



Sabbath: a time of rest
and/or prayer.

Sabbath Time

TUESDAY/THURSDAY
12:15 - 12:45 p.m.



*Remember: "The Sabbath was made for humankind, and not
humankind for the Sabbath." (Mark 2:27)*

One of the most distinguished words in the Bible is *kadosh*, **holy**; a word which is representative of the mystery and majesty of the divine. God blessed the seventh day and made it **holy**. When history began, there was only one holiness in the world, holiness of time. The sanctity of time came first, the sanctity of man came second, and the sanctity of space came last.

—Excerpt from: *Shabbat as a Sanctuary in Time* by Rabbi Abraham Heschel

Why Sabbath Time at Salve Regina?

- Without Sabbath there would be no holiness in our world of time.
- Sabbath is an opportunity to refresh ourselves.
- Sabbath can be a time to ponder these words of the Dalai Lama:

Take care of your thoughts,
they become your **words**,

Take care of your words,
they become your **actions**,

Take care of your actions,
they become your **habits**,

Take care of your habits,
they become your **character**,

Take care of your character,
it will form your **destiny**,

And your destiny will be your **life**.

How can you become more compassionate, more loving, more responsible, more ethical, more holy?

Rest Practices for Sabbath Time:

Have lunch or tea with friends.

Go for a walk.

Shut off all electronic communications.

Read a book.

Take a nap.

Prayer Practices for Sabbath Time:

Walk the labyrinth.

Read a passage from sacred scripture and reflect on it.

Spend quiet time in the Chapel.

Attend 12:15 Mass

Read poetry or some other reflective work.

Meditate on nature; the trees, sky, ocean, etc. *Be grateful for all these gifts.*

Be at your desk/work with a conscious attitude that this is sacred time.

Prepared by the Office of Mission Integration.

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