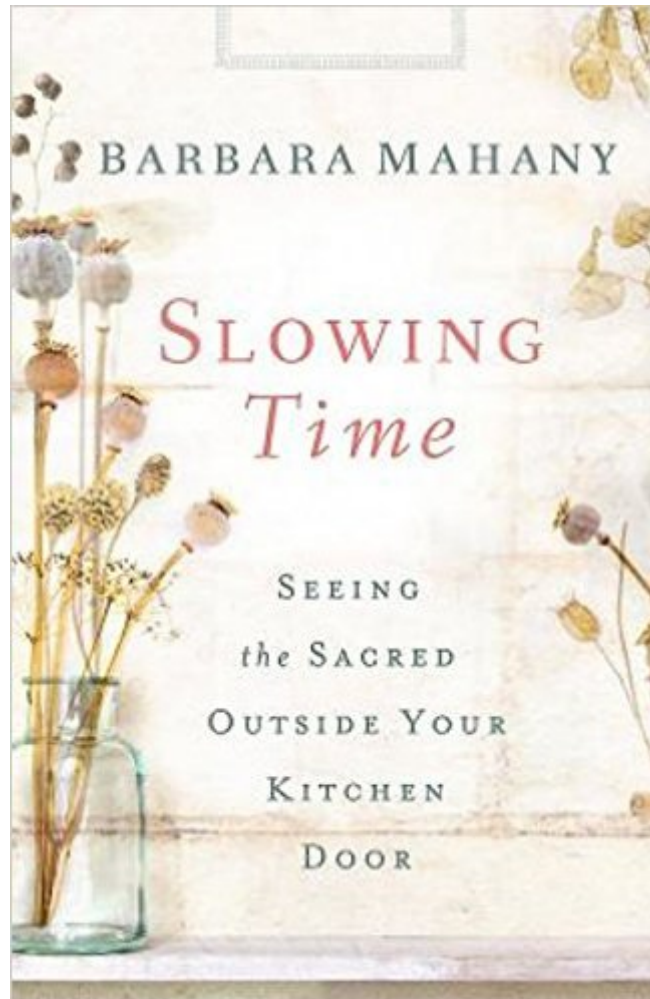


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# Slowing Time: Seeing The Sacred Outside Your Kitchen Door



## Synopsis

Barbara Mahany believes the sacred is all around, within finger's reach--here to be gathered, culled, collected, through the simple yet complex art of paying attention, of savoring the moment, of cultivating stillness. Making room for God and illuminating the Godly specks in the everyday. Noticing the seen, revealing the unseen, and pinpointing the divine in both. The book sifts through the terrain of three particular landscapes where the author most often encounters the stirrings of the Divine: under heaven's dome; on the front lines of the homefront; and in the unspooling of the seasons. The most essential prayer, often, is the life closely examined, held up to the light. By probing deeply the nooks and crannies of the home-front, the author points out that the reader need not venture far to find what matters most. And the questions stirred will linger, long after the page is turned.

## Book Information

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## Customer Reviews

In this juncture of my own journey in faith, I don't need another creed, another confession, another article of faith, but I do need techniques and suggestions to bring those convictions into my every days. Like almost everyone, I need to learn to slow time, or at very least, to savor, appreciate, and fully live into every moment, rather than looking backwards or forewords as important as those perspectives are. Barbara Mahany's *Slowing Time* is a lovely, love-filled journal of seasonal nature and spirituality; she emphasizes how the church's liturgical year of grace and the Jewish festivals both have deep roots in earth and sky. Reflecting upon astronomical and meteorological seasons, she opens each new seasonal section with a lilting description of the literal nature of sun, shadows,

light and dark at each solstice or equinox. Subtitle, "Seeing the Sacred Outside Your Kitchen Door" hints at Mahany's emphasis on perceiving with all your senses, not solely with the one of our five senses most engaged in a particular activity. A special recipe for each season, as well! I'm not majorly a meat-eater, but I'd love to try Beef Stew with Pomegranate Seeds Nestled beside Aromatic Rice; I've made something similar to Christmas Eve Elves' French Toast in the oven, and when I live with a working oven again, it will be time to bake that specialty again. Need I even mention summertime Blueberry Slump?! You know I'm a pushover for berries and for serving any dessert with vanilla ice cream! I like Rolled Cut-Out Cookies' ingredients, but definitely prefer chewy, soft, bar-type cookies to crispy ones. Probably because it's mid-November, I love how Slowing Time begins with Winter as a "Season of Deepening" and ends with Winter as "Season of Stillness."

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