

# Yahweh's Vineyard of Refuge Men's Home

## Prospective Program Structure

### Sabbath Schedule

Yahweh's Sabbath is a time for reflection, prayer, fellowship, study and worship. It is the sign between Yahweh and His Elect that shows Him that we are His people. All clients will respect this set-apart day with the utmost of reverence and proper attitude.

Worldly activities and statements will be avoided at all times. The example of a worldly activity would be "work" or "play". We do not condone either of these activities on Yahweh's Sabbath. It is our understanding that preparation should be done ahead to avoid any burdensome acts. Yes, Yahshua picked grain on the Sabbath as a example of gathering food just for the daily nutrients. The Scriptures also condemn baking and boiling on Sabbaths. It is our understanding that "play" is to be avoided as well. Playing or watching sports, video games, worldly news programs and general television is to be avoided. However, it will be at the program manager's discretion to allow television during emergencies (storm tracking, tornado's, critical world events etc...)

A Scriptural documentary or Bible based video or DVD may be watched during Sabbath at the discretion of the program manager. Computer usage is limited to Biblical studies and research. Proper hygiene and cleanliness is to be maintained during Sabbath. Kitchen, living areas and restrooms are to be maintained at a functioning/hygenic level.

Excessive discussions of work or family troubles may be burdensome to other clients or staff. If you are struggling with either of these asking for prayer might be an appropriate alternative.

Sabbath living will be done in a way that is joyful and respectful of your surroundings:

Friday Evening:

- a. At sunset a program leader or client leader will make sure that all are aware of the beginning of Sabbath. At the leadership's discretion, a prayer and singing of hymns may accompany this special time. All leaders, staff and clients will come before Yahweh and honor His Sabbath. Anyone on the YVR property will respect Yahweh's Sabbath (this includes any visitors or family of any YVR leadership or clients, see Exodus 20:10). If you are hosting someone who may not respect Yahweh's Sabbath please ask that person or person's to leave before Sabbath begins, in a kind and gentle way...
- b. Sabbath Evening is also a time to study Yahweh's Word. Although there is not a bed-time on Sabbath Eve., please respect other residents attempt to rest.
- c. Wake-Up [8:30 AM]: Clients will wake up and perform proper hygiene. \*See requirements for hygiene in Weekday Living. Proper clothing will be worn after hygiene. Sleeping attire or robes will not be acceptable clothing for breakfast or throughout the day.
- d. Breakfast : Clients will be able to eat breakfast food items made available to them. Sabbath breakfast will be left out for clients. In most cases food will include but is not limited to, cereal, fruit, bagels, bread, juice, milk. Clients will serve themselves, and clean up after themselves. Paper plates and plastic silverware may be used to avoid dish build-up. Remember to pray before taking that first bite! All clients will help in the set-up and clean-up of all breakfast mess.
- e. Service Preparation: Proper clothing will be worn to attend Sabbath Services. Slacks and collared shirts are required for coming before the "King of the Universe"! If you do not have this type of clothing please see the program manager. At this time any preparation for the coming Service should be done. Musicians should use this time to practice Sabbath Service congregational songs and special offerings. Moderators should make a proper itinerary or

schedule from the official YVR Service form. Speakers or sermon givers should have all their material finalized.

- f. Sabbath Services: The highlight of our week! A structured Sabbath Service will take place. All prayers, special offerings, sermons and songs will be appointed before the Service begins. At the discretion of the program manager, will any announcements be made. Clients must attend all of the scheduled events for the Sabbath Service.
- g. Lunch/Supper/Fellowship [After Sabbath Services]: Lunch will consist of pre-prepared food. Paper plates and plastic silverware may be used to avoid dish build-up. All clients will help in the set-up and clean-up of all lunch/supper mess. Food will be available throughout the day but another prepared meal can be eaten after Sabbath ends. Fellowship and Scriptural discussion and study will be encouraged until the end of Sabbath. Music and singing of an approved religious nature will also be appropriate at this time. At the program manager's discretion will another activity take place after the meal or throughout the afternoon.