



Sabbath in the Suburbs: A Family's Experiment with Holy Time (The Young Clergy Women Project)

Rev. MaryAnn McKibben-Dana

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"A *'must-read'* for 2013." -Ministry Matters

"Life felt like a 500-piece jigsaw puzzle with 600 pieces." So writes MaryAnn McKibben Dana in the introduction of her book. As she considered her family's frenetic suburban existence--a relentless list of work, errands, carpool, dishes, email, bills, yardwork--she knew something had to change.

The family faced a choice: to continue at the same frantic pace or to fight back with a radically different way of being. They went radical. For one year, they committed to a practice of Sabbath-keeping. For a whole day each week, they set aside their doing in order to simply be. Work took a backseat to games, walks, Legos, naps, homebrewing, and leisurely contentment. The practice never got easier--the house was a mess, the kids still fought--but Sabbath became the one essential "to-do" each week.

With lively prose ("a fresh voice and energy" -*Publishers Weekly*), Dana documents the Sabbath experiment as a guide for families of all shapes and sizes. Each chapter includes tips to help you claim Sabbath moments--to see time not as an enemy to subdue, but as a friend to savor.

Part of the Young Clergy Women Project series.

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