

Sabbath Course

7-Week Self-Study Course & Sabbath Circles

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Course Details

When:

- Every Friday, 6:30-7:30 p.m. for 7 weeks

What: Self-study course through

- Weekly 15-30 min. activity prompts available on Google Drive
- Weekly 1-hour, facilitated Sabbath Circle video calls on Zoom
- Weekly practice of Sabbath

How: By the end of the 7 weeks, you'll have the wisdom, skills and commitment for momentum on your spiritual journey (whatever that looks like for you!) and enjoy the rich gifts that a Sabbath practice has to offer you every week

“We remember the root of inner wisdom that makes work fruitful. We remember from where we are most deeply nourished, and see more clearly the shape and texture of the people and things before us.”

- Wayne Muller, *Sabbath*

THE WORLD NEEDS YOU TO REPAIR WHAT IS DIVIDED.

**LIVE
LIFE
TO THE FULLEST**

CUT OUT THE BUSY, COMPLICATED,
CRAZY. MAKE ROOM FOR RICH, EASY,
INTEGRATED. WHEN ONE THING FLOWS
TO ANOTHER. WHEN CHOICES ARE OBVIOUS.
WHEN NEEDS ARE MET FOR ALL. AND
THEN SOME. WHEN TIME IS IRRELEVANT.
AND THE ONLY PLACE TO BE IS HERE.

CONSIDER THE WHOLE

STEP BACK TO SEE CONNECTIONS AND THE BIG PICTURE.

SPEAK FROM THE HEART

SAY WHAT YOU MEAN, MEAN WHAT YOU SAY.

DO THE RIGHT THING

LISTEN TO WHAT YOU KNOW.

DO IT WELL

MAKE WHAT YOU CAN
WITH WHAT YOU'VE GOT.

WHEN YOU FIND HOLES
RETREAT TO YOUR CORE.
TAPPING INTO YOUR DEEPEST
KNOWING, NATURALLY ATTUNING,
AGAIN IN HARMONY WITH ALL.

THIS IS A WHOLE LIFE. COMMIT TO EVERYDAY

INTEGRITY.

THE WHOLE CANNOT BE WHOLE WITHOUT ALL OF YOU.

We must slow down to
a human tempo and
we'll begin to have
time to listen.

– Thomas Merton

#happysabbath

From

Tired
Disconnected
Compulsive
Disintegrated
Stressed
Doubt

To

Energized
Connected
Intentional
Integrated
Ease
Clarity

everydayintegrity.com

Course Intention

Together, for seven weeks, we will explore bringing Sabbath into our lives and see how balance, connection and renewal overflow into our everyday.

“A good motive for entering into a weekly day of rest comes from our desire for transformation.”
- Lynne Babb, *Sabbath Keeping*

Sabbath Circles will cover these topics:

Each week, join a 60-min. video call on Friday nights from 6:30-7:30 p.m. PST.

Between weekly calls, spend ~30 min. on a meaningful activity prompt and of course, enjoy your Sabbath.

: Your Path to Rest
Week 1 | May 18

: The Cult of Busy
Week 2 | May 25

: The Art of Being, Not Doing
Week 3 | June 1

: What Matters Most
Week 4 | June 8

: Gone Sabbathing
Week 5 | June 15

: Keeping Sacred Space
Week 6 | June 22

: Everything is Complete
Week 7 | June 29

Course Overview

This 7-week course is about reconnecting with what's most important to you. Sabbath gives space to rest, renew, remember.

Sabbath is a sacred practice that goes back eons, some believe to the beginning. **“Remember the Sabbath day by keeping it holy,”** says the fourth commandment. More recently and over the past few decades, spiritual leaders and spiritual communities have been exploring Sabbath as it applies to our contemporary lives. The consensus is we need connection now more than ever.

The Sabbath Course is part of your spiritual journey. Whether you're just setting out or decades into your journey, you will find the tools, companionship and insights offered in the practice of Sabbath exactly tailored to your needs and life – because you are co-creating it with the universe! The course is the compass, but you are the soul searcher.

