

MaryAnn McKibben Dana on God Complex Radio

By [Carol Howard Merritt](#)

February 7, 2013



Derrick Weston talks with MaryAnn McKibben Dana from the [Blue Room](#) about her book, [Sabbath in the Suburbs](#). How do you practice Sabbath in this busy, stressed-out world? Is Sabbath just a luxury for those who don't have kids? What if both parents are working? Does Sabbath make sense in our modern life? How does Sabbath help us to become more human? MaryAnn will explore what this ancient practice looks like in modern life.

Check out the conversation at the [God Complex Radio](#) site or listen [here](#).