

Hello, friends. Welcome to Wednesday Coffee with Cultivating Sanctuary.

I'm Jeanne Hartfield. This is my coffee cup today.

This is a time when we equip you to be well amid life's persistent disruptions, which is really just another way of saying we wanna equip you to be well amid life's changes and challenges.

Today, I wanna talk about 'Renewing Life Rhythm'.

The other night, we gathered with my neighborhood book club. We've done it once, kind of. We did it over three sessions. When we first started, it was Laura Charain's book, *Share Your Stuff. I'll Go First*. Which actually was just a great way to set the tone and to get to know each other a little bit. And then we're like, "You know, what we really need is we just need time away with each other and we don't actually need to read. This group does not need books. We need conversation and adult time and comradery and understanding." So that's what we do. We still call it a book club. We're playing with a name.

So we gathered at six o'clock at a friend's house in our neighborhood, and it was so lovely to be together. It'd been a few months, because of everybody's schedules. We gather at six o'clock and we have some beverages and some delicious food and really wonderful conversation catching up on what's going on.

It was just so feeding to my spirit.

And then, around eight o'clock, we're all like doing a little yawning, and by 8:30, we're done. We're ready to go.

And we're kinda laughing like, "Ooh, we're so wild. 8:30."

But you know what? This is the season we're in. It's the season we're in. We all have busy lives. We all have demands on our time and our energy. Some of us have kids. It's just the season we're in.

I tell you this because when we think about practicing Sabbath and Sabbath rest as, 'Oh, it's keeping Sundays holy and set apart,' or 'It's the day for worship,' or 'It's a time for this, that or the other thing.'

Another dimension of Sabbath, I think, is really the rhythm that it demonstrates between work and rest. Or work and play. Work and delight.

Let me backup for a minute. Some of you might not totally be familiar with Sabbath. So Sabbath is a term that comes from the Bible.

If you're familiar with the 10 Commandments, the commandment is to remember the Sabbath day and keep it holy.

The Sabbath reminds us of the rhythm of creation where God created and called it good for six days. And on the seventh day, God rested from God's labor. And then, with the 10 Commandments, which is really a covenant, right? It's a promise for how we live well together, a guide for how we live well together.

And the inclusion of 'Remember the Sabbath and keep it.' It was so radical because it wasn't just about the people in power, it was everybody: all household members, animals, like everybody was just supposed to refrain from work.

And then there was a sense of delight. Savoring God's creation. The goodness of what God has given, and remembering God as the source of it all. I've talked about it sometimes with you as it reminds us that our worth is not in our doing. Our worth is because we are beloved of God. That's where it starts.

So back to... it was a rhythm. We work however many days and then there's a day of rest, which also becomes a day of worship and honoring God.

So when we think about this in terms of our lives, I want you to think outside the framework of, 'This is Sunday and we go to church,' or 'This is the day that I do these things.' If you do those things, wonderful, but I want you to think in an additional layer of: **what is the big picture rhythm of work and rest, work and delight, and what does it look like, in this season of your life?** If you have littles, it's just gonna look way different than if your kids are a little bit more independent, or out of the house, or if you don't have children, if you have aging parents and you're helping to navigate some things with their lives and transitions and health and all of that stuff. Your rhythm is going to look a little different than when that wasn't part of your reality.

And so to think about, again, what's the flow, the rhythm, the movement of the work we do, the energy we expand for all kinds of reasons, and a lot of really beautiful reasons? And then, when the rhythm of the energy is coming in, when it's a time of renewal, when it's a time of not just resting our bodies, but often resting our brains, maybe resting our emotions, if we're in a particularly intense season, to think about how to work together in a way where over time you are gaining this reservoir of emotional, physical, spiritual, mental resources that can fuel you in the times when the demand is greater.

One of the things that I'm gonna be doing coming up this fall is I'm gonna be leading a retreat up at Wild Rice Retreat Center, which is really gorgeous, up in Bayfield, Wisconsin. We're gonna talk about Cultivating Sanctuary, and we're gonna talk about living fully through change and challenge. This is some of the work that we'll be doing there.

If that sounds interesting to you, drop me a DM on Instagram or Facebook or reach out to me at [hello@cultivatingsanctuary.com](mailto:hello@cultivatingsanctuary.com) and I'll make sure you get on the list for that.

Now, let's turn to just a little bit of meditation, a little bit of quiet, a brief respite of settling in.

As always, I invite you to close your eyes if you can do so safely, and to take a deep breath in

and release it slowly, a deep breath in,

and release it slowly.

And again, a deep breath in

and release it slowly.

This breathing is its own renewing life rhythm as it settles us into our bodies, as we become attentive to where we are, right now, and as we breathe in, we want you to hear the word, which is the Hebrew word for spirit. God's animating spirit and release,

or as you breathe in. And then breathe out,

which is the Greek word for breath and spirit. Let's just rest in this place for a moment.

Now we want you to think back over recent days or weeks or even months.

What has your work looked like?

What are the asks? The projects?

The creative outlets that use your energy...

How has that balance been for you?

And again, as you think back over these same time periods, what has rest looked like for you? What has play looked like for you?

What did delight look like for you?

What helps your body, mind, and spirit

lay down their burdens?

And what is one movement,

one action you can do this week

to move yourself into a more renewing life rhythm?

Take a deep breath in

and release it slowly.

Thanks for being with us again this week. As we go out, I wanna leave you with this blessing. I pray a blessing upon you, a blessing of renewal and rest. A fruitful, meaningful work. I pray that you will always know that you are deeply loved, that you are valued just as you are. That you are enough.

Thanks for being here, and until next time, be well.