

The Carillon



Volume 89, Issue 94, February, 2012

Email articles to:
office@carolinechurch.net

My Dear Friends in Christ,

A few weeks ago, I was traveling through Westchester County. Usually it is a very pleasant drive, allowing me to observe the wildlife, the seasons, and the changes in lighting on the scenery. This particular day we had a huge downpour. I would have pulled off the road if there had been room. The rain came down so hard I couldn't see the road. I looked in my rear view mirror and saw the blackest sky I had ever seen in daytime. Then the trucks came toward me splashing more water on an already impossible situation. All I could do was pray that everything would be okay.

Almost immediately I could see a lighter sky ahead of me. Before long the sun was illuminating areas of great beauty contrasted against the mostly dark landscape. The sun, spotlighting the trees, held me spellbound. It was then that I thought about people also being "Transformed by the Light". I remember singing that traditional Zulu song called Siyahamba, "Marching in the Light of God" at a diocesan event. I could see the light reflected in people's faces as they were singing.

Part of our vision statement at Caroline Church is "to live transformed lives for Christ." Are we doing that? How have we transformed ourselves with God's help? Do you offer prayers of thanksgiving and praise when you see good things happening or are awed by nature's beauty? Let us open ourselves more to the light so that we can experience the transformation.

A little parish-wide transformation has occurred on two fronts. The first, is the more formal recognition by our parish that our young people's voices need to be heard on all levels of ministry. Every church in our diocese has been encouraged to have a teen representative sit on vestries, bishop's committees and diocesan council. Putting a youth member on the vestry is an important signal to the youth of our parish, and the wider church that our young people are the Church, not just the future. With their baptism, they are expected to find and exercise their ministry. The vestry has appointed, one vestry youth representative and an alternate, to serve for the year 2012 as a conduit of communication between the vestry and our young people. Brian Hazell has accepted that position and Thomas Hull will be the youth alternate representa-

tive. I thank these fine young men for taking on this responsibility. Further details of the duties and responsibilities of the Vestry Youth Representative can be found in a separate article in this Carillon.

A second new emphasis that Caroline Church has embraced is the importance of keeping children and adult emotionally safe. Caroline Church has had a safe church policy in effect, for many years. We believe that all have a right to a safe and healthy parish environment. Jesus Christ himself has said, "Love one another. As I have loved you, so you must love one another" (John 13:34). We all have an obligation to promote mutual respect, tolerance, and acceptance. Caroline Church will not tolerate behavior that infringes on the safety of anyone, children or adults. Bullying is any behavior that is repeated and intended to bring harm to another person. A person shall not intimidate or harass another through words or actions. Such behavior includes: direct physical contact, such as hitting or shoving; verbal assaults, such as teasing or name-calling; and social isolation or manipulation. All teachers, church leaders, and adults will be expected to be sensitive to any form of bullying behavior, reporting it to a Sunday School teacher, the Church School Director or a member of the clergy. Do read over the new Church policy on bullying that is reprinted in this issue of the Carillon.

To be transformed by and for Christ is something we all need to embrace on a daily level.

Grace and peace to you,
Fr. Richard+

Our Caroline Church Vision Statement:

*To help people encounter the living God together
and live transformed lives for Christ.*



Our Mission Statement

** We, the parishioners of Caroline Church of Brookhaven, are committed to Jesus Christ, to His teaching, His life, death and resurrection, in our call to serve and worship Him, in the tradition of the Anglican Communion.*

** We strive to share our faith and blessings for the furtherance of His kingdom in an environment of love, understanding, and support, through prayer, worship, Christian education, and fellowship.*



Curate's Corner

Dear Friends in Christ,

It is not unusual at this time of year to enter into a period of melancholy as the holidays are behind us and the winter months stretch out before us. Sometimes we begin to feel sad, or gloomy, or depressed. This year, we have experienced great loss in our parish family with loved ones who have entered into the fullness of their eternity. We mourn the loss of what is past even as we wonder what lies before us; in the cold darkness, we yearn for light; in our sadness, we long for the return of joy.

Many years ago, I discovered the wisdom of *saudade* (“sow-DAH-day”) in the liner notes of Paul Winter’s album *Callings*, a “Celebration of the Sea, Following the Journey of a Mythical Sea Lion Pup.” *Saudade* is the Brazilian/Portuguese concept that says, “I’m glad to be feeling again, and I’m not sad about my sadness.” The Portuguese word *saudade* comes from the Arabic *sawda*, which means black, or black bile (literally, melancholy), and from the Turkish *sevda*, which means love and caressing. *Saudade* combines and enlarges these two ideas—love in the midst of darkness extends a ray of hope.

