



SABBATH

CHALLENGE

Complete 6 of the activities below (2 shaded, 4 of your choice). Turn in your card for a prize!

Spend at least 20 minutes outside	Catholic Rosary Prayer Mondays 10-10:20am Multifaith Center	Take a 20 minute walk	Coloring and Conversation <small>with Coffee and Treats</small> Tuesdays 10-10:20am Multifaith Center	Holy Communion Thursdays 10-10:20am Christ Chapel
Morning Praise <small>with Coffee and Treats</small> Wednesdays 10-10:20am Christ Chapel	Eat breakfast with a Friend	Monday Motivator <small>(Fellowship of Christian Athletes)</small> Mondays 10-10:20am Lund Center	Mindfulness Meditation Wednesdays 10-10:20am Multifaith Center	Talks on Faith Tuesdays 10-10:20am Christ Chapel
Sabbath Yoga Thursdays 10-10:20am Multifaith Center	Musical Showcase Fridays 10-10:20am Christ Chapel	Listen to music for 20 minutes	Diverse Perspectives Fridays 10-10:20am Multifaith Center	Spend some quiet time in the Library Relaxation Room
Visit the meditation chair in the Counseling Center	Fill in your own Sabbath practice:	Prayer around the Cross Mondays 10-10:20am Christ Chapel	Walk the prayer labyrnth in the Arb	Follow @GACFaithLife on Instagram or Facebook



Name: _____

I am a: Student Employee
(circle one)

E-mail: _____

Keep me informed of other sabbath related events or activities.

See other side for instructions and information on prizes

WHAT IS *SABBATH?*



A time of rest devoted to one's spiritual or emotional well-being.

THE CHALLENGE

APRIL 8TH-MAY 6TH

DID YOU KNOW?

Taking just 20 minutes a day to focus on your well-being can:

- Improve happiness
- Reduce anxiety
- Strengthen memory
- Relieve stress
- Increase concentration

INSTRUCTIONS

- 1.) Choose 6 activities to complete by May 6th.
(Note: Two challenges must come from a shaded square. The other four can be of your choosing.)
- 2.) Cross off the square of each challenge you complete.
- 3.) Turn in your completed card with name and contact info by May 6th.

Students:

- Turn in your card at our table in the campus center on May 6th. **(The first 40 students to turn in cards will receive a reusable cup filled with candy) OR;**
- Drop off your completed card in the Chaplains Office (Old Main)

Employees:

- Drop off your completed card in the Chaplains Office (Old Main) OR:
- Return card via campus mail

PRIZES

All completed cards will be entered into a drawing for the following prizes:

Employees:

\$25 gift card to the BookMark (6)

Students:

\$25 gift card to Patrick's, River Rock, or the Co-Op (6)