



Sabbath

TO-GO



**OFFICE OF THE
CHAPLAINS**

GUSTAVUS ADOLPHUS COLLEGE

WHAT IS SABBATH?

Sabbath is a time of rest devoted to one's spiritual or emotional well-being. The concept of sabbath originated in religious spheres but can include a wide variety of religious, spiritual, and secular practices.

Try this!

- Light a candle
- Say a prayer
- Read for fun
- Share a poem
- Sit in silence
- Spend at least 20 minutes outside
- Listen to music that soothes you
- Hold a worry stone
- Play with playdough
- Eat breakfast with a friend
- Go for a walk
- Write a note to a friend
- Read a sacred text that is important to you
- watch a religious service online (many to choose from!)
- Brew some tea or coffee and notice how good it smells
- Download a meditation app and try it out. Free resources at 10percent.com!
- Paint or color
- Pet a dog or another furry animal
- Write down 10 things you are grateful for
- cook a meal or bake some goodies

- Sing a song or play an instrument
- read a children's book
- Facetime your roommate or Gustie BFF
- Write a thank you note to a professor or Gustavus staff

on campus!

- Walk the labyrinth in the Arb

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
-

CALMING PRACTICES

Use these practices when you need a break, are feeling anxious, or just need some sabbath rest.

From where you are sitting, identify...

5 things you can see

4 things you can feel

3 things you can hear

2 things you can smell

1 thing you can taste

4-7-8 *breathing*

Inhale for a count of 4

-

Hold your breath for a count of 7

-

Exhale for a count of 8

-

Repeat 4 times

Feeling overwhelmed? Remember *Rain*

R Recognize what's going on, acknowledge that your thoughts, feelings, or behaviors are affecting you

A Allow the experience to be there. Take a pause, allow yourself to feel that way without judgement.

I Investigate with kindness. Ask yourself why you might be feeling this way? Has anything triggered your reaction?

N Natural Awareness, which comes from not identifying with the experience. It's okay to be feeling this way.

PRAYERS

These prayers were gathered from different religious traditions.

O God, you have called your servants to ventures of which we cannot see the ending, by paths as yet untrodden, through perils unknown. Give us faith to go out with good courage, not knowing where we go, but only that your hand is leading us and your love supporting us. Amen.

ELW Evening Prayer (ELCA Christianity)

Lord, make me an instrument of your peace:
where there is hatred, let me sow love;
where there is injury, pardon;
where there is doubt, faith;
where there is despair, hope;
where there is darkness, light;
where there is sadness, joy.
O divine Master, grant that I may not so much seek
to be consoled as to console,
to be understood as to understand,
to be loved as to love.
For it is in giving that we receive,
it is in pardoning that we are pardoned,
and it is in dying that we are born to eternal life.
Amen.

Prayer of St. Francis, Roman Catholic

Lord Jesus Christ, our God, You said to Your disciples, "Peace I leave with you; my peace I give to you; not as the world gives do I give to you." We come before You in humility and ask that Your peace which surpasses all understanding will descend upon all people around the world, especially those currently in conflict and at war. Increase understanding and forgiveness between nations. Awaken the longing for a peaceful life in all those who are filled with hatred for their neighbor. Extinguish every dispute and banish all temptations to disagreement. Grant wisdom to civil authorities. Free those held captive, protect those in danger, and comfort those who are suffering and displaced. Implant in all of us reverence for You, and confirm us in love for one another. Make us worthy to celebrate the feast of Your holy nativity and to join with the angels in chanting: "Glory to God in the highest, and on earth peace, goodwill towards men." For You are the King of Peace and the Savior of our souls and to You we give glory together with Your eternal Father and Your most-holy, gracious and life-giving Spirit, now and ever and forever. Amen.

*St. Phillip Orthodox Church in Pennsylvania, Eastern Orthodox Christianity,
submitted by Angelina Hathy '23*

When I walk through thy woods,
May my right foot and my left foot
Be harmless to the little creatures
That move in its grasses: as it is said
By the mouth of thy prophet,
They shall not hurt nor destroy in all my
holy mountain.

