

# SABBATH IN THE CITY

The Creative Callings Project



# OUR STORY

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The “Creative Callings” project is inspired by the ongoing efforts of the School of Theology, particularly the Center for Practical Theology, to consider the role that calling, or vocation, plays in the lives of individuals and congregations. Such topics have been at the heart of the curriculum at BUSTH for some time. The community welcomes the opportunity for further explorations of the role that calling/vocation plays in the search for meaning and purpose in the lives of faithful church leaders and scholars.

“We are excited to embark on this work as a partnership with congregations. While the language of vocation has deep roots in Christian traditions, contemporary contexts raise new questions about how to creatively imagine, articulate, discern, and embody vocations,” said Dr. Claire Wolfteich, Professor of Practical Theology and Spirituality Studies, and principal investigator and project director for the grant. “Our hope is that the project will have a transformative impact on congregations and communities while also bringing distinctive contributions to scholarship and to the ways in which we help form religious leaders here at BUSTH.”

# OUR VISION

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In a time when people are pulled in so many conflicting directions, congregations and their members often struggle to find meaning and purpose in their lives. Many people and communities seek the wisdom to know how they are called to live faithfully in their own unique contexts. They may grapple with questions of identity, vocation, and relationships. Congregational leadership might want to provide resources to address these questions, but do not know where to begin.

To this end, the Center for Practical Theology at Boston University School of Theology, the "Creative Callings" project will bring together ordained and lay leaders from congregations and faculty and students from Boston University School of Theology. The project will facilitate conversation, learning, and creativity through the establishment of innovation hub.

Through webinars, conferences, and other resources, the learning hub will partner with these congregations as they embark on designing new ministries that provide spaces for congregations and their members to think innovatively about calling, vocation, and what it means to live lives of meaning and purpose.

This innovation hub will also provide opportunities for Boston University School of Theology to think innovatively about its own identity as a center for pastoral and scholarly training. As the congregations consider the wisdom that emerges through this project, they will share their learning with us and congregations more broadly, helping shape the curriculum and future pastoral leaders and scholars.

# THIS RESOURCE

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The years of 2020 and 2021 brought difficult and unexpected change. The faith communities we partnered with expressed the need to pivot and adapt their original plans and projects while still holding fast to their calling and their vocational commitments. Adaptation in the midst of crisis is taxing, and many faith leaders expressed the deep fatigue that they and their communities experienced in their efforts to maintain hope in the face of such overwhelming loss.

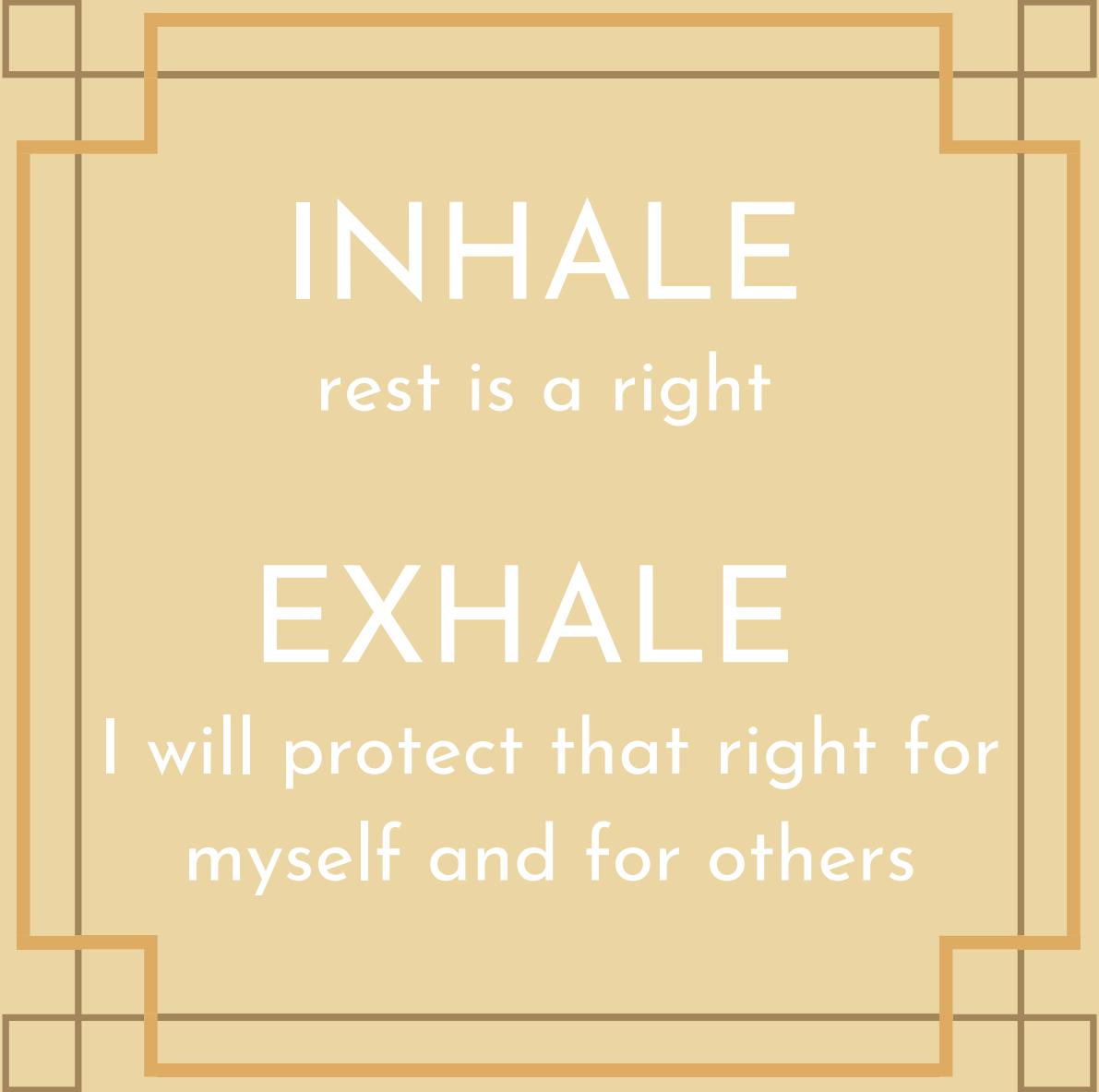
There is a need for space. Space to sit in the place where the grief is. To lament. To laugh. To move through the discomfort of ambiguous and in between "Now what?" moments to the place of deep possibility that are borderlands.

