



September 2013 Monthly Challenge: Celebrate the Sabbath!

This month, I will:

- Talk with my family about our Sabbath.
- Take a Sabbath nap.
- Finish all of my errands before the Sabbath.
- Prepare a special Sabbath meal.
- Avoid eating out and buying things on the Sabbath.
- Turn off the computer and cell phone for my celebration.
- Spend half an hour in silence, or in nature.
- Spend time with my family, talking, sharing, or reading a book aloud.
- Share a special Sabbath devotional with my family.
- Say grace before all my Sabbath meals.
- Send photos or stories about my efforts to Blessed Earth!