Saudade is about feeling a deep emptiness and longing for fullness. It is a sense of being somehow incomplete and yearning for wholeness. It intensely feels those people and events that are now missing from our lives and yet, in recalling feelings and experiences and loved ones now gone, our senses come alive again, and the hope of wonder, light, and joy begins to weave its way into our hearts. *Saudade* is the moment, be it shorter or longer, when the despair and wonder, darkness and light, sadness and joy dwell together deep inside us.

Saint John of the Cross, who lived in the 16th century, wrote extensively about the so-called dark night of the soul. He understood the dark night to be the soul’s journey into the love of God. He would say that those times of darkness, struggle, grief, and sadness, when everything seems to be at its bleakest, are really the times that the soul is making progress and moving deeper into the heart of God.

This can be a long and lonely journey, fraught with despair, temptation, and loneliness, but there are some things we can do to ease the burden, calm our spirits, and give us strength for the journey.

First and foremost, pray. Let yourself rest in God’s presence. Tell God what is on your heart. Whisper and weep, laugh and love, yell and shake your fist if you must, but then listen for what God is saying in return.

Hear the still, small voice or the booming thunder that comes to you. Know that God is indeed present with you in prayer; God always shows up, whether we know it or not.

You might also try talking with a trusted and beloved friend, and we have many of them right here in our parish community. That’s what being the living Body of Christ is about: being there for one another, listening lovingly, and sharing the sadness and the joy. Take a walk, or spend time looking out your window as if for the first time, noticing the splendor of God’s creation—yes, even in the delicate pattern of bare branches and the glistening twinkle of a snow bank. There are always good books to read (not the least of which is the Good Book itself), or beautiful music to listen to (everything from Paul Winter to requiem masses), or movies to watch (a first-rate mystery or comedy can be just the ticket). These can all help us take a break from our melancholy, to pause and reflect, and to move us along the way.

The thing to remember is that it is okay to be sad. In many ways, it is a gift that can help us to open our eyes and refocus, to move our hearts to see things in a new light, and to appreciate things in a different way. Sadness can make us more aware of God’s presence within us, beside us, and all around us.

The solstice is past and, believe it or not, the days really are getting longer. Lent will be here before you know it, and spring is just around the corner—bringing with it the promise of the Light of Easter, the joy and hope of resurrection and new life. In your sadness, may you know the presence of God in your heart, Jesus walking beside you, and the Spirit sighing within you, and may you find that you are glad to be feeling, and not too sad about your sadness.



Your companion on the journey,
~Mother Ann+

For the Forty Days

This Lent, mend a quarrel / seek out a forgotten friend / dismiss a suspicion and replace it with trust / write a letter of love / share some treasure / give a soft answer / encourage youth / manifest your loyalty in word and deed / keep a promise / find the time / forego a grudge / forgive an enemy / listen / apologize if you were wrong / try to understand / flout envy / examine your demands on others / think first of somebody else / appreciate / be kind; be gentle / laugh a little / laugh a little more / express your gratitude / go to church / welcome a stranger / gladden the heart of a child / speak your love / speak it again / speak it yet once again. ~Anonymous

Our Anglican Heritage

George Herbert

George Herbert was born in 1593, a cousin of the Earl of Pembroke. His mother was a friend of the poet John Donne. George attended Trinity College, Cambridge, and became the Public Orator of the University, responsible for giving speeches of welcome in Latin to famous visitors, and writing letters of thanks, also in Latin, to acknowledge gifts of books for the University Library. This brought him to the attention of King James I, who granted him an annual allowance, and seemed likely to make him an ambassador. However, in 1625 the king died, and George Herbert, who had originally gone to college with the intention of becoming a priest, but had his head turned by the prospect of a career at Court, determined anew to seek ordination. In 1626 he was ordained, and became vicar and then rector of the parish of Bemerton and neighboring Fugglestone, not far from Salisbury.

