Old Testament Scholar Walter Brueggemann called Sabbath “Resistance to the Culture of Now.” The Sabbath rhythm calls people of faith to unplug from our cultural sirens — empire building, acquisition, profit making, media and technological gadgets— to critique and resist those things that distort God’s Sabbath gift economy and vision for shalom. Sabbath calls us instead to a re-imagination of our work lives, the “grace of limits,” and a re-alignment with the God of creation. Sabbath is about facing our restlessness and rekindling our love relationship with the Lord of the Sabbath.

In her book, *Soul Tending: Journey into the Heart of Sabbath*, Anita Amstutz re-examines Sabbath for these times we live in, and how we might foster more meaning and greater spaciousness as we recover themes of simplicity, joy, hospitality, and creativity in our communal and personal lives.

Anita Amstutz, a native of Ohio, completed her seminary degrees at Associated Anabaptist Seminary and Pacific School of Religion. After a first career as a social worker, she became an ordained Mennonite minister, serving in congregational ministry along the Rocky Mountain region for 17 years. In her spare time, she tends a husband, half a million honey bees, two cats, and a plot of native desert plants in Albuquerque, NM.