Rabbi Moshe HaCohen, Judaism

O Mary,
you always shine on our path
as a sign of salvation and of hope.
We entrust ourselves to you, Health
of the Sick,
who at the cross took part in Jesus'
pain, keeping your faith firm.
You, Salvation of the Roman People,
know what we need,
and we are sure you will provide
so that, as in Cana of Galilee,
we may return to joy and to feasting
after this time of trial.
Help us, Mother of Divine Love,
to conform to the will of the Father
and to do as we are told by Jesus,
who has taken upon himself our
sufferings
and carried our sorrows
to lead us, through the cross,
to the joy of the resurrection. Amen.
Pope Francis, Roman Catholic

O God, who would fold both heaven and
earth in a single peace: Let the design of
your great love lighten upon the waste of
our wraths and sorrows: and give peace to
your Church, peace among nations, peace in
our dwellings, and peace in our
hearts: through your Son our Savior Jesus
Christ. Amen.

*Church of England, Protestant Christianity
submitted by Sophia Martinez '23*

As we wash our hands
We pray,
Blessed is the Soul of the Universe,
Breathing us in and breathing us out.
May our breaths continue
And our health and the health of all
Be preserved
In this time of sickness and fear of sickness.
Holy Wholeness,
We take as much responsibility for this as we can
By observing the obligation to wash our hands
Thoroughly:
For as long as it takes to say this prayer.
Amen
ברוך אתה ה' אלהינו מלך העולם אשר קדשנו במצותיו וצונו על
נטילת ידיים
Blessed are you, our God, ruler of the universe,
who sanctified us with God's commandments and
instructed us on washing hands
Trisha Arlin, Judaism

If we are peaceful,
If we are happy,
We can smile and blossom like a flower,
And everyone in our family,
Our entire society,
Will benefit
From our peace.

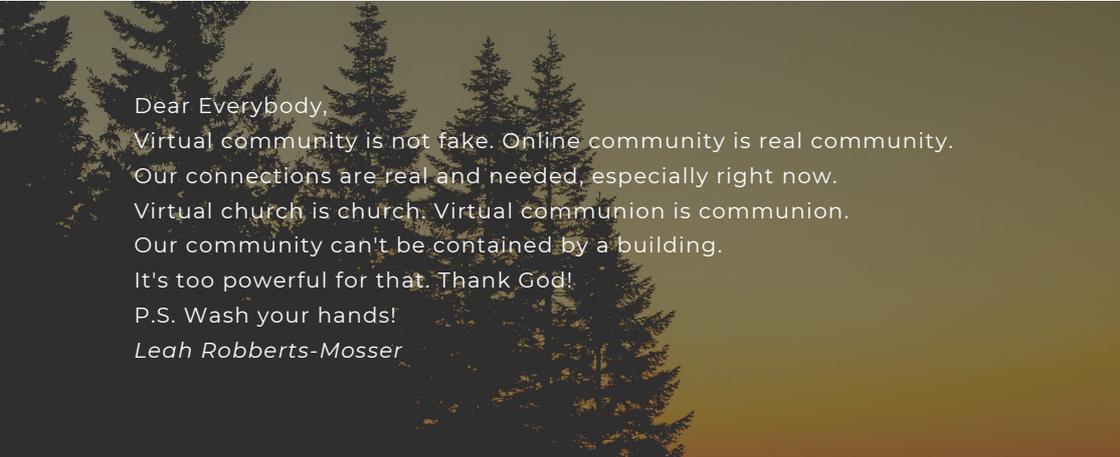
*Thich Nhat Hanh, Being Peace, Parallax Press, 1988 p 11, Buddhism
Submitted by Shannon Halen '23*

REFLECTIONS

poetry and readings in the midst of uncertainty

Rest.
Breath deep the sorrow of a world
aching for reconciliation.
Your grief is the other side of love.
Love of humanity,
of bodegas and mom & pop shops.
Of block parties and stoop sitting
The dream is not lost, nor is it
buried
by the dragons who sit on piles and
piles of gold.
No, this is what the myths are
always about...
The people coming together
Not with guns and malice
but with hope and street dancing
and
a plan.
Breathe.
All is not yet lost.
Alex Klingenberg

When despair grows in me
and I wake in the middle of the
night
at the least sound
in fear of what my life
and my children's lives may be,
I go and lie down where the wood
drake
rests in his beauty on the water,
and the great heron feeds.
I come into the peace of wild things
who do not tax their lives with
forethought
of grief. I come into the presence of
still water.
And I feel above me the day-blind
stars
waiting for their light. For a time
I rest in the grace of the world, and
am free
Wendell Berry



Dear Everybody,
Virtual community is not fake. Online community is real community.
Our connections are real and needed, especially right now.
Virtual church is church. Virtual communion is communion.
Our community can't be contained by a building.
It's too powerful for that. Thank God!
P.S. Wash your hands!
Leah Robberts-Mosser

I cannot say
where it lives,
only that it comes
to the heart
that is open,
to the heart
that asks,
to the heart
that does not turn away.