He served faithfully as a parish priest, diligently visiting his parishioners and bringing them the sacraments when they were ill, and food and clothing when they were in want. He read Morning and Evening Prayer daily in the church, encouraging the congregation to join him when possible, and ringing the church bell before each service so that those who could not come might hear it and pause in their work to join their prayers with his. He used to go once a week to Salisbury to hear Evening Prayer sung there in the cathedral. On one occasion he was late because he had met a man whose horse had fallen with a heavy load, and he stopped, took off his coat, and helped the man to unload the cart, get the horse back on its feet, and then reload the cart. His spontaneous generosity and good will won him the affection of his parishioners.

Today, however, he is remembered chiefly for his book of poems, *The Temple*, which he sent shortly before his death to his friend Nicholas Ferrar, to publish if he thought them suitable. They were published after Herbert's death, and have influenced the style of other poets, including Samuel Taylor Coleridge. Several of them have been used as hymns, in particular "Teach me, my God and King," and "Let all the world in every corner sing."

He died on March 1, 1633, but to avoid conflict with other commemorations is commemorated on February 27 throughout the Anglican Communion.



Help in Time of Need

When family situations become strained due to the economy or job issues there are some federal, state and community programs that can offer some assistance. However, even with these resources, some things fall through the cracks. As a member of Caroline Church, you need to know that your parish is here to help as best we can. If you have a need, financial or otherwise, please speak with one of the clergy and let all of us help one another get through those difficult times. Fr. Richard



Caring for the Caregiver Support Group

The Caring for the Caregiver support group is up and running and new participants continue to come to the meetings.

Virginia Cash is the lead facilitator and several other church members have volunteered to be backup facilitators. If you are caring for a chronically/severely ill loved one, you are invited to attend our ongoing support group meetings which are held every 2nd and 4th Wednesday of the month from 7:30-9pm at the Caroline Church Parish House - upper level.

The next meetings will be on Feb. 8th and Feb. 22nd. Come as frequently as you can or feel you want to come. Light refreshments will be served. For further information, please leave a message at the church office (631-941-4245) and someone will get back to you.

Election Results



The Annual Parish Meeting of Caroline Church was held on Wednesday, January 25th at 7:00pm in the Marco C. Smith Building.

We welcome the following people into office:

J. Christopher Haring	2 year term	Warden
Diane Amato	3 year term	Vestry person
Bruce Cash	3 year term	Vestry person
Maritza Groth	1 year term	Vestry person
Claire Mis	3 year term	Vestry person



Church School News

The first snow has fallen and I am already tired of it. I am thankful that we have had such a nice winter so far and I am looking forward to Spring, 60 more days, but who is counting.

All are invited to a Pre-Super Bowl Party. It will be on February 5, from 2:30 until 5:00 pm. We will be having a Pool Tournament and some ping pong games. The Big Screen TV will be on so we can watch all the pre-game events. Please feel free to bring your favorite appetizer and drink. This is open to everyone. If you plan on playing pool please let me know, we already have a few families signing up and we want to set up the tournament.

The Church School is going to a Bridgeport Hockey Game. The date is February 12. We will be leaving on the 1:00 ferry and returning on the 6:00 ferry. The game is at 3:00. The cost of the trip is \$15 a ticket. This is opened up to everyone in the congregation. If you would like to come, please let me know by February 6.

Ash Wednesday is February 22. We will be having our Family Service at 5:00 pm. If you are not able to attend there will also be a service at 10:00am and 8:00pm.

The Fifth Grade Class will have their first Holy Communion class on February 26. I have sent a letter to each family of the class with all the dates of the classes and events, if you have not received it please call me at the Church office, 941-4245.

Looking ahead we will be making palm crosses, having a Seder supper, egg hunt and breakfast with the bunny, decorating the Resurrection tree with eggs, Family Bingo Night, and a Bible Challenge. A flier with all the upcoming dates will be forthcoming to all the church school families.

Mary Doherty,
Church School Director

We would like to remember in prayer,
those who are serving in the
Armed Forces.



Afghanistan:

Michael Cardamone, Adam Fullerton,
Roy Raguso, Mike Hanna, Kevin O'Donahue
Kevin LoRusso

**May God protect them, bless them,
and bring them home soon.**

Prayer Shawl Ministry

Our prayer shawl ministry continues to serve the people of our community. We have a devoted group of woman who gather regularly on the third Saturday of each month at 8:30am in different people's homes.

Our group is ecumenical and expanding all the time. We represent many different churches and encourage anyone who is interested, to attend and bring a friend. You do not have to be experienced to come. We are willing to teach you!

