

EPISCOPAL DIOCESE *of the* CENTRAL GULF COAST



JULY: OUR SELVES, OUR SOULS, OUR BODIES

Why “Our Selves, Our Souls, Our Bodies”?

Well known author, Walter Brueggemann, wrote a short book entitled, *Sabbath Resistance: Saying No to the Culture of Now*. Other leading authors, like Barbara Brown Taylor, have argued for a similar return to Sabbath-keeping. These authors reminds us of two important faith guideposts: remember the Sabbath and keep it holy; you cannot pour from an empty cup.

In this month of our Jubilee year, we are called upon to examine our own spiritual wellness, our Sabbath-keeping, our spiritual disciplines and habits, and perhaps our own call to a Sabbath-as-resistance. What we say ‘yes’ to is as important as what we say ‘no’ to as well.

Collect for the Year of Our Jubilee

Lord God of all creation, fill us with your grace as we remember your kindness and goodness towards us, through providence and through struggle; and let the trumpets proclaim the year of Jubilee, a year of the Lord’s favor, as we dedicate ourselves to reorient our mission efforts to renew your Gospel in our midst. May your Spirit inspire us, we pray in the name of your Son, Jesus Christ our Lord. Amen.

Options for Congregational Participation

Host a quiet day for your congregation.

Encourage church members to think about sabbath in broader ministerial/communal ways. See *Toolkit materials*.

Consider hosting a book club. Invite church members to read and discuss *Sabbath Resistance: Saying No to the Culture of Now* by Walter Brueggemann.

Upcoming Events for July

26 Wilmer Hall Sunday

Toolkit Materials

Letter to Senior Warden

Ensure the senior warden of your church receives this letter from Bishop Russell.

Resources for Clergy Care

List of resources available to clergy for their mental health and wellness.

Sabbath as Resistance

This is an invitation to think about sabbath in broader ministerial/communal ways.