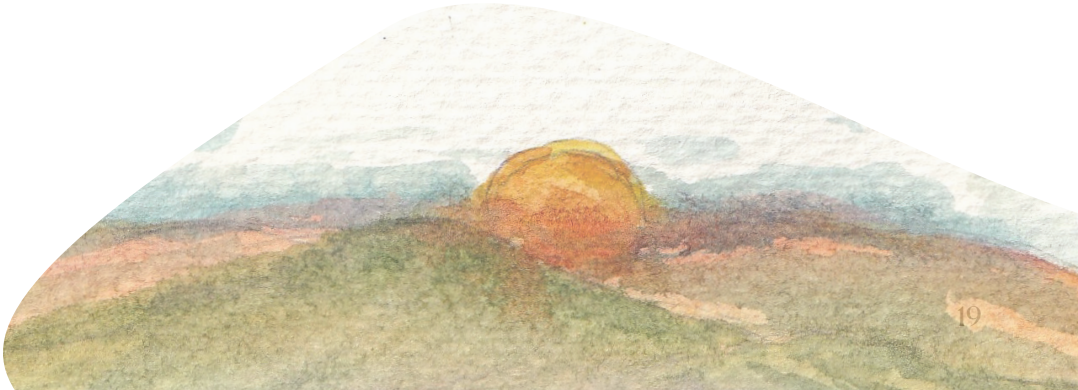
How do you see God protecting Paul and his shipmates even when they chose not to rest at Paul's first warning?

2. No Nothing (Romans 8)
   How does it feel to have God tell us that NOTHING in the universe can separate us from Him and His love?
   How should we act as God shows us that He constantly loves us? What would that be like?

3. Love Is (1 Corinthians 13)
   How does Paul describe love in 1 Corinthians 13? Does it seem like a big or small thing? Does it spread to everyone?
   How would taking a day of Sabbath, of sacred rest, help us experience the love that God has for us?

Resources

1. John Mark Comer, *The Ruthless Elimination of Hurry*
2. Richard Foster, *Celebration of the Disciplines*
3. Justin W. Earley, *Habits of the Household*
4. Abraham J. Heschel, *The Sabbath*
5. Barbara L. Peacock, *Soul Care in African-American Practice*
6. Marva Dawn, *Keeping the Sabbath Wholly*
7. New Horizons Issue, *Call the Sabbath a Delight* https://opc.org/nh.html?issue_id=77



Family Evening Prayer

The following or some other verse of Scripture is said
PSALM 36:7, 9
How excellent is your mercy, O God!
The children of men shall take refuge under the shadow of your wings.
For with you is the well of life, and in your light shall we see light

PHOS HILARON

O gladsome light,
pure brightness of the everliving Father in heaven, *
O Jesus Christ, holy and blessed!
Now as we come to the setting of the sun,
and our eyes behold the vesper light, *
we sing your praises, O God: Father, Son, and Holy Spirit.
You are worthy at all times to be praised by happy voices, *
O Son of God, O Giver of Life,
and to be glorified through all the worlds.

A READING FROM HOLY SCRIPTURE
REVELATION 3:20

Jesus said, "Behold, I stand at the door and knock. If anyone hears my voice and opens the door, I will come in to him and eat with him, and he with me."

At the end of the reading is said
Officiant The Word of the Lord
People **Thanks be to God.**

THE APOSTLES' CREED

I believe in God, the Father almighty,
creator of heaven and earth.
I believe in Jesus Christ, his only Son, our Lord.
He was conceived by the Holy Spirit
and born of the Virgin Mary.
He suffered under Pontius Pilate,
was crucified, died, and was buried.
He descended to the dead.
On the third day he rose again.
He ascended into heaven,
and is seated at the right hand of the Father.
He will come again to judge the living and the dead.
I believe in the Holy Spirit,

the holy catholic Church,
the communion of saints,
the forgiveness of sins,
the resurrection of the body,
and the life everlasting. Amen.

A period of silence may follow
Prayers may be offered for ourselves and others.

