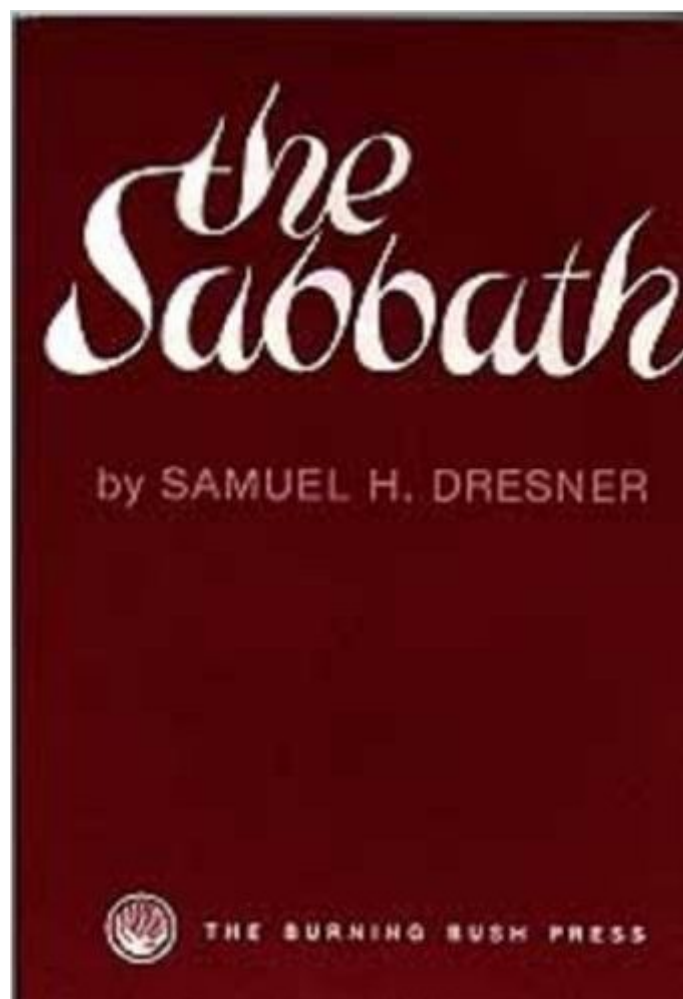


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The Sabbath



Synopsis

Book by Samuel H. Dresner

Book Information

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Rabbi Dresner writes a paean to the Sabbath pointing out, as my father said, "More than the Jew has kept the Sabbath, the Sabbath has kept the Jew," meaning that if Jews keep the Sabbath they will find themselves observing all or most Jewish practices. The Sabbath is so important that it is the only Jewish holiday that is mentioned in the Decalogue, the Ten Commandments. People today are involved in a daily war with nature, with society, and with themselves. The Sabbath brings people a weekly peace and liberates them from modern bondage. It teaches the Jew the importance of time well-spent, to sanctify time, and to bring a dimension of holiness into the profane rhythm of life. It brings joy, love, devotion. It reunites families kept apart by their activities during the week. Foods taste better on the Sabbath. It is like greeting a queen and like being with a bride on a wedding night. It has a special delightful mood as if the Jew is given an extra soul, not as a burden, but a feeling of peace and joy. If we could shut down the world one day a week, we wouldn't be in the mess we're in. The Sabbath turns man back to his true self. It is true that the Sabbath is the single most important institution in Jewish life and law.

I am not Jewish, yet, embrace the gift of the Sabbath. This book has given me insight that deepens my appreciation and understanding of the Sabbath. Dresner's ability to convey the beauty and rule of Sabbath is well demonstrated in this concise and inviting book. Thank you, Rabbi, for sharing

your insight! The Sabbath is a delight and the world would be a better place if more would choose to desist on this holy day.

I highly recommend all of Samuel Dresner books and writings. I am certain that he is greatly treasured by all who have come into contact with his profound knowledge and wisdom.

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