

Jubilee

The celebration may have started from the time of Joshua ending roughly 600BC at the exile. In 1300 AD Pope Boniface reinstated the Jubilee for the Christian pilgrims to travel to Rome.

Today in 2015, we are reinstating the Jubilee here at Parma Greece UCC. We want to enjoy our own community Jubilee. Every 50 days from today, Pentecost, we will be reminded to make it a special Sunday. On that day we conduct no church business. We will encourage each other to close our iPads, cell phones, turn off the TV's, put aside our chores and focus on God for refreshment, devotion, time of reflection, and time with others.

Parma Greece United Church of Christ

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PGUCC's Jubilee Sunday

May 24, 2015

Come, refresh and renew your soul.

Center yourself, and achieve your goal

To forget the past, forgive the sin,

And find true peace, the peace within.

“⁸Remember the Sabbath day, and keep it holy. ⁹Six days you shall labor and do all your work. ¹⁰But the seventh day is a Sabbath to the LORD your God; you shall not do any work—you, your son or your daughter, your male or female slave, your livestock, or the alien resident in your towns. ¹¹For in six days the LORD made heaven and earth, the sea, and all that is in them, but rested the seventh day; therefore the LORD blessed the Sabbath day and consecrated it.” Exodus 20:8-11

On this day, let us honor the Sabbath. For this one day this week, let us focus on the true meaning of this day,a day of renewal and of reflection.

A day to turn off the cell phones, the computers, the televisions, and spend time with our families and our friends. Not just taking the time to physically rest. But taking the time to do whatever things you do to reflect, refresh, and re-energize your faith.

What to do? There is no right or wrong. There is what works for you. Here are a few ideas:

- Take a breath , praise the Lord, be thankful
- Stop and enjoy the smell of the flowers
- Sit outside and listen for what you usually miss
- Go outside and look at the stars
- Spend some time reading your Bible, a quiet time
- Mark this day on your calendar so nothing gets scheduled
- Turn off all the electronics in your life for today
- Go for a long walk with someone you care about
- Light a candle in a dark room and contemplate the light
- Spend some time in a garden, think about the world around you
- Read a favorite book
- Fill a bird feeder, sit back and just watch
- Start a journal
- Try going the whole day without watching the news...a “news fast”
- Spend some time laughing with others