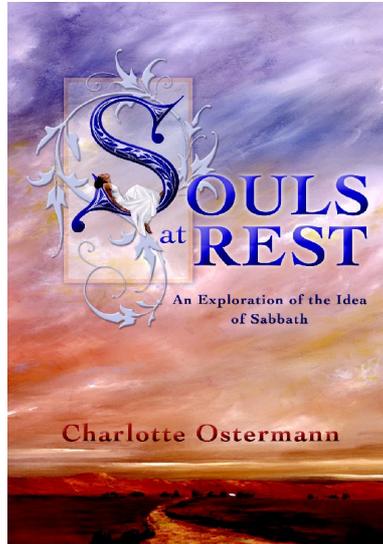


Souls at Rest – An Exploration of the Idea of Sabbath



by

Charlotte Ostermann

Reviewed by Tannia E. Ortiz-Lopes, publisher of "Time with Tannia"
(<http://timewithtannia.tripod.com/>)

In her debut book, *"Souls at Rest – An Exploration of the Idea of Sabbath,"* author Charlotte Ostermann brings an oasis to the weary-burden soul. Sabbath, the 8th day of the week; is a day of rest and of worship to the Lord.

The book cover shows a sunset over an isolated house near a calm, flowing river, as majestic, terracotta mountains are seen in the background. Also on the cover, beautifully adorned and framed over the gray reddish sky, is the letter "S" for souls at Sabbath. The lower part of the "S" provides a resting place to a woman whose trust in God's safety, healing, and protection are shown as she looks up to heaven, extremely relaxed, as if saying "let His will be done".

The concept of Sabbath, practiced by few and misunderstood by many, is the day of rest blessed and consecrated by the Lord after Creation. Our daily lives' busyness constantly robs us from that day of true relaxation, stillness, and quality family time when we can focus our minds, hearts, and souls in the presence of God.

The author divides this provocative idea of the 8th day of rest in four parts. Each part is subdivided by theme-oriented chapters. The book includes a study guide with questions and explanations to guide us into a profound and daring discovery of God and our inner selves. She starts from the foundation and continues building up until we reach our goal; a full understanding of the blessings of practicing Sabbath, Shalom.

This book will challenge readers to analyze their daily lives and encourage them to find that still moment when time stops after they declare the day holy and sacred for the Lord. Sabbath practice goes beyond our regular calendars. It is a day within a day where we will make ourselves anew and strengthen our souls, as we continue our path through life.

I highly recommend this book to those readers looking for a straightforward and easy to follow method to deepen their spiritual growth. It is an excellent tool for spiritual directors looking for mystics with realistic spiritual exercises applicable to our modern days.



Tannia E. Ortiz-Lopés author of *The Window To My Soul, My Walk With Jesus* (2004 Tate Publishing ISBN 0975393359.) The book could be purchased directly from the publisher at www.tatepublishing.com and at all major online stores.

Visit the author at: <http://timewithtannia.tripod.com/>
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