

RECESS



RECESS

The official, authorized, annotated, field guide for not going to DOWNTOWN CHURCH on July 2 + July 9

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MORNING WORSHIP ONE

Responsive Reading - Psalm 95:1–7

Come, let us sing to the Lord; let us shout for joy to the Rock of our salvation.

Let us come into God's presence with thanksgiving; let us make a joyful noise to God with songs of praise!

For the Lord is a great God, and a great Sovereign above all gods.

The Lord holds the caverns of the earth, and sustains the heights

of the hills. The sea belongs to God, who made it, whose hands have molded the dry land.

Come, let us bow down, let us kneel before the Lord.

For the Lord is our God, and we are the people of God's pasture, and the sheep of God's hand. O that today you would listen to God's voice!

Scripture Reading - Matthew 10:40–42

"Whoever welcomes you welcomes me, and whoever welcomes me welcomes the one who sent me.

Whoever welcomes a prophet in the name of a prophet will receive a prophet's reward; and whoever welcomes a righteous person in the name of a righteous person will receive the reward of the righteous;

and whoever gives even a cup of cold water to one of these little ones in the name of a disciple – truly I tell you, none of these will lose their reward!"¹

The Word of the Lord **Thanks be to God**

Silent Reflection

Prayers for All People

God of mercy, we thank you for the resurrection dawn bringing the glory of our risen Lord who makes every day new. Especially we thank you for the beauty of your creation ...

the new creation in Christ and all gifts of healing and forgiveness ...

the sustaining love of family and friends ...

the fellowship of faith in your church...

Merciful God of might, renew this weary world, heal the hurts of all your children, and bring about your peace for all in Christ Jesus, the living Lord.

Especially we pray for those who govern nations of the world ...

the people in countries ravaged by strife or warfare ...

all who work for peace and international harmony ... all who strive to save the earth from destruction ...

the church of Jesus Christ in every land...

In the name of Jesus, Amen.²

1. Scripture Quoted From The New Revised Standard Version Of The Bible © 1989 By The National Council Of Churches Of Christ

2. Prayers for All People adapted from the Book of Common Worship, © 1993, Westminster/John Knox Press

MORNING WORSHIP TWO

Responsive Reading - Psalm 95:1-7

Come, let us sing to the Lord; let us shout for joy to the Rock of our salvation.

Let us come into God's presence with thanksgiving; let us make a joyful noise to God with songs of praise!

For the Lord is a great God, and a great Sovereign above all gods.

The Lord holds the caverns of the earth, and sustains the heights

of the hills. The sea belongs to God, who made it, whose hands have molded the dry land.

Come, let us bow down, let us kneel before the Lord.

For the Lord is our God, and we are the people of God's pasture, and the sheep of God's hand. O that today you would listen to God's voice!

Scripture Reading - Matthew 11:16-19

But to what will I compare this generation? It is like children sitting in the market places and calling to one another, 'We played the flute for you, and you did not dance; we wailed, and you did not mourn.' For John came neither eating nor drinking, and they say, 'He has a demon'; the Son of Man came eating and drinking, and they say, 'Look, a glutton and a drunkard, a friend of tax collectors and sinners!' Yet wisdom is vindicated by her deeds.¹

The Word of the Lord **Thanks be to God**

Silent Reflection

Prayers for All People

Eternal God, we rejoice this morning in the gift of life, which we have received by your grace, and the new life you give in Jesus Christ. Especially we thank you for the love of our families ...
the affection of our friends ...
strength and abilities to serve your purpose today ...
this community in which we live ... opportunities to give
as we have received....

God of grace, we offer our prayers for the needs of others
and commit ourselves to serve them even as we have been served in Jesus Christ.
Especially we pray for those closest to us, families, friends, neighbors ...
refugees and homeless men, women and children ...
the outcast and persecuted ...
those from whom we are estranged ... In the name of Jesus, Amen²

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2. Prayers for All People adapted from the Book of Common Worship, © 1993, Westminster/John Knox Press

THE FAMILY SHABBAT

The family shabbat is a form of household prayer inspired by the Jewish prayers for Sabbath. It is especially appropriate for occasions when you have friends and guests over for a meal (like Sunday brunch).

Materials Needed

1. At least one candle or one candle for each person if you got it together.
2. A piece of bread you can break
3. Wine, or some other common drink

Lighting the Candles

One: High King above all kings, our father for ever and ever. Thine, O Lord, is the greatness, the power, and the glory, for ever and ever. Amen.

All: Let Thy face, O Lord, shine forth upon us, and be merciful to us. The peace of God, and of Christ, and of the Holy Spirit, be upon us and our children, forever more. Amen

Light Candle(s)

One: Be with us by day, be with us by night, and as darkness covers the earth keep our lights shining brightly.

All: We are on a journey, for our hearts have run before us to Your kingdom; once far off, we have now been brought near. See how good and joyful a thing it is to dwell together in unity!

Breaking the Bread and Taking the Wine

with bread or any food you can pass in hand

One: Blessed are You, Lord, for through Your goodness we have this bread. You have given us Your peace, and set a hunger in our hearts.