There is a need for time. Time to notice when resilience has become resignation, and faith turns to fear. Time to engage the resilience, resignation, faith, and fear with authenticity.

There is a need for justice, that people may be treated with the dignity that they already possess, and are able to live lives marked by equity.

This resource of reflection, song, poetry, coloring pages and more, is intended to support those needs.

This resource and its contents were developed and designed by graduate research assistant Allegra Fletcher.  
Stay in touch with the Creative Callings team at: [callings@bu.edu](mailto:callings@bu.edu)



**INHALE**

rest is a right

**EXHALE**

I will protect that right for  
myself and for others

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# Upon Entering

## setting intentional space

We enter this space as we are  
complicated, beautiful, wary, tender...  
What will we choose to build together?

May we be open and intentional in our listening  
May we be careful and kind in our thoughts and with our words  
May we hold one another in this journey and may we be  
understanding if someone needs to let go  
May we love others the way they receive love best, and may we  
allow ourselves to be loved in return

We enter this space as we are  
vast, messy, sacred...  
May we choose to build one another up in love

# Loss

sitting in the place where grief is,  
perhaps still afraid to feel it  
to face it head on and let it pass

will to let the emotions well  
the arms of the Divine can hold them  
the Presence of the Divine sits with us here  
and makes us brave

# One and All

When do we get to see the promises, hopes and dreams?  
Are they simply delayed?  
What does it mean to start again? When this moment ends  
we will be found patient, kind, and faithful.

Much is lost and great is pain  
But what remains is the call to one and all  
We will make it through the storm

Turn toward and not away  
Strengthen the bonds  
We are neighbors one and all  
Neighbors, one and all



[Link to listen to this song](#)



# Today, this moment, always

Today, I will take it slow  
Today, I will resist the temptation of urgency  
I will accept the invitation to be still

In this moment, I lean into peace  
I will leave the things of tomorrow  
for tomorrow's contemplation

Always, I will give myself grace  
Grace for the times I ignore the invitation to slow down  
Grace for the times it is difficult to still my mind

May I always be open to receive the Grace I cannot give myself

# A Sabbath Prayer

O God, I pray that I do not forget your Sabbath.

When meeting the needs of others comes at the expense of my own needs, may I remember that I care for others better when I am cared for.

*rest is love*

When doing feels more faithful than being still, may I remember that Sabbath is your design.

*rest is worship*

When I co-create structures that support rest and care for all, you are honored.

*rest is justice*

May your Sabbath always be a delight, and may I always trust you in the face of life's daily pressures.

# Guided Meditations

## A Meditation for the Train

### Short meditation

Take a moment to scan your body. Where do you feel relaxed? Where do you feel tension?