THE LORD'S PRAYER

Our Father, who art in heaven, Hallowed by thy Name,
Thy kingdom come,
Thy will be done,
On earth as it is in heaven.
Give us this day our daily bread.
And forgive us our trespasses,
as we forgive those who trespass against us.
And lead us not into temptation, but deliver us from evil.
For thine is the kingdom,
and the power, and the glory, forever and ever.
Amen

THE COLLECT

The Officiant concludes with the following
Lord Jesus, stay with us, for evening is at hand and the day is past; be our companion in the way, kindle our hearts, and awaken hope, that we may know you as you are revealed in Scripture and the breaking of bread. Grant this for the sake of your love.
Amen.

session 4:

RESTFUL WORSHIP

Centering Prayer
Paul Zach, Kate Bluett

Chorus
I wanna be where my feet are
I wanna breathe the life around me
I wanna listen as my heart beats, right on time
I wanna be where my feet are

I chase my worries, I flee my sorrows
But what you give me is now
So take my burdens and my tomorrows
I wanna be where my feet are,
Mmm, mmm, mmm, mmm, mmm, mmm

I run to capture the next horizon
But what you give me is here
I get no farther, and still I find you
I wanna be where my feet are

Bridge
I wanna be where my feet are (x4)

The ground below me is how you hold me
I wanna be where my feet are
(x4)

I wanna be where my feet are (x4)

Slow Me Down
Leslie Jordan, Sandra McCracken, Matthew Kaemingk, Wendell Kimbrough, Kate Bluett
CCLI Song # 7212840 -- CCLI License # 3947217

O good shepherd would you teach me how to rest
I'm rushing on will you make me to lie down
Will you build a fold by the waters that refresh
Will you call my name and lead me safely out

From my anxious drive to labor on and on
From the restless grind that has
Put my mind to sleep
Will you call me back and gently slow me down
Will you show me now what to lose and what to keep

Chorus
O Good Shepherd O Good friend slow me down
O Good Shepherd O Good friend slow me down

When my table's bent with only greed and gold
And my grasping hands are afraid you won't provide
Will you pour the wine that loosens up my hold
Set your table here with what truly satisfies

On the busy streets trying to make myself a name
If the work is yours there is nothing I can claim
Will you home to the pastures of your peace
The house is yours I'm sitting at your feet

Come and Rest

Dwan Hill, Jessica Ray Langdon, Natalie Taylor Leonhardt
CCLI Song #7198370

Have you been trying to move a mountain
And the mountain it will not move
Have you been struggling to remember
Somebody is looking out for you

Chorus
(O) come and rest
O come and rest
O come and rest
In the love of God

Do you need a mother
Do you need a father
Oh everybody needs a friend
And are you looking for the way home
Do you wanna feel that peace again

Chorus 2
(O) come and rest
O come and rest
O come and rest
In the love of God

There's a time for all your working
There's a time to put your hand to the plow
Can you hear it Jesus is singing
O come and lay your burdens down
O come and lay your burdens down
Yeah come and lay your burdens down

Chorus 3x
O come and rest
O come and rest
O come and rest
In the love of God

Psalm 46

God is our refuge our strength and our shield
an ever present help
We will not fear though the earth gives way
and the mountains crash into the sea

There is a river whose streams will make glad
the city of our most high king
God is within her and she will not fail
He helps her at break of the day

Nations in uproar mens kingdoms they fall
He speaks and the earth melts away
The worst we imagine, the strongest of storms,
Our fortress it will still remain

There is a river whose streams will make glad
the city of our most high king
God is within her and she will not fail
Listen and hear the Lord say,

Be still and know that I am God...

Come let us see what the Lord has done
The ruins He brings to the earth
He makes wars to cease to the ends of the earth
He shatters the bow and the spear

There is a river whose streams will make glad
the city of our most high king
God is within her and she will not fail
Listen and hear the Lord say,

Be still and know that I am God
Be still and know that I am God (x4)
Be still our hearts before you Lord
Be still and know that I am God

Come to the Water

O let all who thirst
Let them come to the water
And let all who have nothing
Let them come to the Lord
Without money, without price
Why should you pay the price
Except for the Lord?

And let all who seek
Let them come to the water
And let all who have nothing
Let them come to the Lord
Without money, without strife
Why should you spend your life
Except for the Lord?

And let all who toil
Let them come to the water
And let all who are weary
Let them come to the Lord
All who labor without rest
How can your soul find rest
Except for the Lord?

