

The Sabbath Soul: Mystical Reflections on the Transformative Power of
Holy Time by EitanFishbane, PhD
Jewish Lights Publications 2012.

The Sabbath Soul is a beautiful book from which rabbis and lay people will derive equal pleasure.

Following a lyrical introduction, EitanFishbane chooses eleven mental or physical actions associated with the Sabbath which are supplemented by a text on which he has written a succinct commentary. The actions are: Candle Lighting, Spiritual Preparation, Wearing White on Shabbat, A Path through the Sea, Soul of the World, Kiddush, Eating and Contemplation, Hallah as a Symbol of Spiritual Wholeness, Refraining from Labor, Awareness of God, Uniting the Physical and the Spiritual.

There is little doubt in my mind that many 21st century Progressive Jews have lost the intuitive Jewish talent for getting something meaningful out of Shabbat. EitanFishbane's The Sabbath Soul offers all seekers a multiplicity of avenues down which to travel towards the goal of enjoying a Shabbat that is spiritually enriching and physically restorative.

Rabbi Dr Charles H Middleburgh