

A blurred background image showing a crowd of people, likely at a public gathering or event, with a warm, golden light source creating a bokeh effect. The text is overlaid on the right side of the image.

Sabbath in Lockdown

A man with glasses is sitting at a desk, covering his face with his hands. He appears to be in a state of stress or frustration. The background shows a bookshelf with books. The image is overlaid with a semi-transparent dark grey filter.

Lost Work

Too Much
Work

Forced to stay indoors

Too Much Work
(The headless chickens)





One Minute Pause App

A simple way to connect with God in the middle of your busy day.



Sabbath rule?
... don't carry a burden



No work ... or stuck indoors?

Keep one day in the week different



What's a walking
meditation?



A blurred background image showing a crowd of people, likely at a public gathering or event, with a warm, golden light source on the left side. The text is overlaid on the right side of the image.

Sabbath in Lockdown