It can take practice,
days of tugging at
what keeps us bound,
seasons of pushing against
what keeps our dreaming
small.

When it arrives,
it might surprise you
by how quiet it is,
how it moves
with such grace
for possessing
such power.

But you will know it
by the strength
that rises from within you
to meet it,
by the release
of the knot
in the center of
your chest
that suddenly lets go.

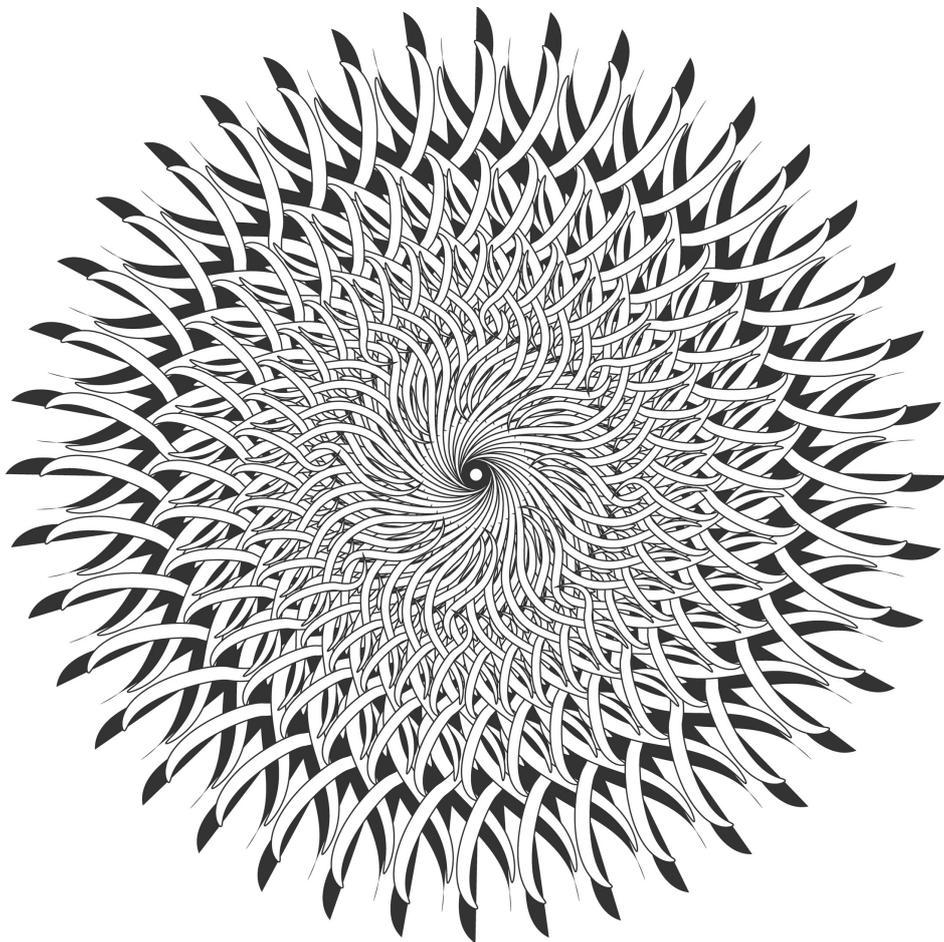
You will recognize it
by how still
your fear becomes
as it loosens its grip,
perhaps never quite
leaving you,
but calmly turning
into joy
as you enter the life
that is finally
your own.

