

## ***Sabbath: Further Reading***

### **The Sabbath**

---

*By Abraham Joshua Heschel* (New York: Farrar, Straus and Giroux, 1951, 1979)

Abraham Joshua Heschel's *The Sabbath* has been hailed as a classic of Jewish spirituality. In this brief yet profound meditation on the meaning of the Seventh Day, Heschel argues that Judaism is a religion of *time*: it finds meaning not in space and the material things that fill it but in time and the eternity that imbues it. Thus, for Jews, their great cathedrals are the Sabbaths. [More...](#)

### **A Day Apart: Shabbat at Home**

---

*by Noam Zion and Shawn Fields-Meyer* (Jerusalem: Shalom Hartman Institute, 2004)

A step-by-step guidebook to the Jewish Sabbath, with blessings and songs, rituals and reflections, stories and lots of art. This full colour resource is both informative and delightfully nourishing to the human spirit. [More...](#)

### **Angels at the Table: A Practical Guide to Celebrating Shabbat**

---

*By Yvette Alt Miller* (London/New York: Continuum, 2011)

A practical guide to the weekly Jewish holiday of Shabbat, celebrated by Jews around the world. It explains the myriad rituals, customs, prayers and rules of this weekly holiday and includes common songs, prayers, recipes and personal stories. The book carries an endorsement by Rabbi Jonathan Sacks. [More...](#)

### **Sabbath: Finding Rest, Renewal, and Delight in Our Busy Lives**

---

*By Wayne Muller* (New York: Bantam Books, 1999)

This book is written by a Christian, drawing on the wisdom of Judaism as well as other religious traditions that seek a sacred rhythm for our lives balancing work and rest. It describes the Sabbath as “a revolutionary challenge to the violence of overwork, mindless accumulation, and the endless multiplication of desires, responsibilities, and accomplishments. Sabbath is a way of being in time where we remember who we are, remember what we know, and taste the gifts of spirit and eternity” (p.6). [More...](#)

### **Websites**

---

MyJewishLearning.com; AISH.com; Chabad.org

Christian sites: [Etz-Hayim-Tree of Life](#) Publishing

“The Sabbath is a quiet antidote to web chatter” - one of a number of articles on Sabbath by Rabbi Jonathan Sacks available at rabbisacks.org [More...](#)