We open with prayer, discuss patterns and colors, teach others, pray for others, and listen to a short meditation. During a time of silence we focus on God, our knitting, and the clicking of our needles.

We have given away over 100 shawls. The shawls and lap robes have been warmly and graciously received. We trust that the shawls we have created send a message of God's love and compassion to all who receive them.

Our next gathering will be on February 18th at 8:30am. We look forward to having new members.

Please call for information and locations:
Sue Seel/ 631-689-0683

ECW Evening Branch

New Year's Day was a wonderful occasion for a joint social event of both ECW and choir members. Friends, food and some New Year's libations helped to get the New Year off to a good start. We had good representation from both groups. The next ECW meeting will be on February 8th, the second Wednesday, at 7 pm at Marco Smith. Linda Haring will give a brief talk about the importance of documenting your family valuables for insurance purposes. We also need to gather goodies for the Valentine's gift bags for the Pederson Krag boys' home. Please bring any items you feel are appropriate for high school age boys. Tube socks, tooth brushes (donated by a dentist), colored pencils, pens, art supplies, young adult books, Valentine candies etc. have been given in the past. It would be great to fill the bags at the meeting so that they could be delivered on February 14th. If you have any questions about what might be appropriate for these boys please call or email me. Look forward to seeing everyone on February 8th!

Mirjana Ellis, 689-2627
rmellis@optonline.net

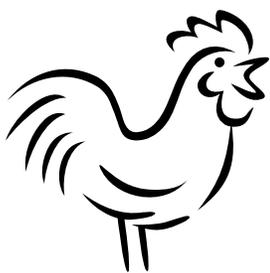
Adult Education

Bible Studies

The Home Bible Study Group will meet on Monday evenings at 7:30pm in the Upper Room of the Parish House. All are welcome.

“**Exploring The Word**’ Bible Study held in the MCS building, will meet on Monday, **February 6th** at 6:45pm. We are reading the book: “The Story-NIV”. The Story-NIV is about the story of the Bible, God’s great love affair with humanity. Condensed into 31 chapters, the Story sweeps you into the unfolding progression of the Bible characters and events from Genesis to Revelation. This book reads like a novel, and is a great way for those interested in the Bible, to get an overview of what it contains, and what it says.

The group meets every other Monday in the MCS building, and all are welcome to join us at any time during the year. The reading of the Story-NIV however, requires the purchase of the book (about \$15). We will be reading it right through June and possibly into the fall. Len Calone, Facilitator



Sunday, February 5th 9:30am Service

SCOUTING SUNDAY



SCOUTING SUNDAY



We invite all scouts, boys and girls, to come to church in their uniforms for a special prayer and recognition.



What is Cursillo?

Next Cursillo weekend: March 15-18, 2012

Cursillo is a Spanish word, meaning "a short course." The purpose of Cursillo is to help us to live out our mission to grow Christ-centered leaders for the church, that we may know Christ and make Him known. Cursillo renews and deepens our Christian commitment. The weekend itself brings together a diverse group of Episcopalians from all over our Diocese. They enjoy the richness of many modes of worship and grow in their appreciation for our Church. Lay men and women conduct the weekend with usually three clergy functioning as spiritual directors. The weekend is not intended to be a conversion experience but rather an enriching and deepening of what is already there. The weekend begins on a Thursday night with meditations, discussions and Compline. After breakfast, participants are assigned to table groups for the weekend. The three days are filled with talks and group discussions in a climate of joy. Emphasis is placed on the doctrine of Grace, the Sacraments, and the tools of Cursillo: piety, study, and action. There is also time for fellowship, singing, delicious meals, and meditation. The Eucharist is celebrated daily. The next Cursillo weekend will be March 15th-18th. Please contact Sue Seel at 689-0683 for information.



SHROVE TUESDAY PANCAKE SUPPER

**Sunday
February 19th
5:00pm
MCS Building
Bring the Family**

The Origins of Shrove Tuesday:

Shrove Tuesday originated during the Middle Ages. As in contemporary times, food items like meats, fats, eggs, milk, and fish were regarded as restricted during Lent. To keep such food from being wasted, many families would have big feasts on Shrove Tuesday in order to consume those items that would inevitably become spoiled during the next forty days. The English tradition of eating pancakes on Shrove Tuesday came about as a way to use as much milk, fats, and eggs as possible before Ash Wednesday began. In France, the consumption of all fats and fatty foods on this day coined the name "Fat Tuesday" or *Mardi Gras*.