All: Restore our strength. Give new energy to tired limbs, new thought to weary minds.

pass the bread

with wine or other common drink in hand

One: Blessed are You, Lord, for through Your goodness we have this wine. We thank you for your loving kindness which has filled our days and brought us to this time and place.

All: May the wine restore our souls, giving new vision to dry spirits, new warmth to cold hearts.

pass the wine

UNABRIDGED LIST OF OTHER STUFF TO DO



1. Write for the third time in the journal you bought three years ago.
2. Bake two batches of chocolate chip cookies - keep one, give the other to a neighbor you don't know well
3. Go for a walk and say a silent prayer for the people you see.
4. If you live with another human, ask them this question: "What's your favorite thing to do?" No matter what they say, unless it involves running with scissors, do it with them.
5. Go to a church that doesn't remind you of DOWNTOWN CHURCH.
6. Using paper and a pen/pencil, write a letter to a friend.
7. Recall 3 people that you wish you knew better, then contact them and make plans to meet for a meal.
8. Look through old photo albums.
9. Go back to sleep.
10. Call four people that aren't judgey and impressionable. Invite them to eat dinner at your house. They will ask if they can bring anything. Say no and start cooking. Don't clean your house. Nobody cares.
11. Sit under a big oak tree.
12. Find crayons and a coloring book - begin coloring and wait, eventually you'll be wistful and smile.
13. Go get lost driving in and around Eastover + Pinewood + West Sumter.
14. Watch cartoons.
15. Memorize a verse or two from the Bible that encourages you.
16. Read this list for an hour, be stuck in cycles of indecision and second guessing.
17. Make your own list of what you'd do if there were 25 hours in each day.
18. Call a friend that doesn't go to DOWNTOWN CHURCH + go to church with them.

RECESS FAQ

What is RECESS?

This summer, DOWNTOWN CHURCH is observing rest through RECESS. Whether you are a every-Sunday church goer, occasional visitor, dedicated volunteer, or paid staff member this program is active pause is for you.

What Sundays will DOWNTOWN CHURCH be closed for worship? July 2 and July 9

What am I supposed to do to worship instead?

We know you may be into a Sunday morning groove with God that you don't want to interrupt. And we've got you covered. We're providing both more and less structured activities for you and your family to experience on both Sundays during recess that we don't have worship (July 2 and July 9). You can download liturgy and other activities on the DOWNTOWN CHURCH website.

What am I supposed to do during RECESS?

Follow your memory back to the sandy playground where grubby, chubby fingers gripped plastic and metal slides, dust from sidewalk chalk covered your shoes, and remember the joy of being active without structure. RECESS was the pause where you reflected on learning, made friends, connected with your imagination and ultimately found rest in the change, from long hours sitting at your small desk.

Is someone tracking whether or not I participate?

No, RECESS is completely voluntary, and your participation is on the honor system.

Do I get a grade for my efforts?

No, your efforts will not be graded, no pass or fail. But you might rack up some experience points.

What will I tell my kids about not going to church for 2 weeks?

We're supporting RECESS with individual and family activities. You might use RECESS as a way to demonstrate that a relationship with God comes in all shapes and sizes. Though your family may wish to build that relationship by going to church every (or most) Sundays, it's not necessarily a requirement for communing with God.

What if I miss seeing my church peeps?

Then, stay connected! We (the staff) will be posting our RECESS adventures on Instagram and using the hashtag #DTCrecess. Join us.

Where will I get free coffee and cookies on Sunday mornings?

Sorry to say, you are on your own for this one. Rumor has it that Sam's Club hands out free samples on Saturday mornings.

Why are we doing this?

The purpose of RECESS is to provide the staff a respite from the planning, preparing, and executing of two Sunday worship services and all of the work that happens in between. We anticipate that this break will give you an opportunity to rest and come back renewed and refreshed.

Will we do this every year?

Whoa. Slow down. Let's just take it one year at a time. At DOWNTOWN CHURCH, we like to try new things. We also like to let go of things that aren't working, so only time will tell.

What if I visit another church and really like it?

We hope that if you visit another church that you do like it! If you see or experience things that could be additive to our experience at DOWNTOWN CHURCH, please let us know. And, let's face it: it's a risk for us. You might decide that there's another church out there that you'd like to call home. If that happens, we'll be sad to see you go. But, you know what they say about loving someone and setting them free...

What if I have a pastoral emergency during RECESS?

We'll have members of our community on call for pastoral support during RECESS.

SACRED EXCERPTS

God's Fourth Commandment: Exodus 20:8-11

New Revised Standard Version (NRSV)

⁸ Remember the sabbath day, and keep it holy. ⁹ Six days you shall labor and do all your work. ¹⁰ But the seventh day is a sabbath to the Lord your God; you shall not do any work—you, your son or your daughter, your male or female slave, your livestock, or the alien resident in your towns. ¹¹ For in six days the Lord made heaven and earth, the sea, and all that is in them, but rested the seventh day; therefore the Lord blessed the sabbath day and consecrated it.

