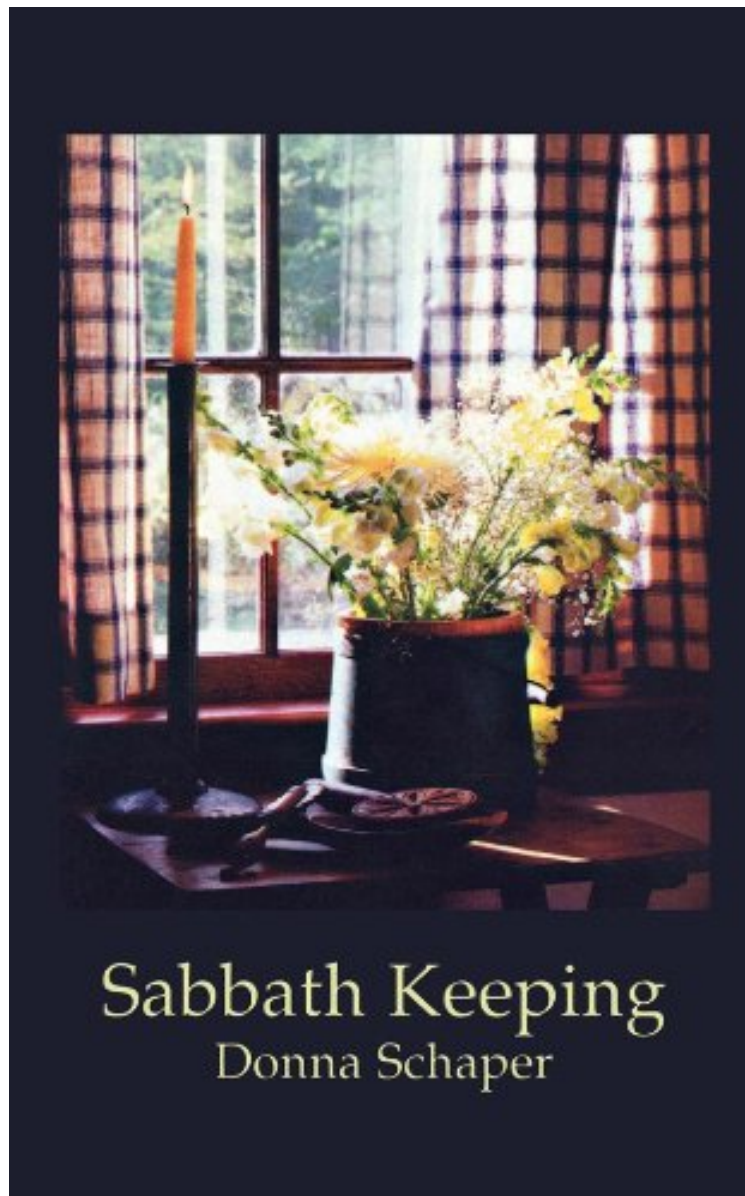


Sabbath Keeping

Von Donna Schaper

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Von Donna Schaper : Sabbath Keeping before purchasing it in order to gage whether or not it would be worth my time, and all praised Sabbath Keeping:

Kundenrezensionen Hilfreichste Kundenrezensionen 0 von 0 Kunden fanden die folgende Rezension hilfreich. Learning how to take the pause that refreshes Von Charlotte DeVries Sabbath Keeping, a little jewel of a book by Donna

Schaper, is one woman's account of her on-going journey of sabbath celebration. Sabbath, a word with Hebrew origins, has to do with the important work of rest in our lives. In today's fast-paced way of doing life, we've lost the ability to step away from our work to rest, focus and play without a script or a list. There's a mystery waiting for those of us who learn the joy of "sabbath-ing." Schaper helps us consider how we might more actively learn to do less, to enter into the playfulness and celebration of our lives through observing a sabbath, or time of rest, as a weekly ritual. Issues of decluttering our demanding agendas, prayer, border-making, daily life rhythm and pacing, weave into a model of what it means to pay attention to our lives in the most positive way. Although written from a Christian perspective, her advice is embraceable by most of us: "Sabbath keeping is so easy that it is terribly hard. We are all doing too much, and we know it is not enough; we cannot do more, but we know we must. Our gaze is unfocused, our expressions weary and worn..." In a world where many of us work on Saturdays and Sundays, traditional rest days of the past, how we can find other ways to keep sabbath with and for each other? Schaper's little book helps us look inside to give ourselves permission to live with fewer plans, decreased expectations, a freer agenda so that we may take notice of the single elegant mystery of being alive.

Kurzbeschreibung The third in Cowley's Cloister Book series, Sabbath Keeping is a collection of ten meditations, each exploring a different aspect of keeping the sabbath and ending with a prayer. Since it is a difficult art in a society that does not value rest, Schaper encourages small acts of sabbath keeping that initially focus on physical and mental renewal but soon broaden to questions of justice and power. She begins with a chapter called What is Sabbath? and goes to the Bible for definitions, from the ordinances surrounding sabbath in the Hebrew Bible to the gospel stories about the Sabbath. Other meditations concern sabbath and music, sabbath and the body, prayer, focusing and decluttering, sabbath and memory, sabbath as the relinquishing of power, and sabbath as an act of resistance.

Pressestimmen 'We are desperate for rest in a culture that seems to reward only effort. We understand ourselves as overworked, but in a way we are proud of our exhaustion and our failure to honor the Sabbath. These words by Donna Schaper in her new book Sabbath Keeping make a good beginning, for we are indeed deeply confused about time, bound as we are by a misguided allegiance to schedules and work that drives us beyond even fatigue to something worse, the loss of our very souls. Schaper's volume focuses on the Sabbath's unique role in sanctifying time. . . . Schaper also reminds us that the third commandment is an invitation to joy. Indeed, . . . there is always an expectation of joy lurking behind time seen as a gift from God, as a part of God's mysterious grace--

Mark Harshman "Christianity and The Arts ""**Kurzbeschreibung** The third in Cowley's Cloister Book series, Sabbath Keeping is a collection of ten meditations, each exploring a different aspect of keeping the sabbath and ending with a prayer. Since it is a difficult art in a society that does not value rest, Schaper encourages small acts of sabbath keeping that initially focus on physical and mental renewal but soon broaden to questions of justice and power. She begins with a chapter called What is Sabbath? and goes to the Bible for definitions, from the ordinances surrounding sabbath in the Hebrew Bible to the gospel stories about the Sabbath. Other meditations concern sabbath and music, sabbath and the body, prayer, focusing and decluttering, sabbath and memory, sabbath as the relinquishing of power, and sabbath as an act of resistance.