



ZIMZUM DISCIPLESHIP: THE SABBATH ADDITIONAL RESOURCES, MAY 2025

BOOKS

The Sabbath: Its Meaning for the Modern Man by Abraham Joshua Heschel. New York: Farrar, Straus and Giroux, 2005.

24/6: The Power of Unplugging One Day a Week by Tiffany Shlain. New York: Gallery Books, 2019.

Sabbath as Resistance: Saying No to the Culture of Now by Walter Brueggemann. Louisville, KY: Westminster John Knox Press, 2014.

POEM: "1985, V" by Wendell Berry from This Day: Collected and New Sabbath Poems

How long does it take to make the woods?
As long as it takes to make the world.
The woods is present as the world is, the presence
of all its past, and of all its time to come.
It is always finished, it is always being made, the act
of its making forever greater than the act of its destruction.
It is a part of eternity, for its end and beginning
belong to the end and beginning of all things,
the beginning lost in the end, the end in the beginning.

What is the way to the woods, how do you go there?
By climbing up through the six days' field,
kept in all the body's years, the body's
sorrow, weariness, and joy. By passing through
the narrow gate on the far side of that field
where the pasture grass of the body's life gives way
to the high, original standing of the trees.

By coming into the shadow, the shadow
of the grace of the strait way's ending,
the shadow of the mercy of light.

Why must the gate be narrow?
Because you cannot pass beyond it burdened.
To come in among these trees you must leave behind
the six days' world, all of it, all of its plans and hopes.
You must come without weapon or tool, alone,
expecting nothing, remembering nothing,
into the ease of sight, the brotherhood [and sisterhood] of eye and leaf.