

Seeing With Sabbath Eyes
Spring Retreat – Sponsored by the Mayfield Fellowship
March 28, 2020– 9:00 am-3:00 pm (registration begins at 8:30 am)
Russell Woods Forest Preserve



This is a portion of a weaving Martha purchased at an open air market in Ecuador when visiting Amanda there in 2004. It has hung wherever she has lived since then. These three figures are seated on the ground, pausing in stillness outside, with several volcanos off in the distance in front of them. A cloth underneath a couple small vessels is spread beside them. Martha has always imagined they will share a meal, soak up the landscape around them, experience awe, and let the gift of being alive flood over them untethered to what they have done or how important they are.. In her vision they exemplify the balancing of Sabbath in our busy lives when we have a chance to adjust how we see. Darlene Cohen captures the heart of Sabbath seeing in these words: “In many cultures it is commonplace to retreat from everyday life for a prescribed time and get in touch with the aspect of ourselves that is not goal-directed and time-oriented, is not concerned with gaining or losing, but is boundless and infinite.”

The Mayfield Fellowship is inviting you and others you might like to ask to share such a retreat time at Russell Woods Forest Preserve on Saturday, March 28 from 9:00 am – 3:00 pm. Registration is \$20 and will begin at 8:30 am. This will be a gently paced, reflective, and at times playful day. Lunch will be provided. Please register by Sunday, March 22. Checks are to be made payable to Mayfield UCC and placed in the offering plate or mailed to 28405 Church Road, Sycamore, IL 60178. Thank you.

Name: _____

Phone: _____ **Email:** _____

The ancient rabbis teach that on the seventh day, God created menuha – tranquility, serenity, peace, and repose – rest in the deepest possible sense of fertile, healing stillness. Until the Sabbath, creation was unfinished. (Wayne Muller)