

Subject: 7/29 Sabbatical Discussion Gathering

Distractions

- ~ Preparation for the service
 - ~ busyness at the beginning of the service
 - ~ Altar Guild needs
 - ~ Service participation last minute requests
 - ~ Technology set up including getting online
- ~ Sirens and traffic noise
- ~ meditation disruption
- ~ personal health, not feeling particularly well that day
- ~ use of several resources: hymnal, green song book, service bulletin
- ~ lack of hymn board, listing of hymns
- ~ no music to accompany James music like the Sanctus
- ~ mostly “white Anglo-Sax-ton” music, old hymns in the past
- ~ little if ever indigenous inclusiveness in the service
- ~ high church with formality
- ~ length of service
- ~ getting accustomed to the varied aspects of the service
 - which takes away from knowing the service intimately
 - “I have to think rather than moving remotely through”

Feeds/ Welcomes

- ~ Peaceful sanctuary
- ~ Quiet time for 2 minutes before service
- ~ Welcoming space
- ~ Music:
 - ~ Prelude
 - ~ James Grace music, piano playing
 - ~ uplifting and full of vitality in word and song
 - ~ learning new music
- ~ Different prayers
- ~ Knowing format of service
- ~ Service bulletin, everything in one place
- ~ Follower of Jesus, Beatitudes and 10 Commandments
- ~ Sacred Grounds Study group winter 2022
- ~ Meaningful baptism of grandchild crafted by Father Rick
 - ~ working with family from abroad before service at St. John’s
- ~ Open congregation
- ~ Parishioner Sunday Reflections
- ~ Spirituality Women’s Group
 - ~ Gathering weekly
 - ~ Reading and Discussion a biblical or spiritual book
- ~ Visiting with people after church
- ~ Theology study time in the past