



## The Fourth Commandment: Remember the Sabbath Day

By Francine Klagsbrun

Audible Studios on Brilliance, 2016. CD-Audio. Condition: New. Unabridged. Language: English . Brand New. The Fourth Commandment, a contemporary look at a cornerstone of Jewish life, explores the Sabbath s origins and purpose, its basis in Jewish texts and traditions, and its meaning for the hurried lives we live today. Even people who have long observed the Sabbath will discover facets they know little about. Beautiful and evocative, the book takes listeners on a journey into understanding this sacred day in its many manifestations. Acclaimed writer and lecturer Francine Klagsbrun draws on her extensive knowledge of Judaism and personal experience in applying the profound lessons of the Sabbath to life today. Using the Bible, Talmud, Kabbalah, commentaries, and legends, she probes such questions as What does Sabbath rest entail? How do we let go of our work mentally and strive for holiness? and What does the Sabbath teach us about our relationship to nature and the environment? She also examines the Sabbath from a female perspective, raising challenging questions about women s roles in relation to it. With warmth and erudition, she explains the dos and don ts surrounding the Sabbath, the symbols of the Sabbath table, and the highlights...



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