

# HEARTSINGING at Lake Nokomis Presbyterian Church

*NOTE: There are so many great stories of creative and energizing ministry happening all across the Presbytery of the Twin Cities Area. This story is from Lake Nokomis Presbyterian Church, and written by Sue Hensel.*

We are halfway through our pastor's second sabbatical. The first time the Rev. Kara Root went on a three-month sabbatical, we maintained our schedule, held our meetings, but tensely descended into the way of fear. We "held it together" without a lot of joy or creativity.

*This sabbatical is different.*

As you may know, our congregation has received a nearly \$50,000 Clergy Renewal Grant from Christian Theological Seminary, funded by the Lilly Foundation. WOW! How exciting! The purpose of this grant is to allow Kara to thoroughly step away from her role as pastor for THREE months and experience the world anew. And, for we, as a congregation, to embrace this question:

"What makes your heart sing?"

We are a Sabbath-keeping congregation. We meet for Sunday morning worship the first and third Sundays of the month and for evening Sabbath service the second and fourth Saturdays of the month. We are a congregation who continues to choose, over and over again, the way of God/love/trust over the way of fear and anxiety that is the cultural norm. It is with this foundation of trust that we gladly launched Kara and her family on their fabulous adventure. And then began our own.



Our adventure is one of “Heartsinging.” With the guidance of the congregation we developed six, easy to implement Sabbath Saturday experiences.

The first event was LAKE NOKOMIS AT LAKE NOKOMIS. We had a picnic and worship under the trees on a beastly hot day, celebrating “all the things that creep along the Earth.”

In late August we examined Beauty and Impermanence through Tibetan Sand Art.

In September we had a get together at the zoo, worshiping and hearing the only mention of *the badger* in scripture and joining Jeremiah Gamble, of Theater for the Thirsty, in re-telling the stories of creation and of Noah.

We will continue with the Gift of Bread Baking with Nate Hogue, the Joy of S'mores on the Patio and the experience of Transcendence in the Walker Sculpture Garden.

When Kara returns, we will unpack our three months of Heartsinging together in an all-church retreat led by the Rev Phil Gebben-Green.

Have things fallen through the cracks without our “head of staff?” Sure. You notice the invisible things that seemed to just happen without your knowledge ... like changing the candles, sending out notices in a timely manner, the location of “the foodshelf collection wagon.” Not sure we have found that yet! But we meet, embrace in worship, pray, hear the great stories of our faith ... and, YES, hear our HEARTS SING.