And let all the poor
Let them come to the water
And let the ones who are laden
Let them come to the Lord
Bring the children without might
Easy the load and light
Come to the Lord (x4)

I will run to you, I will run to you
I will run to you my Lord
I will run to you, I will run to you
I will run to you my Lord

Establish the Work of Our Hands

Hymns From The Porter's Gate
CCLI Song # 7097860 -- CCLI License # 3947217

If You don't build it we labor in vain
Without Your Spirit we stand with no strength
I know my life is passing away
But the works of Your hands are what will remain

Let the favor of the Lord rest upon us

Chorus 1
O Lord establish the work of our hands
O Lord establish the work of our hands

Teach us to number the length of our days
Pour out Your power we'll pour out Your praise
Teach us to run to finish the race
For only what's done in love will remain

Ending
Alleluia alleluia alleluia
Alleluia alleluia alleluia

Announcements

Children's Ministry Check-in
8:45am-9:15am on Saturday and Sunday at the Main Barn

Individual Noonday Prayers and Confession
11:30 am-12:30 pm on Saturday

Free Time Activities (on-site/off-site)
1:30 pm-5:30 pm on Saturday. Please connect with activity leaders for more details.

Holy Eucharist Service
10:30 am on Sunday at the Main Barn

Rez Olympics (relay race)
1:30 pm on Sunday

Check-out
5:00 pm on Sunday. Please do the following:

*Follow the Caboose Farm checkout policy & instructions
*Bring your recycling and compost bins to the main barn
*Offer any leftover food/drink to your house members or take home

session 5:

THE SABBATH *is for* RESTORATION

Text
Luke 13:10-17

The Restful Truth
In a post-fall world ruled by Sin, Death, and the Devil, the Sabbath ministry of Jesus breaks in with forgiveness, healing, and restoration for humanity. At the first creation, Sabbath rest was the pinnacle of human flourishing; in the new creation, Jesus permanently and irreversibly restores Sabbath rest.

Ponder

1. Are there areas in your life where Satan still holds you in bondage?

2. Where have you seen the Lord's healing at work in your life? Physical? Emotional? Relational?

3. Are you currently praying for healing that you have not yet experienced?

4. If the future, complete healing at the resurrection seems like a distant dream, ponder how this healing has already begun within you when you were united with Christ (2 Corinthians 4:16-18).

"For Christ did not make void, but fulfilled the Sabbath Law, by performing the offices of the High Priest, propitiating God for men, and cleansing lepers, healing the sick, and himself suffering death, that exiled man might go forth from condemnation, and might return without fear for his own inheritance." St. Irenaeus, ca. 180 AD

Notes

Fun Fact:
Early Christians reckoned Jesus' resurrection to be on the "eighth day," the day after the Sabbath, the beginning of the never-ending Sabbath of resurrected life.



Sunday Eucharist Service

Opening Hymn Slow Me Down (lyrics on p. 32)

Opening Acclamation Blessed be God: the Father, the Son, and the Holy Spirit.
People **And blessed be his kingdom, now and for ever. Amen.**

Collect for Purity
Almighty God, to you all hearts are open, all desires known, and from you no secrets are hid: Cleanse the thoughts of our hearts by the inspiration of your Holy Spirit, that we may perfectly love you, and worthily magnify your holy Name; through Christ our Lord. Amen.

Summary of the Law
Hear what our Lord Jesus Christ says: You shall love the Lord your God with all your heart and with all your soul and with all your mind. This is the first and great commandment. And the second is like it: You shall love your neighbor as yourself. On these two commandments depend all the Law and the Prophets.
Let us humbly confess our sins to Almighty God. Silence

Confession
Most merciful God, we confess that we have sinned against you in thought, word, and deed, by what we have done, and by what we have left undone. We have not loved you with our whole heart; we have not loved our neighbors as ourselves. We are truly sorry and we humbly repent. For the sake of your Son Jesus Christ, have mercy on us and forgive us; that we may delight in your will, and walk in your ways, to the glory of your Name. Amen.

Trisagion
Holy God holy and mighty
Holy Immortal One
(Have mercy have mercy on us) *Sung 3x

Absolution
Almighty God, our heavenly Father, who in his great mercy has promised forgiveness of sins to all those who sincerely repent and with true faith turn to him, have mercy upon you, pardon and deliver you from all your sins, confirm and strengthen you in all goodness, and bring you to everlasting life; through Jesus Christ our Lord. **Amen.**
Please stand.

