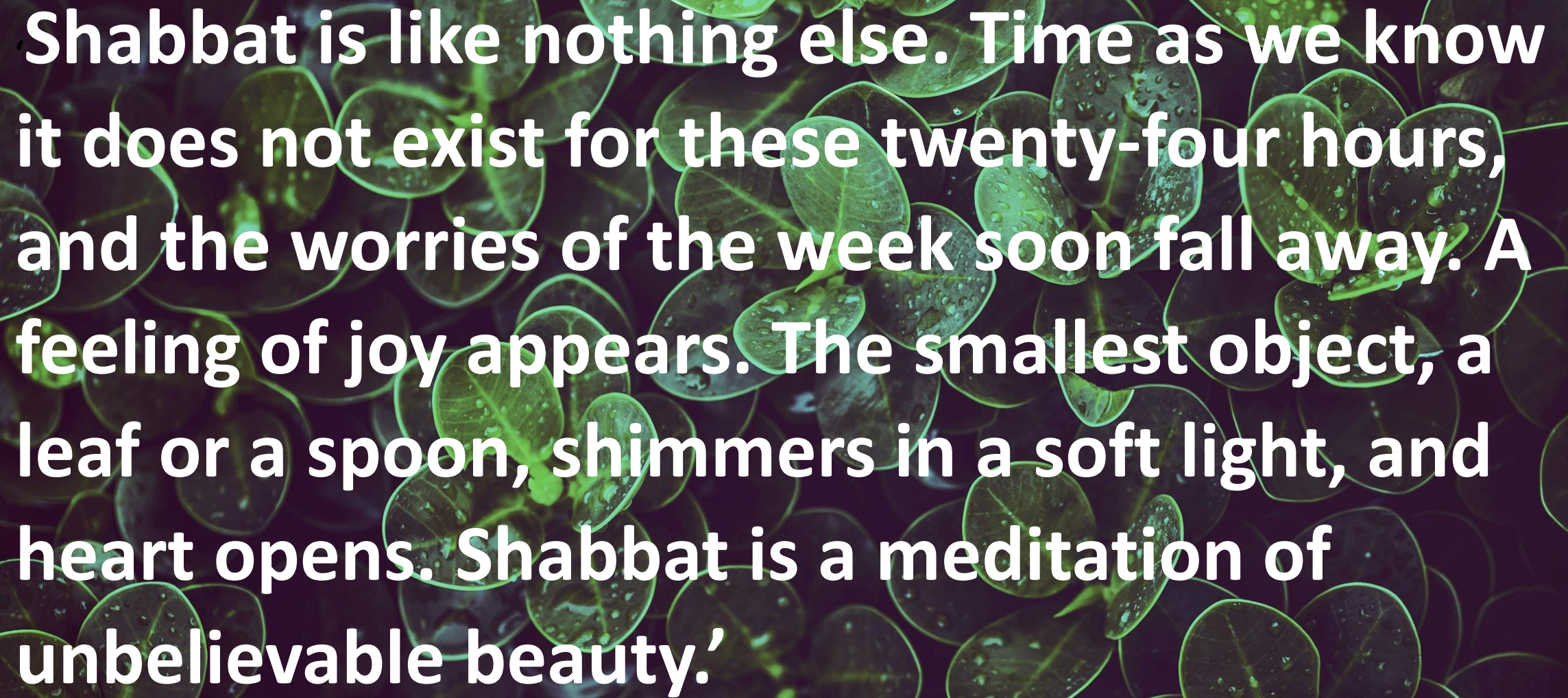
A still life composition featuring a cup of coffee, a notebook, a pen, a small tag labeled 'SUNDAY', and some greenery on a textured background. The background consists of a dark, textured fabric (possibly a sweater) and a lighter, textured fabric (possibly a blanket or shawl). A white cup filled with dark coffee sits on a white saucer. A small white tag with the word 'SUNDAY' in black capital letters lies on the dark fabric. A white notebook and a blue pen are in the bottom right corner. A green plant with small leaves is in the top left corner.

**“Remember
the Sabbath to
keep it holy,” is
the only one we
brag about
breaking.”**

Dorothy Bass



Sabbath is special

The background of the image is a close-up photograph of numerous green, oval-shaped leaves. Each leaf is covered with small, clear water droplets, giving it a fresh and glistening appearance. The leaves are densely packed, creating a textured, organic pattern across the entire frame. The lighting is soft, highlighting the veins on the leaves and the individual droplets.

Shabbat is like nothing else. Time as we know it does not exist for these twenty-four hours, and the worries of the week soon fall away. A feeling of joy appears. The smallest object, a leaf or a spoon, shimmers in a soft light, and heart opens. Shabbat is a meditation of unbelievable beauty.'

Lauren Winner



Sabbath is about stopping

‘... sabbath concerns the periodic, disciplined, regular disengagement from the systems of productivity whereby the world uses people up to exhaustion...

Sabbath practice is not to be added on to everything else, but requires the intentional breaking of requirements that seem almost ordained into our busy life. Sabbath thus may entail the termination of routines, the disengagement from some social conventions, or even the lowering of one’s standard of living.’

Walter Brueggemann



A photograph of a forest path in autumn. The ground is covered in a thick layer of fallen yellow and orange leaves. Several large trees with dark trunks and dense canopies of yellow leaves line the path. The scene is bathed in warm, golden light, suggesting a sunny day. The text "Sabbath is about trusting" is overlaid in white at the bottom.

Sabbath is about trusting

¹⁶ The Israelites are to observe the Sabbath, celebrating it for the generations to come as a lasting covenant. ¹⁷ It will be a sign between me and the Israelites forever, for in six days the LORD made the heavens and the earth, and on the seventh day he rested and was refreshed.

Exodus 31:16-17

