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A Day Apart: How Jews, Christians, and Muslims Find Faith, Freedom, and Joy on the Sabbath

Christopher D. Ringwald

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The Sabbath is the original feast day, a day of joy and freedom from work, a holy day that allows us to reconnect with God, our fellows and nature. Now, in a compelling blend of journalism, scholarship and personal memoir, Christopher D. Ringwald examines the Sabbath from Creation to the present, weaving together the stories of three families, three religions and three thousand years of history.
A Day Apart is the first book to examine the Sabbath in Judaism, Christianity and Islam. A marvelously readable book, it offers a fascinating portrait of the basics of the three Sabbaths--the Muslim *Juma* on Friday, the Jewish *Shabbat* on Saturday and the Christian Lord's Day on Sunday--and introduces us to three families, including Ringwald's own, and shows how they observe the holy day and what it means to them. The heart of the book recounts the history of the Sabbath, ranging from the Creation story and Moses on Mount Sinai, to the teachings of Jesus and Muhammad, the impact of the Protestant Reformation and the Industrial Revolution, and the rise of the modern weekend. Ringwald shows that the Sabbath instinct, to observe a special day of withdrawal and repose, is universal. Indeed, all religions and philosophies teach that life is more than toil, that time should be set aside for contemplation, enjoyment and culture.
In today's frantic 24/7 world, the Sabbath--a day devoted to rest and contemplation--has never been more necessary. *A Day Apart* offers a portrait of a truly timeless way to escape the everyday world and add meaning to our lives.

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Playing with family in the park, coming to see the marine world or hanging out with friends is thing that usually you might have done when you have spare time, and then why you don't try matter that really opposite from that. A single activity that make you not sensation tired but still relaxing, trilling like on roller coaster you already been ride on and with addition associated with. Even you love A Day Apart: How Jews, Christians, and Muslims Find Faith, Freedom, and Joy on the Sabbath, you may enjoy both. It is good combination right, you still want to miss it? What kind of hang-out type is it? Oh can happen its mind hangout men. What? Still don't understand it, oh come on its called reading friends.

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