Getting Started

Let's Begin...

Now that you’ve downloaded the files for your faith practice and age group or setting, you can get started planning one or multiple sessions:

1. Open the .pdf file for Workshop Rotation. There are eight workshops which explore this faith practice:
   - Art
   - Computer
   - Drama
   - Food
   - Games
   - Music
   - Science
   - Video

2. Locate the Workshop you’ve chosen

3. Look through all 9 activities and select the ones you would like to do with your group.
   - If you’re planning a 30–45 minute session, choose 3 activities.
   - It is best to select at least one activity from Exploring and Engaging, at least one from Discerning and Deciding, and at least one from Sending and Serving.
   - For 45 minutes to 1 hour, choose 4 or 5 activities.
   - For a 1½ to 2-hour session, you can use all 9 activities.

Tip: Look for this symbol 📚 to find activities designed for Easy Preparation (able to be done with minimal preparation using supplies normally found at the church).

About this Faith Practice

Sabbath is intentional time taken by individuals and faith communities to integrate the Divine with humanity and creation. Jesus models how to keep Sabbath both inwardly (through prayer, solitude, silence, and meditation) and outwardly (through communal ritual and acts of justice). Our inward movement toward a life centered in the Spirit indicates the reign of God within us. Jesus embodies the depth of sabbath-keeping experiences through outward action to followers and to those he encounters who have specific needs. Our practice of Sabbath is informed by God resting on the seventh day after laboring for six days to create the world, establishing a day of Sabbath. Building on this biblical tradition, some faith communities dedicate a specific day of the week to rest, worship, and work for justice, peace, and the integrity of creation.
Use of Art, Music, and Scripture in Faith Practices

Faith Practices activities include many opportunities to grow in faith through the use of scripture, music, and art.

**Ordering Posters**
If you choose activities that use an art image, you or your church will need to purchase posters of the art by clicking on the link provided in the activity. If you wish to use art, you will need to plan ahead, since it takes 1 to 2 weeks for the posters to arrive after you place your order.

**Art**
Six posters are used with the faith practice Giving and Receiving Hospitality and may be ordered by clicking on the links provided.

*From Imaging the Word Poster Sets:*
“The Adoration of the Kings” by Jan Brueghel, the Elder ([http://www.tinyurl.com/fp-uccr](http://www.tinyurl.com/fp-uccr))


*From Art.com*

“Blind Feeling” by Diana Ong ([http://www.tinyurl.com/fp-apdo](http://www.tinyurl.com/fp-apdo))


**Music**
Three music selections are used with Giving Testimony and Witness. We have selected music which is easily found in many hymnals. A web link is provided to give more information about each music selection.

“Tu’ has venido a la orilla,” Tune: Pescador de Hombres, 8.10.10 with refrain ([http://www.tinyurl.com/fp-orilla](http://www.tinyurl.com/fp-orilla))


**Keeping Sabbath**

### GETTING STARTED

**Scripture**

Twelve Bible passages are used with Giving Testimony and Witness, two with each Exploration.

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- Katie Watson: Older Children
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