BARBARA BROWN TAYLOR ON LEVITICUS 25.
An Altar in the World.

“Sabbath is not only God’s gift to those who have voices to say how tired they are; Sabbath is also God’s gift to the tired fields, tired vines, the tired vineyard, the tired land. Leviticus 25 shows divine concern for grapes, for God’s sake.”

(p.133)

ABRAHAM HESCHEL

“God made everything in creation and called it good, but when God rested on the seventh day, God called it holy. That makes the seventh day a “palace in time” into which human beings are invited every single week of our lives.”

Prayer: Welcoming Sabbath

Gates of Prayer, the New Union Prayer Book.

Our noisy day has now descended with the sun beyond our sight.

In the silence of our praying place we close the door upon the hectic joys and fears, the accomplishments and anguish of the week we have left behind.

What was but moments ago the substance of our life has become memory; what we did must now be woven into what we are.

ON this day we shall not do, but be.

We are to walk the path of our humanity, no longer ride unseeing through a world we do not touch and only vaguely sense.

No longer can we tear the world apart to make our fire.

One this day heat and warmth and light must come from deep within ourselves.

Acts 16:12-15: Paul and Silas arrive in Philippi.

“And we were staying in that city for some days. And on the Sabbath day we went out of the city to the riverside, where prayer was customarily made; and we sat down and spoke to the women who met there. Now a certain woman named Lydia heard us. She was a seller of purple from the city of Thyatira, who worshipped God. The Lord opened her heart to heed the things spoken by Paul. And . . . she and her household were baptized. . . .”

SACRED EXCERPTS

Excerpts from Ann Voskamp's *One Thousand Gifts*, Chapter 4, "A Sanctuary of Time:"

"I touch wonder and fragility quivers...and bulges. Merges. Melds. Ripens full round, time shimmering clear.

And bursts.

Science may explain mechanics, but how do the eyes of the soul see?"

"The time, always the time, I'm an amateur trying to beat time. The six kids rouse. We race. The barn...and hurry. The breakfast...and hurry. The books, the binders...and hurry! In a world addicted to speed, I blur the moments into one unholy smear. I have done it. I do it still. Hands of the clock whip hard. So I push hard and I bark hard and I fall hard and when their wide eyes brim sadness and their chins tremble weak, I am weary and I am the thin clear skin, reflecting their fatigue, about to burst, my eyes glistening their same sheer pain.

The hurry makes us hurt.

And maybe it is the hurt that drives us on? For all our frenzied running seemingly toward something, could it be that we are in fact fleeing - desperate to escape pain that pursues?

Whatever the pace, time will keep it and there's no outrunning it, only speeding it up and pounding the feet harder; the minutes pound faster too. Race for more and you'll snag on time and leak empty. The longer I keep running, the longer the gash, and I drain, bleed away.

Hurry always empties a soul.

...

"Time is a relentless river. It rages on, a respecter of no one. And this, this is the only way to slow time: When I fully enter time's swift current, enter into the current moment with the weight of all my attention, I slow the torrent with the weight of me all here. I can slow the torrent by being all here. I only live the full life when I live fully in the moment. And when I'm always looking for the next glimpse of glory, I slow and enter. And time slows. Weigh down this moment in time with attention full, and the whole of time's river slows, slows, slows."

**"God is not found
– in the soul –
BY ADDING ANYTHING
but by subtracting."**

Meister Eckhart

**"A BEING IS FREE
ONLY WHEN IT CAN
DETERMINE AND LIMIT
its activity."**

Reformed Swiss Theologian Karl Barth

Barbara Brown Taylor on *The Practice of Saying No: Sabbath. An Altar in the World.*

"I know people who can do five things at once who are incapable of doing nothing. I know people who are able to decide what to do without being able to do less of it. Since I have been one of those people, I know that saying no is a more difficult spiritual practice than tithing, praying on a cold stone floor, or visiting a prisoner on death row--because while all of those worthy activities may involve saying no to something else so that I can do them instead, they still amount to doing more instead of less. Limiting my activity does not help me feel holy. Doing more feels holy, which is why I stay so intrigued by the fourth commandment."

HOW SHOULD YOU SPEND RECESS?

Use this column style chart to find out the best use of your time away from DOWNTOWN CHURCH. Read each question silently, then answer the question aloud. Once you complete the quiz, tally your responses for each column and use your math skills to figure out which column best fits your personality. The final answer will be under the column with which you have the most tally marks.

A

or

B



A week at Disney world

Solo Netflix Binge

People as Friends

Awkward Silence



Morning Prayer

Devotional Email



Hiking alone in the Grand Canyon

A Cocktail Party

Animals as Friends

A Lively Conversation

Evening Vespers

Devotional Paperback



A Solo Walk through a Labyrinth

A group Meditation Sauna Session

If you had more answers from column A, then you are a type A person. We suggest spending RECESS however you want. We know your time away will be fruitful and restorative.

If you had more answers from column B, then you are a type B person. We suggest spending RECESS however you want. We know your time away will be uplifting and regenerating.