Originally beginning on Sunday, Shrove Tuesday was a three-day celebration that culminated in large feasts on Tuesday night. By the beginning of the 20th century, however, the event was restricted to the Tuesday observance. *Carnival* became associated with Shrove Tuesday, in part from the Spring Equinox celebrations that were practiced by the Romans and the ancient tribes of Europe. The word "carnival" comes from the Latin *carnem levare*, meaning "to take away the flesh". However, in the New Orleans and Rio de Janeiro celebrations, public revelry and carousing have become the tradition for Carnival around the world. It was mostly as a result of the Carnival celebrations that the Church restricted the observance to a single day.

Liturgical Calendar January



Baptisms: Maria Leena Petrone

Burials: Lawrence Walter Wimmel
Stephen Harold Palmer



Sonshine Ministries

In keeping with the teachings of Jesus, "for I was hungry and you gave me food" we, at Caroline Church, have taken these words to heart.

The Sonshine Ministry is an outreach of caring parishioners who provide a dinner to those members of our church family who temporarily need assistance while recuperating from an illness, caring for a loved one, dealing with a bereavement loss or whenever difficulty is present. The dinner provided usually consists of a main course, a vegetable, a starch, a salad and a dessert. It is delivered between 5pm and 6pm and left in a Sonshine Ministry supplied cooler at the front door of the recipient.

Barbara Delfyett at 751-3658, Diane Johnson at 473-7913 and Claire Mis at 689-1210 are coordinating the parish effort. Please telephone any one of them to request a dinner or volunteer to make one.



Ultreya!

Ultreya is a Spanish word, meaning Onward! It was in common use by pilgrims to greet and encourage one another along the way. All Parishioners and their friends are welcome to join us on the 4th Friday of the month for Ultreya. It is a shared time of fellowship, singing and spiritual encouragement. The next Ultreya will be Friday, February 24th at 7:30pm. Please come join us for a time of fellowship and refreshments



Grief Support Group

We will not be meeting for the month of February. Please watch out next Carillon for the March date. Anyone who has lost a loved one is cordially invited, even if your loss was years ago. Your attendance may be the spark to help someone else. We follow a basic structure and all sharing or discussions will be held confidential.

For additional information, please contact Fr. Richard at the parish office, or Don Muffly at 689-8804.



Reel Religion

Film, Faith, and Fellowship

There will be a showing of the powerful movie, **Liam**, on Tuesday evening, 2/7/12, at 7:30, following Holy Eucharist at 7:00 on the main floor of the Marco C. Smith building. The film explores issues of xenophobia, poverty, and religion through the story of a thoughtful and delightful 8 year-old little boy, Liam, as he prepares for his First Holy Communion, and of his 13 year-old sister, Teresa, who works for a wealthy Jewish family to help support her family in Liverpool during the Depression. "Big heroes come in small packages." *

We will have a brief discussion following the film. Feel free to bring a friend and your favorite movie food to share. See you at the movies!

* <http://www.imdb.com/title/tt0255321/>
(The movie is rated R for language and very brief nudity.)



Lenten Program Save the Dates!

We are planning simple soup and bread suppers during Lent, each of which will feature a video and discussion series. We are currently reviewing three different programs by The Rt. Rev. N.T. (Tom) Wright, Bishop of Durham, who is a gifted speaker, well known for his thoughtful teachings on theological topics of interest. We will announce which series we will be seeing in the bulletin as the time draws nearer.

In the meantime, please mark your calendar for the following Wednesday evenings:

2/29, 3/7, 3/14, and 3/28.

We will share our meal from 6:00 – 6:45 p.m., and begin our program promptly at 6:45.

If you are able to offer a pot of soup to share for any or all of the evenings, please e-mail Mother Ann at carolinecurate@gmail.com so that we can schedule and plan accordingly. All else will be provided.

Everyone is welcome to join us in this Lenten pilgrimage.



