

NOTES OF REST

Notes of Rest for Rapid Responders and Community Care Takers

Featuring Julian Davis Reid and Tramaine Parker

SATURDAY, DECEMBER 6

1:00PM- 2:30PM

Notes of Rest invites weary hearts to experience God's rest through the beauty of Black music. We weave together simple practices—Sabbath, rest, and sanctuary—with the sound and story of Black music. These notes help us face life's changes with courage, walk together in harmony, and practice rest that draws us closer to God, neighbor, and self as new things take shape in our restless world.

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FIRST CHURCH DES PLAINES
668 GRACELAND AVE.
DES PLAINES, IL
WWW.FUMCDP.COM

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