In an intimate spiritual memoir, Ranger shares her reflections on a journey of self-discovery. Through a narrative written in diary format, she compares and contrasts the Religious Society of Friends and the Seventh-day Adventists and calls for better understanding of and bridges between liberal and conservative Christians. Seventh-day Quaker examines the role and practice of sabbath, silence, prayer, rites and rituals, evangelicalism, the Bible, Creationism, God's existence, and the call to ministry.

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