

Enjoy our 'Sprung into Summertime' Sweaty Sheep Email E-pistle! Scroll down for the many events and opportunities to come play with the flock!



Don't miss this one!!!! On Monday the 11th we'll be approaching our city's homelessness situation a little differently... through relationship and recreation! This beach bonfire style recreation of the Loaves and Fishes miracle will feature fish caught by our homeless neighbors who will be casting lines of equality during an afternoon fishing trip sharing stories and cultivating relationships of growth and dignity alongside of diverse representatives of the Santa Cruz community.

[More Info](#)

### [Reflecting On Independence](#)

Our shift from the rainbow flags of June (national pride month) to the stars and stripes of Independence Day marks a continuation of our call to freedom. A call paralleled by a sociological shift from 'religious' to 'spiritual' freedom. All that colorful pride parading may mirror a quest for the less defined "spiritual" freedom gaining popularity over the 'stared and striped,' 'tried and true,' religious institution. However, 'we hold [several] truths to be self-evident," and the first is that true freedom only occurs when we stop differentiating between the two and realize they're not mutually exclusive!

Can we do away with the label, "spiritual not religious" already? Seek to be "spiritual and religious..." actually, labeling ourselves is intrinsic repression at its finest so let's ditch labels all together!

The 4th of July is a celebration of our right to liberty and freedom. Freedom of religion, but more importantly, of our pursuit of happiness! In '76, revolutionaries claimed their freedom from English oppression, but have we ever truly reached religious freedom (the ability to practice one's faith without the censorship of tenets, doctrines, or dogmas?) That's a big question, and given religious freedom is that which can be repressed by others, today we focus on spiritual freedom.

True 'happiness' occurs when WE FREE OURSELVES to 'pursue' our unique spiritual truths, the deliberate; personal; and impassioned experiential presence of God in our lives. Unlike religious freedom, spiritual freedom can only be repressed by one's self; be it through self-doubt,

selfishness, or a deeper intrinsic fear. It is not until we cease to repress our faith with labels, insufficient and restrictive words, and communally embrace the experience of the divine, that we can experience true religious freedom in the world. So when the 'words' of newscasters tell of terrorist attempts to steal our freedom in Orlando or over oceans, or the words of men with microphones on street corners shout words of repression and condemnation, hold true to one thing: Only WE can restrict our own spiritual freedom!

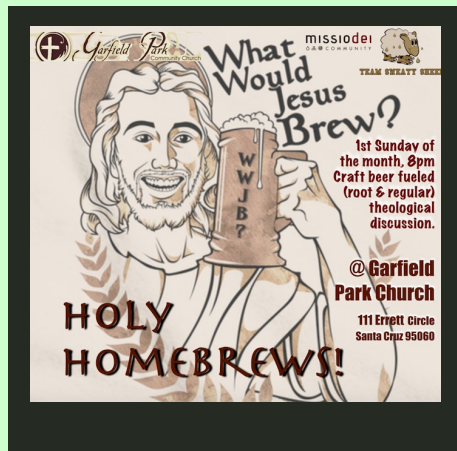
The words of this world are too often words of anger seeking to instill fear, and because fear loves company, we shout them! Never let another's fearful words keep you from raising your unique flag of faith (rainbow, patriotic, or the like.) No one can censor or repress your pursuit of happiness and true spiritual bliss but you.

*"Do not conform to the pattern of this world," warns Paul of the Romans. Patterns of word, ritual, fear, dogma, or the like, "but be transformed by the renewing of your mind."*

Fear is the backbone of conformity that lurks deep in the shadows of our souls and throughout the world we live... but WE are called to be lights to the world. YOU are called to shine brightly, because YOU are that beautiful!

This week, don't stop at being a light. Break free of conformity, and in 4th of July fashion, be a firework! "Transform" your spirit and the world in which we live and play with a burst of color, excitement, and true unrepressed freedom!

[Click for this past months "diversity" service](#)



Join the fun at Garfield Christian Church for our monthly Holy Homebrew "Faith on Tap" series... This month a special day/time we will meet **SUNDAY JUNE 17TH AT 1:30-3pm IN THE FIRESIDE ROOM.**

Bring your favorite root or regular craft beer (we have some to share too!) and join us for an inclusive discussion on some fun theological topics with a welcoming invite to any, all, and no faith affiliations!

*111 Errett Circle, Santa Cruz, CA 95060*

Little needs to be said here... Who doesn't love Sunday Funday? Come out any 2nd & 4th Sundays for field games, snacks, and lighthearted gaiety! 12:30 until we get tired... all ages, faiths, etc welcome (even furry friends!) Next up, July 10th!

*111 Erret Circle*

[www.sweatysheep.com](http://www.sweatysheep.com)

WWJD?

Sunday Funday!  
Garfield Park Church  
Wiffle Ball, BBQ, & Beer  
Activities for all ages!  
12:30-3:30pm  
2nd & 4th Sundays  
Starting in June!

JESUS WOULD




Garfield Park Community Church  
111 Erret Circle, Santa Cruz, CA 95060


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missiodeli  
O&O COMMUNITY

TEAM SWEATY SHEEP

We continue our Community Garden Yoga Series... Come out any Tuesday and celebrate Unifying nature of Yoga alongside the participants of the Homeless Garden Project. Garden Yoga for all levels at 2pm, but feel free to come out early and volunteer anytime between 10-2pm... cultivating and harvesting fresh produce, bouquets of flowers, and dignifying relationships.

*HGP Natural Bridges Garden: Shaeffer and Delaware Rd*






Yoga in the garden  
GROWING COMMUNITY

Join Divintree teachers at the Homeless Garden Project for a donation based yoga class in the garden. We also invite you to stay for a full morning of wellness, work in the garden and enjoy lunch with us.

**YOGA CLASS EVERY TUESDAY**  
2:00 - 3:00 pm  
In the Garden at Schaffer Road off Delaware Avenue  
\$10 - \$20 Sliding Scale Donation  
Bring your own mat / Class will be canceled if raining

**ALL PROCEEDS GO TO HOMELESS GARDEN PROJECT**

**VOLUNTEER IN THE GARDEN**  
10:00 am - 2:00 pm  
Free Lunch at Noon

SC.DIVINTREE.COM HOMELESSGARDENPROJECT.ORG Putting a Spin on Church!

[www.sweatysheep.com](http://www.sweatysheep.com)

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