Jan Richardson

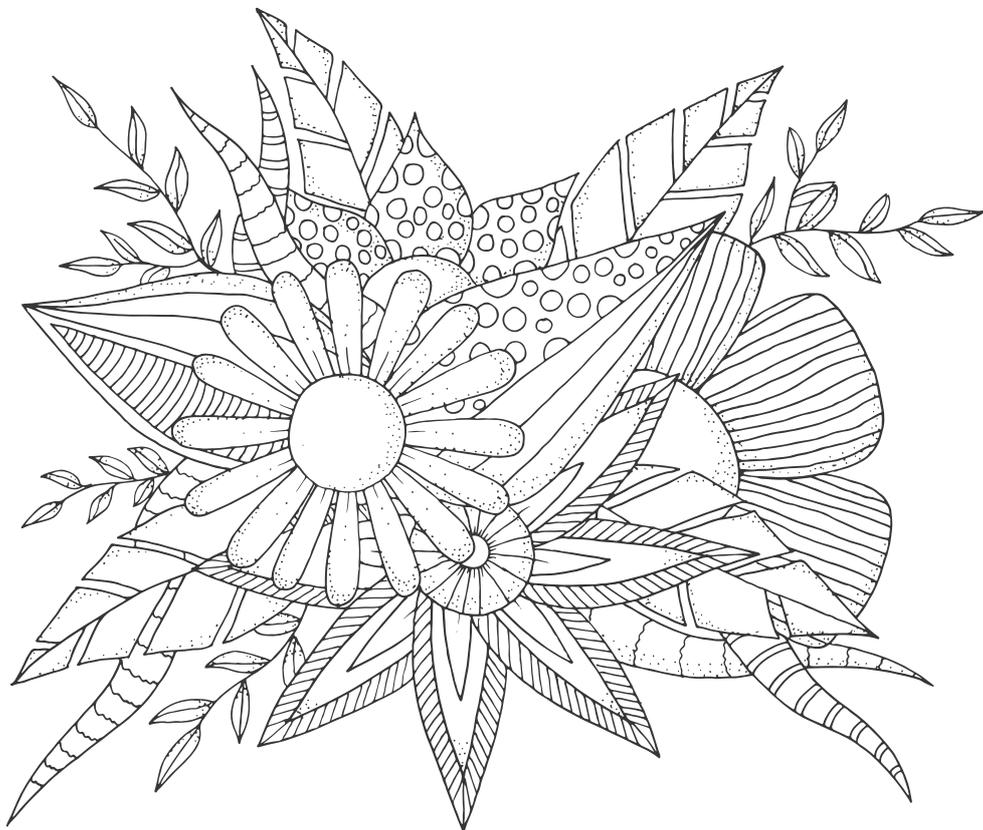


What if you thought of it
as the Jews consider the Sabbath—
the most sacred of times?
Cease from travel.
Cease from buying and selling. Give
up, just for now,
on trying to make the world
different than it is.
Sing. Pray. Touch only those
to whom you commit your life.
Center down.
And when your body has become
still,
reach out with your heart. Know that
we are connected
in ways that are terrifying and
beautiful.
(You could hardly deny it now.)
Know that our lives
are in one another's hands.
(Surely, that has come clear.)
Do not reach out your hands.
Reach out your heart.
Reach out your words.
Reach out all the tendrils
of compassion that move, invisibly,
where we cannot touch.
Promise this world your love--
for better or for worse,
in sickness and in health,
so long as we all shall live.
Lynn Ungar

coloring page



coloring page



coloring page



labyrinth

trace the labyrinth with your finger or writing utensil. Try to slow your breath and thoughts as you get closer to the center.



start here 

The Office of the Chaplains

The Chaplains engage in conversations with the Gustavus community regarding vocation, faith questions, relationship struggles, crisis situations, and the daily joys and sorrows of life. Chaplains are available to meet one-on-one with students and staff.

Chaplain Siri Erickson
sericks5@gustavus.edu

Chaplain Maggie Falenschek
mfalenschek@gustavus.edu

Chaplain Grady St. Dennis
stdennis@gustavus.edu

Virtual Opportunities

The Chaplains Office is working on producing online resources and virtual opportunities for worship, community, and spiritual care.

Please check the Chaplains page on the Gustavus Webpage for links to resources from a variety of faith traditions.

These additional opportunities will also be available soon:

Mondays: A recording of Prayer Around the Cross

Tuesdays: Purpose Pause on Instagram/Facebook Stories

Wednesdays: A recording of Morning Praise

Thursdays: Live Gratitude Practice

Fridays: Students and staff share their favorite music

Sundays: Student reflections for Sunday Worship on Instagram TV and Facebook Live

Follow us @GACfaithlife