You will find a comfortable, effortless way to integrate Sabbath into your life or at the very least, more rest and renewal.

I believe this deeply meaningful day is available and given to all. That it is a must, not a should. That it is a critical practice to explore for soul searchers wanting to live wholly and soulfully. Just as retreat enlightenment seeps into one's life upon return, Sabbath seeps into our weeks after each refreshing observance.

The workbook is your map. Over the seven weeks, we will cover seven topics related to observing Sabbath and building it into a cherished practice for you (and perhaps your loved ones). Complete the activity each week in advance of our Sabbath Circle to consider and prepare for our discussion topic. Activities are designed to only take 15-30 min.

Our Sabbath Circle is an opportunity to virtually check-in with others about the past week, give thanks and blessings, learn about and discuss course topics, and set intentions for the coming week. Sabbath Circle was scheduled so you can finish up your Friday, then hop on our 6:30 pm call for an hour before transitioning into your weekend, including your Sabbath time.

Given the course launched this year, **you are part of something special.** The Sabbath Course was designed with your busy schedule (and mine!) in mind and based on my experiences observing Sabbath for the last few years, as well as studying its religious roots and contemporary practice. Not following a formal religious tradition, my own practice and study has been a bit lonely. I am so happy to have your company on the journey and welcome any and all ideas for refinement!

Love,
Jules

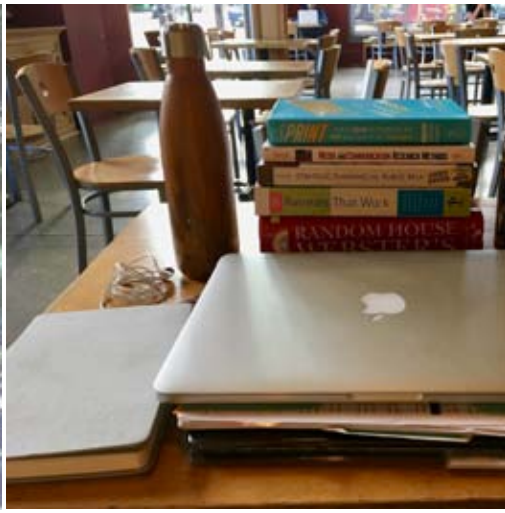
Lessons



How do I
remember the
Sabbath?
How is practicing
Sabbath integral
to my life and
spirit?

Your Path to Rest





When do I work?
What feels like
work? When do I
rest? What
needs a pause,
a break, a rest in
my life?

The Cult of Busy





When have I had a day “in flow” recently? What does rest look like? How can I make rest sacred?

The Art of Being, Not Doing





What is most important to me?
How do I believe the world works?
What no longer fits my worldview?

What Matters Most





What is enabling
my practice?
Where is there
rest already?
What are recurring
conflicts?

Gone Sabbathing





How can I sustain myself and my needs? What can others do to support my practice?



Keeping Sacred Space



Where do we go
from here?
How can I live
differently
everyday?



Everything is Complete

Julie Williams

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About Course Facilitator

Julie is an accredited, award-winning strategic communicator and experienced facilitator in her hometown of Portland, Ore.

A “renaissance soul” who’s interested in everything – and how it all connects – Jules loves exploring the world, learning new things, finding meaning everywhere, and then sharing these lessons with others, whether on a retreat, through courses, [in her blog](#) or on social media (above).

Jules approaches life, work and communication the same way – seeking integrity. Which is not to say she lives like a monk. *Far from it.* But she does live very intentionally, deeply aware of how her choices are or often, *are not*, leading to a whole life.

This has especially been the case over the last 10 years through her professional, entrepreneurial and spiritual journey.

The Sabbath Course was designed with your busy schedule (and hers!) in mind and based on her experiences observing Sabbath for the last few years, as well as studying its religious roots and contemporary practice.

She believes Sabbath is especially necessary in the whirlwind of spring, when new stuff is popping up, things get busier and best intentions fall by the wayside!



Jules lives life to the fullest and is constantly finding inspiration through the convergence of connection, beauty, leadership and community building.

This is a whole life.

Commit to everyday integrity.