

Touchstones Theme: The Sabbath



Dad stopped off on the way home for his workout and ran into some friends; Mom brought Sarah home after soccer but had to turn right around for a meeting. David is over at a friend's house. Now Sarah is on the phone with a friend.... She has the TV on in her room, algebra homework spread out on her bed, and a bag of chips open beside her.

...She remembered to feed the dog.... Food may eventually appear on the table in this house, but ...this family will not eat together, hold hands or pray together before a meal, or talk about the day's events. ...If you ask them why, they will answer, "Who has time for family dinner? It's only an empty ritual after all." True. Without reverence, rituals are empty.

[Without reverence, the Sabbath is also empty.] *Paul Woodruff*

My wife and I try to live Sundays as if they were a different kind of day. I take this concept more from the Jewish tradition than from the Christian. We don't go anywhere; we don't have any obligations; we don't do any work. Instead, we listen to music, we read, we go for walks. We try to set ourselves aside from our busy lives, on this day, allowing ourselves to simply enjoy being alive. We've noticed that having one sane day a week really makes a difference. We don't always manage to observe the Sabbath in this way, but when we do, it is indeed a special day.

Robert Fulghum



Join us in exploring the Sabbath

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