

Sabbath  
Week 2: Ceasing

For some of us, work is going to class and doing homework. For some of us, work is email, meetings, projects or writing. For some of us, we work at our play, trying to improve as musicians, artists, or athletes.

While some of us may create art on Sabbath as a way to relax, for the artists among us, creating art may be our primary work. Others of us may go for a swim on Sabbath as a way to play, but for those on the team who are trying to drop times in our events, going for a swim is strongly linked to work.

What happens when we stop working and controlling the things around us? When we