The Comfortable Words
Hear the Word of God to all who truly turn to him.
The saying is trustworthy and deserving of full acceptance, that Christ Jesus came into the world to save sinners. *1 Timothy 1:15*

Songs of Praise The King of Love My Shepherd Is (lyrics on p. 32)

The Collect of the Day

O Lord, we pray that your grace may always precede and follow after us, that we may continually be given to good works; through Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, now and for ever. Amen.

The Children's Collect

Almighty God, heavenly Father, you have blessed our congregation with the joy and care of children. Give us courage, patience, and wisdom as we bring them up in the faith that they might never know a day apart from you, through Jesus Christ our Lord. Amen.

The Lessons. Please draw your attention to the reading of the lessons.

The Sermon

The Prayers of the People

For an increase in evangelism and ministries of mercy in our local community and abroad, that all people may come to know and enjoy your blessings, *Silence.*
Lord, in your mercy:
Hear our prayer.

For greater awareness of the persecuted Churches and the injustices that they endure. We remember especially today those in Syria and their persecutors. *Silence.*
Lord, in your mercy:
Hear our prayer.

For all those who proclaim the Gospel at home and abroad; and for all who teach and disciple others. We remember today, Matthew and Annie Wilcoxen serving in Australia. *Silence.*
Lord, in your mercy:
Hear our prayer.

For all who have not yet heard or believed in the Gospel. *Silence.*
Lord, in your mercy:
Hear our prayer.

For all whose ministry it is to respond to human need and suffering. *Silence.*
Lord, in your mercy:
Hear our prayer.

We now invite your petitions and thanksgivings. If you pray aloud, please pray loudly enough so that everyone may hear, and end your prayer with "Lord, in your mercy".

After time is given for public prayers, the Deacon or Priest will conclude with this collect, followed by the corporate praying of the Lord's Prayer:

Heavenly Father, grant these our prayers for the sake of Jesus Christ, our only Mediator and Advocate, who lives and reigns with you in the unity of the Holy Spirit, one God, now and forever. Amen. As Christ our Savior has taught us, we are confident to say:

Our Father, who art in heaven,
Hallowed by thy Name,
Thy kingdom come,
Thy will be done,
On earth as it is in heaven.
Give us this day our daily bread.
And forgive us our trespasses,
as we forgive those who trespass against us.
And lead us not into temptation, but deliver us from evil.
For thine is the kingdom,
and the power, and the glory, forever and ever. Amen.

Leader *We stand together with Christians throughout the centuries, and throughout the world today, to affirm our faith in the words of the Nicene Creed:*

We believe in one God, the Father, the Almighty, maker of heaven and earth, of all that is, visible and invisible. We believe in one Lord, Jesus Christ, the only-begotten Son of God, eternally begotten of the Father, God from God, Light from Light, true God from true God, begotten, not made, of one Being with the Father; through him all things were made.

For us and for our salvation he came down from heaven, was incarnate from the Holy Spirit and the Virgin Mary, and was made man. For our sake he was crucified under Pontius Pilate; he suffered death and was buried. On the third day he rose again in accordance with the Scriptures; he ascended into heaven and is seated at the right hand of the Father. He will come again in glory to judge the living and the dead, and his kingdom will have no end.

We believe in the Holy Spirit, the Lord, the giver of life, who proceeds from the Father and the Son, who with the Father and the Son is worshiped and glorified, who has spoken through the prophets. We believe in one holy catholic and apostolic Church. We acknowledge one Baptism for the forgiveness of sins. We look for the resurrection of the dead, and the life of the world to come. Amen.

Leader The Peace of the Lord be always with you,
People **And also with you**

Announcements
12:30 pm Lunch (cookout)
1:30 pm Rez Olympics (relay race)
5:00 pm Clean up & Checkout. Please do the following:
*****Follow the Caboose Farm checkout policy & instructions
*****Bring your recycling and compost bins to the main barn
*****Offer any leftover food/drink to your house members or take home

The Table of the Lord
Leader The Lord be with you
People **And also with you.**
Leader Lift up your hearts
People **We lift them up to the Lord!**
Leader Let us give thanks to the Lord our God!
People **It is right to give him thanks and praise!**

Sanctus
Holy, Holy, Holy,
Lord God of power and might,
Heaven and earth are full of your glory.
Hosanna in the highest.
Blessed is he who comes
In the Name of the Lord.
Hosanna in the highest.

