



# **Mudhouse Sabbath: An Invitation to a Life of Spiritual Discipline (Pocket Classics)**

*Lauren F. Winner*

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After her conversion from Orthodox Judaism to Christianity, Lauren Winner found that her life was indelibly marked by the rich traditions and spiritual practices of Judaism. She set out to discover how she could incorporate some of these practices into her new faith. Winner presents eleven Jewish spiritual practices that can transform the way Christians view the world and God. Whether discussing attentive eating, marking the days while grieving, the community that supports a marriage, 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.

“Lauren Winner speaks the language of this generation. It is authentic, free and bold.”

—Ben Young, author of *The Ten Commandments of Dating*

“At a time when we are so aware of the differences between Judaism and Christianity, Lauren Winner's book on what we can learn from each other is so refreshingly welcome.”

—Rabbi Harold Kushner, author of *When Bad Things Happen to Good People*

“For all of us who can't get our spiritual lives in shape by shipping out to a monastery, Lauren Winner explores simple, do-able ways of keeping company with God in the ordinary, day-to-day world of eating, working, resting, romancing, aging, earning, grieving, and celebrating. Her rich identity as a Jewish/Christian/scholar/writer informs every sentence.”

—Brian McLaren, pastor and author of *A New Kind of Christian*

“[Winner is] a gifted writer who has much to teach us about the deep and indestructible bonds between Judaism and Christianity.”

—Richard Mouw, President, Fuller Seminary

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