

## Spirituality Resources

The Spirituality Priority Committee offers the following books to help you in your spiritual journey. The list will be updated from time to time as the committee learns about good resources for the church.

Allen, Diogenes. *Spiritual Theology: The Theology of Yesterday for Spiritual Help Today*. (Boston), Cowley, 1997.

This book helps the reader understand the necessity of Theology, Spirituality and Mysticism. It also helps the reader to define spirituality, identify the goal of spirituality and measure its progress.

Barry, William A., SJ. *Paying Attention to God: Discernment in Prayer*. (Notre Dame, Indiana) Ave Maria Press, 1990.

"I am convinced," the author says, "that we encounter God in a mysterious way and that God wants a personal relationship with each one of us." Barry invites the reader to develop discernment by paying attention to these encounters.

Bernard of Clairvaux. *On Loving God. And an Analytical Commentary by Emero Stiegman*. Translated by Jean Leclercq OSB and Henri Rochais. (Michigan) Cistercian Pub. Inc., *On Loving God, 1973, An Analytical Commentary, 1995*

Bernard of Clairvaux describes thoughts and feelings that are almost too holy to share in human words. His descriptions of the degrees of love contribute to the movement of the spiritual life and offer a way to understand what is going on within a person on such a journey.

Bouyer, Louis. *The Meaning of the Monastic Life*. Translated by Kathleen Pond, (New York) P.J. Kennedy & Sons, 1950

The author helps clarify and understand the contemplative life, describes the life of the mystics.

Bouyer, Louis . *Exploring Christian Spirituality: An Ecumenical Reader*. ed. by Kenneth J. Collins. (Michigan) Baker Books, 2000

Articles describe spirituality types and help the reader define spirituality in the contemporary world.

Broyles, Ann. *Journaling: a Spiritual Journey*. (Nashville) Upper Room Books, 1999.

A journal and a book about journaling, this volume has helpful ways to journal and sufficient space for practicing each one. Methods include journaling from the events of daily life, in response to scripture and to readings, with guided meditations, from dreams, and conversations or dialogues.

De Mello, Anthony. *Contact With God: Retreat Conferences*. (Chicago) Loyola University Press. 1991

De Nicolas, Antonia T. *Ignatius de Loyola, Powers of Imagining: A Philosophical Hermeneutic of Imagining Through the Collected Works of Ignatius de Loyola*. (Albany) State University of New York Press, 1986

De Sales, Francis. *Introduction to the Devout Life*. Translated and edited by John K. Ryan. (New York) Doubleday, 2003

De Sales conveys St. John of the Cross's discussion of purgation; he also offers helpful meditations and guidance for the progression of devotion.

Egan, Harvey D. *The Spiritual Exercises and the Ignatian Mystical Horizon*. (St. Louis) Institute of Jesuit Sources, 1976

Fitzmyer, Joseph A. *Spiritual Exercises Based on Paul's Epistle to the Romans*. (New York) Paulist Press, 1995

Fleming, David L. *Like The Lightning: The Dynamics of the Ignatian Exercises*. (St. Louis) The Institute of Jesuit Sources, 2004

Fleming focuses on an understanding of movements, which are key to the Spiritual Exercises of St. Ignatius. He highlights dynamics – a quality of movement implying power, energy, flow, direction – as integral to the Exercises.

Fleming, David L. *Notes on the Spiritual Exercises of St. Ignatius of Loyola*. ed. David L. Fleming, S. J. (St. Louis) The Institute of Jesuit Sources, 1989

This is a collection of articles from Review For The Religious from 1967-1978. The articles help explain the content and provide some insight into the retreat experience.

Fleming, L. David, S.J. *A Contemporary Reading of the Spiritual Exercises: Companion to St. Ignatius' Text*. (St. Louis) The Institute of Jesuit Sources, 1978

Foster, J. Richard. *Prayer: Finding the Heart's True Home*. (San Francisco) HarperCollins, 1992

Foster explores three movements of the practice of prayer: 1) Moving Inward, 2) Moving Upward, 3) Moving Outward. Foster understands prayer as something initiated by God from the heart, or, as others might say, soul of a person. It is a good first step as one moves toward meditation and contemplation.

Foster, Richard J. *Celebration of Discipline: The Path to Spiritual Growth*. (San Francisco) Harper & Row, 1978. We.

Foster considers ancient spiritual disciplines in three categories: Inward (meditation, prayer, fasting, study), Outward (simplicity, solitude, submission, service), and Corporate Disciplines (confession, worship, guidance, celebration). His overview helps the reader appreciate the value of each practice for a person who desires to grow closer to God. A revised edition is available now.

Guibert, J. de. *The Jesuits: Their Spiritual Doctrine and Practice: A Historical Study*. William J. Young, tr. George E. Ganss, ed. (Chicago) Institute of Jesuit Sources, 1964

Happold, F.C. *Mysticism: A Study and an Anthology*. (New York) Penguin Books, 1990

This book helps to define mysticism and gives the characteristics of a mystical state as well as some excellent writings from various mystics.

Ignatius, of Loyola, Saint. *A Pilgrim's Journey: The Autobiography of Ignatius of Loyola*. Introduction, translation and commentary by Joseph N. Tylenda. (Collegeville, Minn.) Liturgical Press, 1991

Keating, Thomas. *Open Mind Open Heart: The Contemplative Dimension of the Gospel*. (New York) Continuum Publishing, 1998

Keating describes contemplative prayer and offers a guide to using it as daily discipline.

Kelly, R. Thomas. *A Testament of Devotion*. (New York) Harper Collins, 1992

Kelly describes the importance of community, an aspect of spiritual life that is lacking in some writers. Monastics, mystics and modern church people must have community to be a united Body of Christ.

