

Sabbath Retreat Station Supply List:

Each station should have a large sign with the information about that station.

Be In Silence

Sleep/rest

- Ear Plugs
- A sign-out sheet so that the leaders know where people are if they choose to take a nap
- Chimes

Labyrinth

- Explanation of history and meaning of labyrinth
- Finger labyrinths
- Paper labyrinths
- Glue
- Sand
- Directions to Outdoor Labyrinth (if applicable to your setting)

Scriptural Reflection

- Bible Passage Reflection Sheets – sheets printed out with a list of scriptures separated by type of passage or topic for persons to look up
- Note cards with printed out small verses mounted on color cardstock – see document titled “Scriptures”
- Bibles
- Pens
- Paper

Prayer practices

- Handout about various types of prayers
- Paper
- Pens

Wailing Wall

- Information about the wall of the temple in Jerusalem
- Large banner paper
- Markers
- Sign describing the ancient practice of Judaism at the wall of the temple in Jerusalem

Prayer Beads

- **Bead Template** – see document titled “
- Beads
- Ribbon
- Scissors
- Information on Rosary – see document titled “Rosary”

Be in Worship

Altar

- Kneeling pillows
- Real or battery operated candles
- Clutching crosses
- A cross or a mosaic

Spiritual director

- Spiritual Director for all or part of the weekend
- Private area for spiritual direction
- Sign up sheet

Individual, Communal art

- 4" x 6" or 8" x 10" paint canvases
- template for larger design – pre-drawn in pencil on the canvases
- paint, paint markers
- cups of water
- plastic tarp & newspaper (to protect the table/floor)
- paint brushes
- cleaning solution
- Taize CD of repetitive music or contemporary hymns of some sort on an MP3 player or boombox or a burnt CD of worship music with variety

Be In Relationship

Letter Writing

- Information about the “Not on Our Watch” campaign – visit: http://notonourwatchproject.org/who_we_are
- Paper
- Envelopes
- Congress district information
 - o perhaps have general information or print out specific names and contact information based on where the participants are from
 - Visit: <http://www.visi.com/juan/congress/> and type in participants' zip codes
- General Board of Church and Society Action Center – visit for information on advocacy on specific issues
- http://www.umbcs.org/c.frLJK2PKLqF/b.2794373/k.8BBF/Action_Center/siteapps/advocacy/ActionCenter.aspx

Note Writing

- Notecards/thank you notes/postcards
- Pens
- Pencils
- Construction paper
- Scissors

- Glue
- Stickers
- Markers/crayons/colored pencils
- Tape
- Glitter

Power Point Slideshow

- Computer
- Slideshow with various images of people
- Prayers from people around the world
- Or:
 - o A sign with the above information printed on it
 - o World map
 - o Book like “CIA Fact Book” that has listings of every country
 - o Prayers from people around the world

Song Listening

- MP3 player or stereo
- Headphones
- List of songs
- Lyrics of each song
- Conversation facilitator (optional)
- Paper
- Pen/pencils

Movie Watching

- Movies/TV shows
- DVD player
- Projector/screen
- Headphones
- A sign up sheet for the viewing times for each movie, clips of movies or television episodes.

Be In Play

Finger Painting

- Finger painting paper/paper
- Finger paint/paint
- Paint brushes

Mandalas

- Mandalas
- Markers/crayons/colored pencils
- Mandala explanation and history

Board Games

- Apples to Apples
- Cranium
- Guestures/Charades
- Card games

Massage

- Sign-up sheet
- Masseuse or team of masseuses for chair or full body massages

Create Soul

- Modeling clay or model magic
- Markers
- Pens
- Paper

Kid's Games

- Facilitator/game leader
- Duck-duck-goose, Red Rover or other childhood games

Crafts

- Clay
- Colored pencils/markers/colored pencils
- Construction paper
- Paper
- Tissue paper
- Glue
- Tape
- Glitter
- Stickers
- Scissors
- Pipe cleaners
- Beads
- Wooden boxes
- Rocks
- Decopage glue
- Old magazines

Yoga

- Sign-up sheet
- Yoga instructor
- Mats