February Birthday's

2/01	Colby Veronko Alex Shane Elizabeth Behnke
2/02	Kyra Burner
2/03	Chad Kilmer, Sr. Michael Russell Jocelynn Rickey Nicholas Pisano Luke McCarthy Keira Flynn
2/04	Beverly Underwood Janene Timm Julia Moore
2/05	Dorothy Galloway Catherine Minuse
2/06	Chris Haring Robert Stevenson Cassandra Camenzuli Jaylen DiBartolo
2/07	Calvin Hazell
2/08	Abigail Peterson
2/09	Doris Denning Sarah Russell Emily Cincotta Megan Specht
2/10	Elizabeth Nguyen
2/11	Robert Morse James Freeman Sarah Jones
2/12	Connor Nguyen
2/13	Helen Giles Danielle Huss Colleen Cash
2/14	Kelly Freeman
2/16	Dianne Johnson Andrew Lockhart
2/17	Kathleen Weisinger Bennett Owens Cassidy Worrell
2/18	Elizabeth Palmer
2/19	Brian Taranto Samantha Massie Albert Brayson III Katy Wueste
2/20	Susan Camenzuli
2/21	Kathy Rowe Isabella Remmler
2/24	Elizabeth Jones/Jaycox
2/25	Isabella DeRose
2/27	Chris Spata
2/27	Stacey Kelly
2/28	Molly Russell

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Youth Vestry Representative

At the Diocesan Convention in November 2011, a resolution was passed asking each parish to appoint a youth to their vestry. We see the Vestry's desire to include a youth representative as a direct outgrowth of raising up, honoring and nurturing our Caroline youth. Putting a youth member on the vestry is an important signal to our youth, our parish, and the wider church that our young people are the Church, and that baptism is both the mark of full inclusion in the Church and that every baptized member is expected to find and exercise his or her ministry.

We feel that the Youth Vestry Representative's role should include a fairly specific, and written, role definition, which would include:

1. That the youth representative will be an important conduit of information to and from the rest of the youth program, i.e. Youth Groups and Church School.
2. That the position is advisory, and non-voting, and will be publicized.
3. That the term will be a minimum of one year but not to exceed three years.
4. The frequency of attendance at vestry meetings, and the format of the meetings.
5. That the Youth themselves recommend the Youth Vestry Representative each year, subject to Vestry approval by vote.

Qualifications for a Youth Vestry Representative(s)

Purpose: Our new representative will represent the voice of the Caroline Church youth community in collaboration with the Vestry liaison to our Youth Groups.

Roles and Responsibilities:

- attendance at the 3rd Wednesday evening Vestry meetings for the first 1½ hours (approximately) and will be an active participant.
- term will be year to year.
- be a baptized member of the parish, but confirmation not required.
- age determined by members of the Youth Groups
- recommended and elected, with one alternate representative, by vote by the Youth Groups and confirmed by the Youth Directors.
- vote confirmed by Vestry.
- have voice on vestry but not vote.
- will work in close communication with the Vestry liaison to our Youth Groups.
- be able to report back to the youth in an effective manner.

-invited to the Vestry retreat and other Vestry functions to the extent appropriate in conversation with Caroline Church Youth Groups and their Directors, Vestry and the youth's parents/guardians.

-willing to report occasionally about their involvement on the Vestry in Carillon articles.

-will be actively involved in the youth activities of the church e.g. Youth Group programs Church School activities, and/or acolyte ministry.

Using this Qualifications outline this position is incorporated into the Policy Manual of our parish.

Brotherhood of St. Andrew

During our January meeting we discussed our outreach ministries for 2011. Little Portion Friary, Camp De-Wolfe, Haiti Cathedral, Stop and Shop gift cards and the Reach Haiti Ministries through Dr. Rich Ruppenstein were agree to.

Please keep the following dates and events on your calendars:

- ♦ February 11th, 8:00am Eucharist followed by a continuation of our video series Faith Under Fire.
- ♦ March 17th, Saturday Women's communion breakfast.
- ♦ March 31st. Brotherhood retreat, 8am – 4pm at Little Portion Friary. Fr. Jeff Krantz will be leading us.

Bro. Mark



Come to the Forum!

The Forum gathers weekly after the Thursday 12:30 Eucharist (around 1:15 p.m.) in the Upper Room of the Parish House for clergy led discussions on a variety of topics. To date we have considered the subject of joy, explored the Lord's Prayer in depth, studied and discussed the book "Christmas is Not Your Birthday" by Mike Slaughter, and we are now in the midst of working out what it means to honor the Sabbath day and keep it holy, as well as how to create Sabbath space in our days. All are welcome to join in at any time!