Kelly, R. Thomas. *Notes on the Spiritual Exercises of St. Ignatius of Loyola*. edited by David L. Fleming, S.J. (St. Louis, MO.) Review for Religious, 1983

Written primarily for directors of retreats following St. Ignatius Exercises, this is a help for designing and implementing Ignatius' 30 day exercises.

Lehr, Fred. *Clergy Burnout: Recovering from the 70-Hour Work Week ... and Other Self-Defeating Practices*. (Minneapolis) Fortress Press, 2006.

While this book was written to help clergy avoid professional burnout, its value to the spiritual life in general is found in the 7th chapter where Lehr describes spiritual maturity by comparison to the groups of people who surrounded Jesus in his life time. Lehr provides a Spiritual Life Survey that helps readers assess their own spiritual journey toward maturity.

Lewis, C. S. *The Screwtape Letters*, HarperSanFrancisco, 1996.

In this classic satire, C. S. Lewis insightfully describes the spirits that cause us to struggle in our spiritual journey. This worthwhile read reveals spiritual truths in a fictional format.

Merton, Thomas. *New Seeds of Contemplation*. (New York) New Direction Pub., 1972

Merton describes the movement from meditation into contemplation.

Migliore, K. Daniel. *Faith Seeking Understanding: An Introduction to Christian Theology*. (Mich.) Eerdmans, 1991

This book approaches Christian theology as "faith raising questions." It helps clarify the Triune God and has a wonderful section on Christian Hope.

Miller, Calvin. *The Path of Celtic Prayer: An Ancient Way to Everyday Joy*. (Downers Grove, Illinois) InterVarsity Press, 2007.

"This book proposes a kind of prayer that can end our amputated feelings of separateness from God," says Miller. This book attempts to lead the reader on an ancient path that give guidance for present and future prayers, until the day the Celts longed for comes into being.

Muller, Wayne. *Sabbath: Finding Rest, Renewal, and Delight in Our Busy Lives*. (New York) Bantam Books, 1999.

Nouwen, J.M. Henri. *Reaching Out: The Three Movements of the Spiritual Life*. (New York) Doubleday, 1986

Nouwen explains three basic movements in the spiritual life and helps the reader see that the spiritual life is not stationary.

Peifer, J. Laude, O.S.B. *Monastic Spirituality*. (New York) Sheed and Ward, 1966

The author writes clearly and understandably concerning "The Context of Monastic Life," and "The Elements of Monastic Spirituality."

Rohr, Richard. *Things Hidden: Scripture as Spirituality*. (Cincinnati, Ohio) St. Anthony Press, 2008.

A must read book for any pastor or lay leader interested in growing in their relationship with God.

Saint John of the Cross. *John of the Cross: Selected Writings*. ed. By Kieran Kavanaugh, O.C.D. (New York) Paulist Press, 1987

With excerpts from The Ascent of Mount Carmel, The Dark Night, The Spiritual Canticle, and The Flame of Love, Classics of Western Spirituality is an excellent introduction to the Christian Mystics.

Stewart, Columba O.S.B. *Cassian the Monk*. (New York) Oxford, 1998

Cassian, a theologian of keen insight, was the major spiritual influence on both the Rule of the Master and the Rule of Benedict.

Steward, Columba O.S.B. *Prayer and Community: The Benedictive Tradition*. Traditions of Christian Spirituality Series. (New York) Orbis Books, 2004

Steward looks at The Rule of St. Benedict to point out key insights central to the spiritual life.

Silf, Margaret. *Inner Compass: An Invitation to Ignatian Spirituality*. (Chicago) Loyola Press, 1999.

The foundation of Ignatian spirituality is the Spiritual Exercises of St. Ignatius of Loyola. This introduction helps readers discover their individual selves and their relationship with God through prayer, discernment, and reflective living, even if they are not familiar with the dynamics of the Exercises. The practical and experience-based guide is helpful to newcomers and to those familiar with Ignatian Spirituality.

Thompson, Marjorie J. *Soul Feast: an Invitation to the Christian Spiritual Life*. (Louisville) Westminster John Knox Press, 1995.

Thompson describes a framework for understanding spiritual disciplines, and instruction in developing and nurturing those practices. Thompson's discussion on topics such as prayer, spiritual reading, fasting, self-examination, and hospitality is clear, practical, and inspirational.

Underhill, Evelyn. *Practical Mysticism: A Little Book for Normal People*. Edited by John F. Thornton and Susan B. Varenne. (New York) Random House, 2003

Underhill helps clarify Christian mysticism and helps one understand mystic theology.

Underhill, Evelyn. *The Sayings of the Desert Fathers*. Translated by Benedicta Ward, SLG, (Michigan) Cistercian Publications, 1984

Underhill's insight into the theology of the mystics is illustrated by excerpts from many spiritual writers, all of which give wonderful insights from the fourth-century ascetic flight to the desert.

Vest, Norvene. *Gathered in the Word: Praying Scriptures in Small Groups*. (Nashville) Upper Room Books, 1996.

In addition to the history and step by step instructions in this book, Vest offers the ongoing story of a group who commit themselves to the prayer of Lectio Divina, Divine Reading, for one year. Their story helps readers understand the process and the struggles one encounters when using this prayer method.

Wolpert, Daniel. *Creating a Life with God: The Call of Ancient Prayer Practices*. (Nashville) Upper Room books, 2003.

The author describes 12 ancient prayer practices, giving the historical circumstances behind each discipline. When possible he connects the practice to a particular historical figure. The appendix includes step by step processes for each prayer practice, for both individual prayer and for group settings.