



*These lovely words were developed by Jean Larson, the coordinator of the Asheville Earth Sabbath Celebration. She uses them at the beginning of each celebration to emphasize that above all we are seeking a true Sabbath experience – a rest in the mystery of the Earth with no demands.*

## The Earth Sabbath offers

a time to step out of our daily hectic lives and into a joyful celebration of the mystery and meaning of the universe

a time to slow down and simply be, to forget about doing for one hour

a time of sharing gratitude and appreciation for the gifts of creation

a time for grief

a time to let nature open our hearts

a time to joyfully nurture the spirit, the vision, and the creativity for journey.