



Everyday Sacred: A Woman's Journey Home

By Sue Bender

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WITH SIMPLE SHIFTS OF PERCEPTION, EACH OF US CAN FIND THE SACRED IN EVERY DAY.

Like the vibrant yet simple quilts that led her to live within the Amish community and to write about the experience in her bestselling book 'Plain and Simple', the em

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Editorial Review

Amazon.com Review

When Sue Bender proudly announced to a friend that her first book, *Plain and Simple* had made it to the *New York Times* bestseller list, her friend immediately shot back, "But what number on the list are you?" Bender was shocked, realizing that nothing we accomplish seems like enough in our overly pressured world. In *Everyday Sacred* we follow Bender on her quest to make every moment enough. Cleaning a desk, sipping cappuccino, making computer connections, and appreciating freshly painted walls all become opportunities to satiate one's life with sacred encounters. The end product reads like an Amish quilt--simple vignettes sewn together to create a comfortable lifetime companion.

From Publishers Weekly

The Zen monk's begging bowl is the pervasive image in this author's continuing spiritual journey she began recording in her bestselling *Plain and Simple*, in which she described her time living among the Amish. Here, she tells how, back home amid the more mundane experience of her daily life, she accepted the challenge of finding meaning by daily proffering the beggar's bowl to be filled with the sacredness of everyday life. The lessons and stories that fill her bowl are related to Bender's life-ordinary events seen with fresh eyes and offered as simple ways for busy people to incorporate reflective periods into their lives. The simplicity that made her earlier book appealing is also evident here. Illustrations. \$100,000 ad/promo; author tour.

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From Library Journal

Applying the symbolism of the empty Zen begging bowl, Bender graciously shares another leg of her spiritual journey, the previous being her stay with the Amish recorded in her best seller, *Plain and Simple* (HarperCollins, 1989). Listening to the author (who also serves as reader), one has to admire her zest for life and determination for self-discovery as she recounts the experiences that filled her bowl daily and revealed the sacred. She learned that miracles can and do occur when we accept whatever happens to us each day, work from the heart, do less, and listen and relax more. She tells of the power in small things, the beauty in imperfection, and the boundless effects of generosity. Bender's findings are pure and simple and not unheard of; however, it is the fresh context in which she places them that makes *Everyday Sacred* a special and unique program. Recommended for inspirational collections. ?Barbara J. Vaughan, State Univ. Coll. at Buffalo Lib., N.Y.

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