Maybe there is a part of your body that is a struggle to attend to right now. Take this information in without judgment. Notice it, and breathe through it.

Pick one part of your body, where you have noticed tension. Imagine you are pulling a string that is attached to that area. As you pull, imagine you are pulling the tension away with it.

Breathe out slowly, and settle back into your body as you continue your day.

### Long meditation

Notice your breath. It may be fast, slow, or somewhere in between. Do not attach any specific meaning to the pace of your breathing. Notice, accept, and continue to breathe through it.

Notice how deep you are taking air into your lungs.

Breathe in deeper.

Lengthen the time of your exhale.

If you feel resistance to breathing deeper, adjust your breath as needed. Notice this, and continue to breathe through it.

Notice your surroundings, how they change, and how they don't change, as time continues to pass.

As you do this, consider where you might encounter the Divine. Perhaps it is in the people around you, or the creativity that resulted in the technology that makes traveling easier.

Perhaps it is simply a feeling you have.

Take a moment for gratitude; gratitude for this small but no less important Divine revelation.

Come back to your breath. Consider that it is shared. As we all breathe, we share the Divine Breath.

# Guided Meditations

## A Meditation for the Rideshare

It is always important to be aware of your route when using a rideshare application, so it is best to keep this short.

Once you are settled in your ride, take a moment to check in with yourself. How are you feeling in this moment? Is your energy something you want to lean in to, or something you would like shift? Once you know this, set your intention for your destination and consider checking in with yourself at various points throughout the day. Take a deep breath and settle in for your journey.

## A Meditation for the Bus Ride

Take a moment to settle. You may be sitting, or perhaps you are standing. In either case, find a position that is comfortable for you.

Take a deep breath in and out as you settle further into that place of comfort.

Consider the sensations all around you. Perhaps you hear the hum of the bus or feel your body move as the bus speeds up and slows down.

Pick something to focus on.

As you focus, what do you notice now that you didn't before?

Take your time in focus here.

When you are ready to move on, take another deep breath and continue your commute.

# Guided Meditations

## Grounding in Green Space

Use any of these tips to ground yourself in the greenery around you. Take as long or as short a time as you need.

- Take your shoes off and get connected to the grass, earth, sand, etc. You can lay on your back or stomach, sit, stand...whatever works for you.
- When you are walking or moving through the city, touch the bushes as you pass by. Enjoy the texture, notice the spring of the branches as they react to your touch.
- Touch a tree, sit by one, lean against one, and consider saying hello as you do so.
- If you have houseplants, hold one or sit near one.
- Go on a nature walk: Touch some snow in the winter, gather leaves in the fall, turn your face to the sun and bask in it.
- Learn about the plants in the area - What could you eat? What could you use to make natural dyes or paint?

You can also share thoughts with the earth or the plants, soaking up the feeling of a good verbal processing session. You can sing songs, journal, or simply spend time in quiet reflection. Allow this time of grounding to help you engage with the thoughts, feelings, and emotions you might not otherwise engage with. As a part of creation, you are in community with the land around you. Allow the earth to support you.

# Links to Meditation Soundscapes

These links will bring you to soundtracks for you can use to guide your meditation.

[Two Minute Soundscape](#)



[Two Minute Soundtrack](#)



[Five Minute Soundscape](#)



[Seven Minute Soundscape](#)



# Options for Walking Labyrinths in Massachusetts

Labyrinths have long been used as tools to help focus prayer, improve concentration, or to help oneself settle and become more centered. It is a path that winds and loops on itself, but unlike a maze, if you follow the path it always leads to the center. One might pray walking toward the center and listen for an answer as one walks out, or spend the entire time walking the path in quiet contemplation. The limit is your imagination.

Here are a few options for walking labyrinths:

