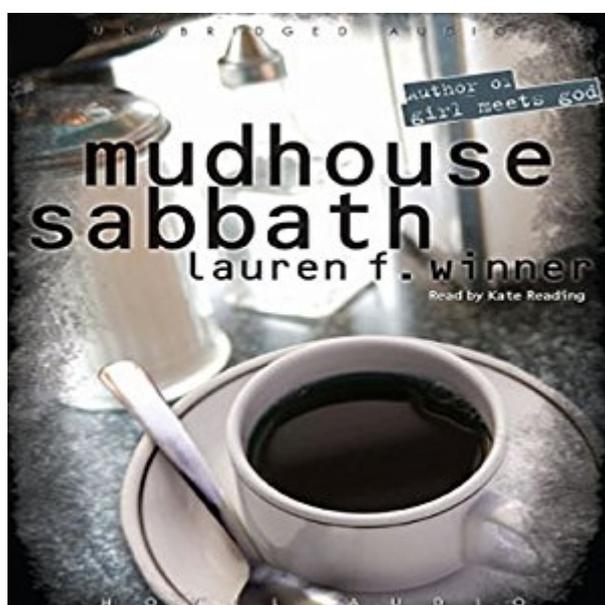


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# Mudhouse Sabbath



## Synopsis

Lauren Winner shares the spiritual practices she has adopted in her quest to reconcile Judaism and Christianity. Despite her conversion from Orthodox Judaism to Christianity, Lauren Winner finds that her life is still shaped by the spiritual essences of Judaism - rich traditions and religious practices that she can't leave behind. In *Mudhouse Sabbath*, Winner illuminates eleven spiritual practices that can transform the way we view the world, and God. Whether discussing her own prayer life, the spirituality of 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.

## Book Information

Audible Audio Edition

Listening Length: 2 hours and 47 minutes

Program Type: Audiobook

Version: Unabridged

Publisher: christianaudio.com

Audible.com Release Date: January 12, 2009

Whispersync for Voice: Ready

Language: English

ASIN: B001PLND0W

Best Sellers Rank: #56 in Books > Audible Audiobooks > Religion & Spirituality > Judaism #68 in Books > Religion & Spirituality > Judaism > Movements > Orthodox #424 in Books > Religion & Spirituality > Judaism > Jewish Life

## Customer Reviews

I've just finished *Mudhouse Sabbath: An Invitation to a Life of Spiritual Discipline* by Lauren Winner. I confess, I bought the book in the name of the author only, I knew nothing about Mudhouses nor was I craving a more disciplined life. Good thing, too, the book mentioned the former only once and the latter was so cleverly woven in that I didn't know I was being disciplined at all! Winner grew up in the south, daughter of a Baptist and a non-practicing Jew, allowably went through what any child of that sort of union would wrestle with, landing comfortably in Orthodox Judaism until her twenties when she switched over to the other side. Which is the truth, but, from reading this book, one would think she was still quite infatuated with her former religious bent. She seamlessly correlates themes in Judaism with Christianity--takes what we call the Law and turns it into a Labor of Love. And somehow blows the dust off of age old traditions and into the faces of Christians who poo-poo Old

Testament practices in the name of New Testament freedom. There's always been something so appealing to me about the Law. While most people putter out of their Read Through The Bible in a Year around Leviticus, I usually get lost somewhere around Psalms. I'm serious: 150 chapters feels much more daunting to me than lists of Dos and Don'ts. If there is one habitual sin in my life it is the sin of the Law. Binding them so tightly to my doorposts that I couldn't see the blood of the lamb if it was painted over my head. Grace feels far away, the Law feels tangible. In Mudhouse Sabbath, Winner teaches us silly Christians how the law wasn't a list of Must Dos, as much as it was a gift from the Creator to remember Him. Isn't it easy to forget?

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