

Legacy Tips & Tools

The Legacy of Sacred Time

April - 2008

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Remember the sabbath day and keep it holy....
For in six days the Eternal made heaven and
earth, the sea, and all that is in them,
and on the seventh day
God ceased from work and was refreshed.

The idea of a Sabbath, a time for sacred rest,
a legacy given us by our Judeo-Christian tradi-
tion, is lost in today's world.

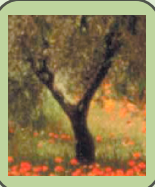
Wayne Muller, ordained minister, Harvard
Divinity School graduate, and author of *Sabbath:
Restoring the Sacred Rhythm of Rest* suggests:

...that millennia ago, the tradition of Sabbath created
an oasis of sacred time within a life of unceasing
labor, but we have lost the necessary rhythm of life,
the balance between work and rest.

Muller continues:

...Sabbath time is a revolutionary challenge to the
violence of overwork, because it honors the neces-
sary wisdom of dormancy. If certain plant species do
not lie dormant during winter, the plant begins to die
off. Rest is not just a psychological convenience; it is
a spiritual and biological necessity. Perhaps this is
why, in most spiritual traditions, 'Remember the
Sabbath' is more than simply a lifestyle suggestion.

The structure of April's Tips is to reflect on
the value of the legacy of the Sabbath. Then to
contemplate what sacred time means to us in
our lives today as we negotiate self-care and our
spiritual yearnings in our ever more demanding,
24/7 society. And third, to consider what living
legacy we will communicate to those we love by
the way we balance, vivify, and make sacred, the
time we have been given.



Reflection, Writing & Practice:

1. Although we cannot
experience sacred time or the
Sabbath by an intellectual

exercise alone, we can begin there (reflecting
and journaling, for no more than 15 minutes
each time you write). You may want to focus
your reflection by exploring one or more of the
following statements:

Time is the relationship between events.
The Yakima Nation

Water is a lost memory;
memory the passing proof of time's existence.
Nadine Gordimer

Eternity is not something that begins after you are
dead. It is going on all the time. We are in it now.
Charlotte Perkins Gilman

The Sabbath is a taste of eternity.
Abraham Joshua Heschel

The Biblical account of Creation establishes the
capstone of creation not as any place in particular, or
even any space at all. Instead, the pinnacle of
creation is the establishment of holy time.

Rabbi Bradley Artson

2. Reflect, explore, and write about ways
you might make sacred time for yourself, (for
half an hour, half a day, or a day you choose as
your Sabbath).
3. Choose one of these ways and
practice it daily or weekly throughout April.
4. Return to your journal at the end of
April to write about your experience with
establishing and practicing sacred time and
how/if it feeds your soul -- with a taste of
eternity. (These 'Process Notes' may be the germ
of a legacy letter.)

May your April writing provide insight and
inspiration, a Sabbath action plan, and a new legacy
of sacred time for future generations,

Rachael Freed

Register for an East Coast Legacy Writing Retreat in
the Great Smoky Mountains...September 21-26, 2008
www.WomensLegacies.com/programs.htm