July 2025
Sabbath Time & The Faces of Sabbath Renewal

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 10am Circle of Prayer 10:30am A Course Of Love 10:30am AA 5pm Healing Hands	**2** 10:00am SW Vly Enlightenment Ctr Metaphysical	**3** 10:30am AA 3pm Men's Connections 6pm OA	**4**	**5** 10:30am Women's Group
6 10:30am *Keeping the Sabbath—A Way to Maintain Healthy Boundaries* Rev Cathy Corbin Mannino Birthday/Anniversary Sunday 11:45am Fellowship Noon Prayer Chaplain Mtg	**7** 4:30pm TOPS 5pm ACA	**8** 10am Circle of Prayer 10:30am A Course Of Love 10:30am AA	**9**	**10** 10:30am AA 6pm OA	**11**	**12**
13 10:30am *Keeping It Simple* Rev Billie Martini 11:45am Fellowship 12:30 Choir Practice	**14** 4:30pm TOPS 5pm ACA	**15** 10am Circle of Prayer 10:30am A Course Of Love 10:30am AA 5pm Healing Hands	**16** 10:00am SW Vly Enlightenment Ctr Metaphysical 6pm 12-Power Meditation	**17** 9am Men's Group Breakfast 10:30am AA 6pm OA	**18**	**19**
20 10:30am *Renewal: Restoring the Sacred Rhythm of Life* Rev Sharon Connors 11:45 Fellowship	**21** 4:30pm TOPS 5pm ACA	**22** 10am Circle of Prayer 10:30am A Course Of Love 10:30am AA	**23**	**24** 10:30am AA 6pm OA	**25**	**26**
27 10:30am *The Consequential Faces of Sabbath* Rev Sharon Connors 11:45 Fellowship Noon Board Meeting 12:30 Choir Practice	**28** 4:30pm TOPS 5pm ACA	**29** 10am Circle of Prayer 10:30am A Course Of Love 10:30am AA	**30**	**31** 10:30am AA 6pm OA		

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July Birthdays:

1—Cathy Filippone
1—Billie Shawl
4—Sparky Robinson
6—Betsy Timmerman
16—Stan Shawl
22—Melvin Johnson
24—Marilyn Moore
25—Marilyn Michaelson
28—Bette Ryan

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“Remember the Sabbath, to keep it holy. Six days you shall labor but the 7th day is a sabbath to the Lord.” *Exodus 20:8* — 3rd Commandment

“Remember the Sabbath” means “Remember that everything you have received is a blessing. Remember to delight in your life, in the fruits of your labor. Remember to stop and give thanks for the wonder of it.” ~ Wayne Muller, *Sabbath*

To my fellow travelers on the Path,

Sundays were always special in our home. On Saturdays Mom would head uptown to Geraci’s bakery and return with fresh-baked streusel coffee cake. We had to wait ‘til Sunday to enjoy this delicacy, though.

After church on Sunday mornings, Mom created a gourmet kind of breakfast with bacon and eggs, fresh orange juice and fresh-brewed coffee for her and my dad. Finally, we treated our palettes to the melt-in-your-mouth coffee cake. The aromas filling our home while Mom cooked brought an unparalleled sense of peace, joy and vitality. Reflecting now, those precious Sundays were sabbath—renewal, refreshment, appreciation for the gifts of life and the goodness of it.

Sabbath time—A parentheses in time to take note of all that is good and beautiful in life, a time to come apart from daily life and routines to nourish heart and soul, mind and body.

When I lived in San Francisco, my friend, Sheryl, and I would drive across the Golden Gate Bridge to hike in Mt Tamalpais. The fragrances of pine and sage and the Redwoods enveloped us. The winding paths along the mountainside offered vistas of the mighty Pacific and the San Francisco skyline. An indescribable sense of well-being would settle in my whole being. Sabbath renewal, revitalization and regeneration.

During Symphony Season there, Sunday afternoons often meant the revitalization of the San Francisco Symphony conducted by the renowned Michael Tilton Thomas. I’d close my eyes and let the music take me. Sabbath regeneration.

Take time this month to reflect on what ways of renewal, revitalization and regeneration fill the cup of your life. What do you do to rest in the beauty, goodness, wonders of life? What fills your cup with vibrant energy, lifts your spirit, feeds your soul?

Let this month initiate a regular, purposeful sabbath plan going forward. Let’s get into it!

With Love,

Rev. Sharon