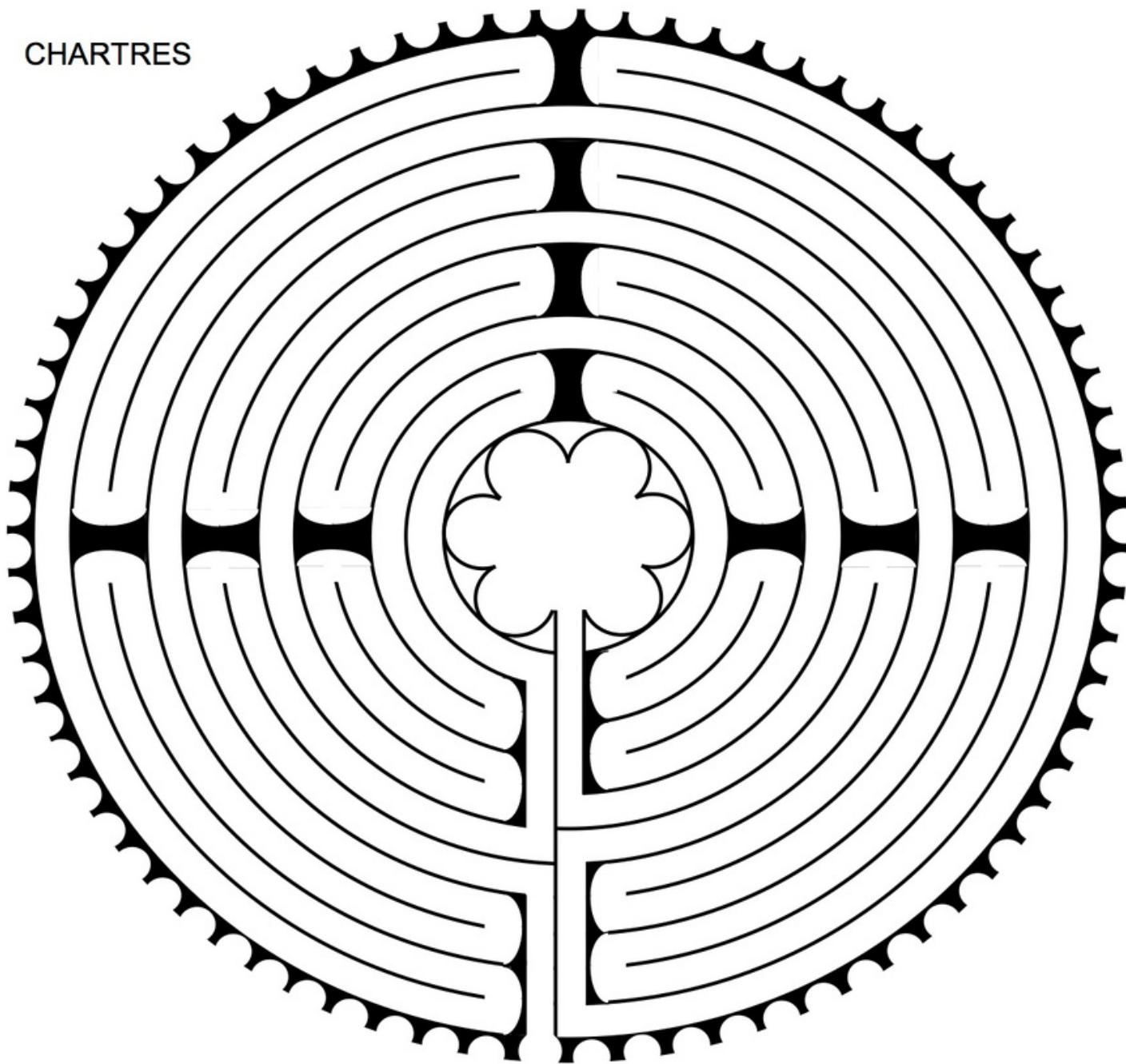
- 1.9/11 Memorial Labyrinth at Boston College: 191 College Rd, Chestnut Hill, MA 02467
- 2.Armenian Heritage Park: Rose Kennedy Greenway, Atlantic Ave &, Mercantile St,  
Boston, MA 02110
- 3.Chatham Labyrinth at Chase Park: Shattuck Pl, Chatham, MA 02633
- 4.Labyrinth and Contemplative Garden at Harvard Divinity School: 2-86 Museum St,  
Cambridge, MA 02138
- 5.The Community Labyrinth at The Episcopal Church of Saints James and Andrew: 71  
Federal St, Greenfield, MA 01301
- 6.Wheeler Park Labyrinth: 880 Memorial Dr, Cambridge, MA 02138

