

## **“FIND YOUR SLOW SUMMER”**

### **Week Two (August 12, 2020)**

This summer, try these “Slow Summer Ideas” as a guide to help you soak into the season. Don’t think of it as a to-do list; instead, it’s a menu of marvels for picking and choosing as the Spirit moves. Let your imagination wander: these ideas will invite you to kick off your shoes, climb trees, stay up late, catch fireflies, dig for worms, ban the busyness, and overall to slow down and enjoy God’s beauty all around. So, sink in, go slow, and savor every moment! From “Find Your Slow Summer” by the saltproject.org

- Call your grandparents and ask them to tell you a story about when they were kids
- Go out for a “pick up some litter” walk through the neighborhood after dinner
- Write some sweet chalk messages on the sidewalk for your neighbors
- Write a poem for a friend or family member, and mail it to them (or hand-deliver it)

In everything do to others as you would have them do to you. + Matthew 7:12

- Grab a blanket and a pillow, and go cloud watching
- Hula hoops!
- Pick wildflowers and make a few daisy chains or crowns

Consider the lilies, how they grow: they neither toil nor spin, yet I tell you, even Solomon in all his glory was not arrayed like one of these. + Luke 12:27

- Get sand between your toes
- Go berry picking – strawberries, blueberries, blackberries, they’re all good!
- Go swimming and remember (or anticipate) your baptism. Consider a cannonball!

Read the story of Jesus being baptized (Matthew 3:13-17)

- Plant some fresh coriander (also called cilantro) The people of Israel called the bread manna. It was white like coriander seed and tasted like wafers made with honey. + Exodus 16:31
- Have someone new over for dinner

For I was hungry and you gave me food, I was thirsty and you gave me something to drink, I was a stranger and you welcomed me. + Matthew 25:35

- Weekly dinner conversation starter: When was the last time someone hurt your feelings? What did you do?