The Acclamation of Faith
People **Christ has died.**
Christ is risen.
Christ will come again.

Hymns Open Hands (lyrics on p. 33)
Come To The Water (lyrics on p. 33)

Post-Communion Prayer
Heavenly Father, We thank you for feeding us with the spiritual food of the most precious Body and Blood of your Son our Savior Jesus Christ; and for assuring us in these holy mysteries that we are living members of the body of your Son, and heirs of your eternal Kingdom. And now, Father, send us out to do the work you have given us to do, to love and serve you as faithful witnesses of Christ our Lord. To him, to you, and to the Holy Spirit, be honor and glory, now and for ever. Amen.

The Benediction
Leader All our problems,
People **We send to the cross of Christ!**
Leader All our difficulties,
People **We send to the cross of Christ!**
Leader All the devil's works,
People **We send to the cross of Christ!**
Leader All our hopes,
People **We set on the risen Christ!**

Closing Hymn The Doxology

The Disimissal
Leader Let us go forth into the world rejoicing in the power of the Holy Spirit.
People **Thanks be to God! Alleluia! Alleluia!**

Hymns

Slow Me Down

Leslie Jordan, Sandra McCracken, Matthew Kaemingk, Wendell Kimbrough, Kate Bluett
CCLI Song # 7212840 -- CCLI License # 3947217

O good shepherd would you teach me how to rest
I'm rushing on will you make me to lie down
Will you build a fold by the waters that refresh
Will you call my name and lead me safely out

From my anxious drive to labor on and on
From the restless grind that has
Put my mind to sleep
Will you call me back and gently slow me down
Will you show me now what to lose and what to keep

Chorus
O Good Shepherd O Good friend slow me down
O Good Shepherd O Good friend slow me down

When my table's bent with only greed and gold
And my grasping hands are afraid you won't provide
Will you pour the wine that loosens up my hold
Set your table here with what truly satisfies

On the busy streets trying to make myself a name
If the work is yours there is nothing I can claim
Will you home to the pastures of your peace
The house is yours I'm sitting at your feet

The King of Love My Shepherd Is

CCLI Song # 7161748 -- CCLI License # 3947217

The King of love my Shepherd is
Whose goodness faileth never
I nothing lack if I am His
And He is mine forever

Where streams of living water flow
My ransomed soul He leadeth
And where the verdant pastures grow
With food celestial feedeth

Perverse and foolish oft I strayed
But yet in love He sought me
And on His shoulder gently laid
And home rejoicing brought me

In death's dark vale I fear no ill
With Thee dear Lord beside me
Thy rod and staff my comfort still
Thy cross before to guide me

And so through all the length of days
Thy goodness faileth never
Good Shepherd may I sing Thy praise
Within Thy house forever

Open Hands

The Porter's Gate
Paul Zach, Taylor Leonhardt, Jessica Fox

The earth you made and blessed in days
Your spirit breathing into clay
Lord I receive with open hands
O--pen hands

The breath that fails, the light that fades
while earth and heaven pass away
I let them go with open hands
O--pen hands

In desert days a feast you spread
and with your manna I am fed
Lord I receive with open hands
O--pen hands

And when another needs this bread
they ask as Christ who broke and blessed
I let it go with open hands
O--pen hands

The work that waits for me today
the joys and sorrows on the way
Lord I receive with open hands
O--pen hands

I bring you any good I've gained
I give because you freely gave
I let it go with open hands
O--pen hands
O--pen hands
O--pen hands

Come to the Water

Matt Maher Arrangement

O let all who thirst
Let them come to the water
And let all who have nothing
Let them come to the Lord
Without money, without price
Why should you pay the price
Except for the Lord?

And let all who seek
Let them come to the water
And let all who have nothing
Let them come to the Lord
Without money, without strife
Why should you spend your life
Except for the Lord?

And let all who toil
Let them come to the water
And let all who are weary
Let them come to the Lord
All who labor without rest
How can your soul find rest
Except for the Lord?

And let all the poor
Let them come to the water
And let the ones who are laden
Let them come to the Lord
Bring the children without might
Easy the load and light
Come to the Lord (x4)

I will run to you, I will run to you
I will run to you my Lord
I will run to you, I will run to you
I will run to you my Lord



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