# Finger Labyrinths and Coloring Pages

De-stress and reset with these finger  
labyrinths and coloring pages



## CHARTRES

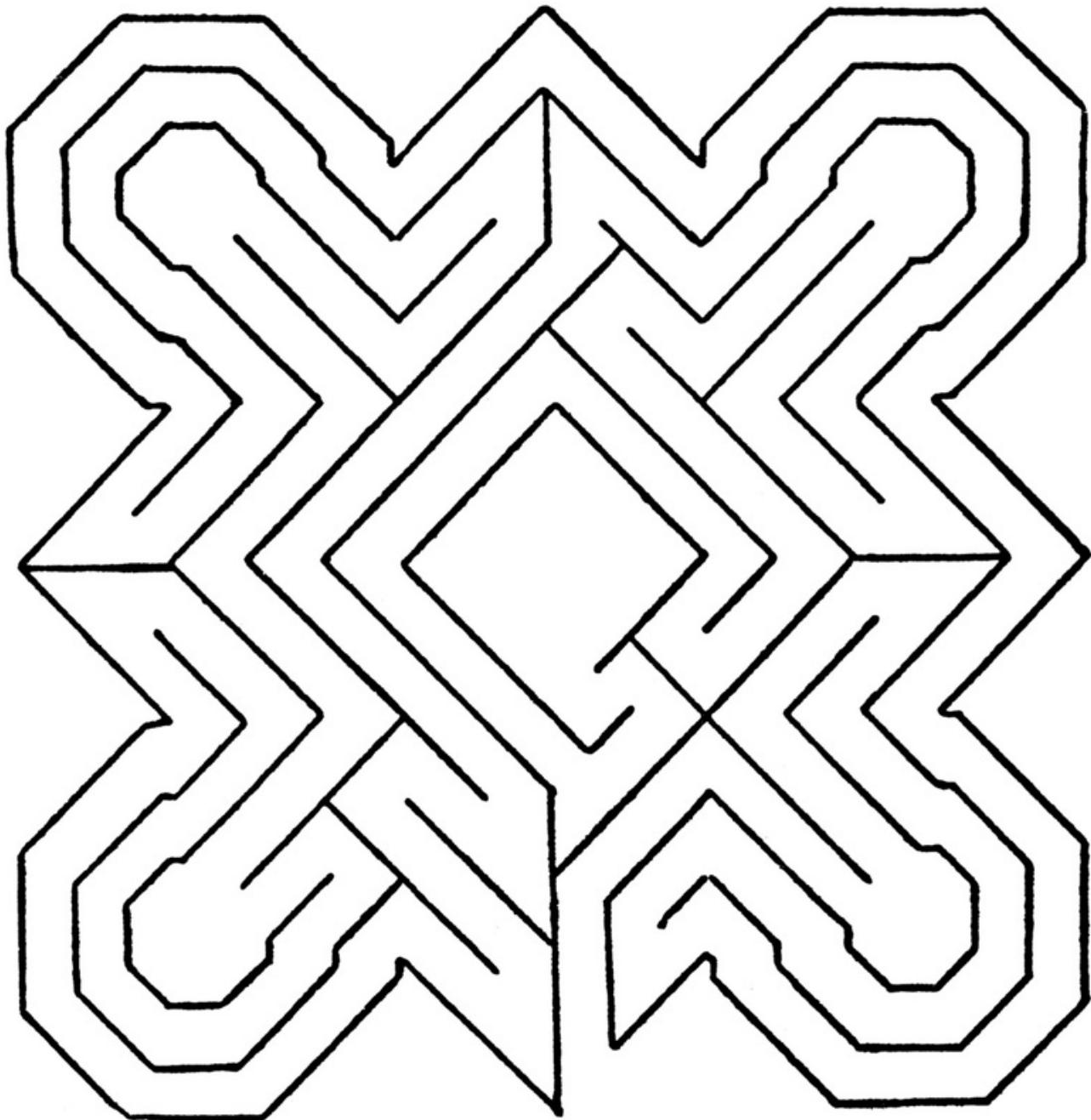


Color in the labyrinth above using crayons, colored pencils etc. Use as many colors as possible; this will make it easier for your eyes to follow your "walking" finger. Choose a walking finger and breathe smoothly. As you trace the path (from the outside opening at the bottom to the center), move at whatever pace feels right for you. As you do so, you may opt to:

- a. Quiet your mind
- b. Pray for yourself or someone else
- c. Keep a question in mind and feel the question using your emotions

At the center, pause and take several slow deep breathers (keeping your finger inside the center or place your hands comfortably on your lap). Here, many believe you are the closest to the center of your spirit and greater insight is available. When ready to leave the center, or feel satisfied (like after eating a good meal) retrace the path back out to the entrance (which now becomes the exit point). Upon leaving the labyrinth, be grateful and thankful for the opportunity to bring divine strength and insight back with you into your daily life.

# ELY



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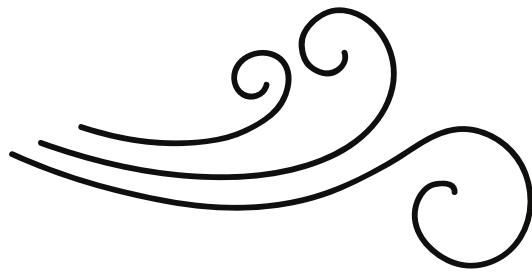


May I always  
be open

to receive the

Grace

I cannot give myself



Breathe  
through  
it







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