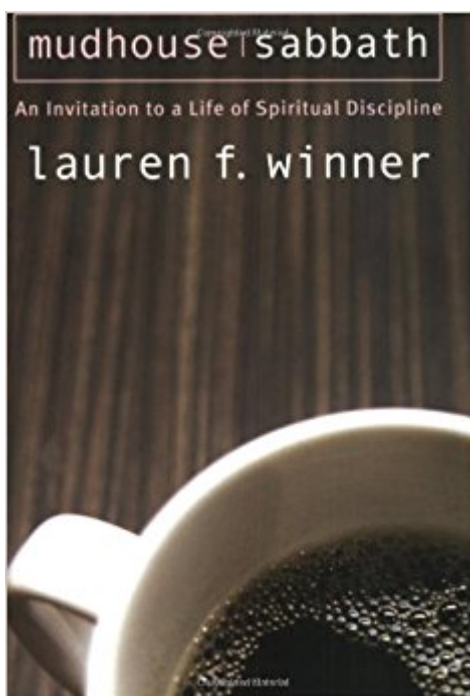


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Mudhouse Sabbath: An Invitation To A Life Of Spiritual Discipline (Pocket Classics)



Synopsis

After her conversion from Orthodox Judaism to Christianity, Lauren Winner found that her life was indelibly marked by the rich traditions and spiritual practices of Judaism. She set out to discover how she could incorporate some of these practices into her new faith. Winner presents eleven Jewish spiritual practices that can transform the way Christians view the world and God. Whether discussing attentive eating, marking the days while grieving, the community that supports a marriage, candle-lighting, or the differences between the Jewish Sabbath and a Sunday spent at the Mudhouse, her favorite coffee shop, Winner writes with appealing honesty and rare insight.

“Lauren Winner speaks the language of this generation. It is authentic, free and bold.”

Ben Young, author of *The Ten Commandments of Dating*

“At a time when we are so aware of the differences between Judaism and Christianity, Lauren Winner’s book on what we can learn from each other is so refreshingly welcome.”

Rabbi Harold Kushner, author of *When Bad Things Happen to Good People*

“For all of us who can’t get our spiritual lives in shape by shipping out to a monastery, Lauren Winner explores simple, do-able ways of keeping company with God in the ordinary, day-to-day world of eating, working, resting, romancing, aging, earning, grieving, and celebrating. Her rich identity as a Jewish/Christian/scholar/writer informs every sentence.”

Brian McLaren, pastor and author of *A New Kind of Christian*

[Winner is] a gifted writer who has much to teach us about the deep and indestructible bonds between Judaism and Christianity.”

Richard Mouw, President, Fuller Seminary

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Customer Reviews

A writer of spiritual substance and grace-filled style. Publishers Weekly "The strongest reason to read this book... is that it makes one think. I have been considering some of her statements and discussing them with friends ever since I read the book, and I've ordered copies for close friends and recommended it to just about anyone who would listen to me. Book clubs would have much to talk about after reading this, and it should have a beneficial impact on our Christian community, if we will listen." [Â The Living Church](#) "A compelling engaging (and at times appropriately humorous) tour of rarely exposed yet Biblically rooted spiritual disciplines." [Â Relevant](#)

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I really liked this little/big book! It's the kind of book I pop in my purse for the waiting room, coffee shop or plane ride. I want to describe this woman's writing as authentic, transparent, honest,

genuine. This book is funny and radiates much warmth and insight from the Messianic perspective. She incorporates Jewish tradition into her daily worship as a Believer in Jesus Christ, all of which I delight in. She lets us walk with her through the 'how' of her growth in the Lord and the applications in the light of her new faith. She is very quick to address her challenges and let's us listen in on her ruminations about them! Overall, a delightful little book!

I am A Christian and have often thought that some of the Jewish symbols I have heard of and seen were beautiful. Now that I have heard some of the meanings of these traditions I am going to add some of them to my life. This book was a Loy to read and I think every non Jewish person should read this book so they can appreciate the beauty of it.

Amazing book that can change your life in so many ways. An Episcopal priest who has a Jewish heritage tells Christians and other faith group about Jewish rituals which can make a difference in how we live. My favorite are the rituals of grieving after the death of a loved one which can promote healing.

This book is a must-read for every Christian. It is written by a woman who was raised Jewish, but then became a Christian. The author reviews many aspects of the everyday practices of Jews, and the reason for them -- and then explains how she modified some of them to reflect the Christian faith. Very practical and thought-provoking. I read it with a church study group, and there are questions for discussion.

I thoroughly enjoyed this book. Lauren Winner, the author was raised a kosher Jew and then converted to Christianity as an adult in college. As a practicing Christian, Winner realizes that she misses some of the spiritual disciplines that came from her Jewish upbringing, so the book is about how to adapt some Jewish spiritual disciplines to Christian beliefs. She talks about eating, the image of the body, mourning, keeping the Sabbath and many other things that could inform Christian practice and deepen it. I felt that her observations and suggestions were greatly insightful and practicable. Winner's writing style made me feel like I was sitting next to her at the Mudhouse Cafe, her favorite coffee shop which lends it's name to the title of the book. I would recommed this book for anyone wishing to deepen their connection to the spirit in their everyday lives. It's a wonderful book.

Thanks

I love reading anything by Lauren Winner. This book offers some beautiful insight to Judaism and how it relates to my own Christian Faith. Ms. Winner writes in a fresh, easy and witty style. This book works well as an individual read and is well suited for a Bible study as each chapter reflects on a different topic.

Wonderful wonderful book! We have re-read it and have enjoyed using it as a Sunday school book study.

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