



THE CHURCH
OF ENGLAND

**Diocese of St Edmundsbury
and Ipswich**

Book Recommendations: Spirituality and Spiritual Direction

Spirituality

Solitude by Simon Parke

This is a dipping into book which explores how to be still and what gets in the way. Simon Parke describes solitude as the active path to inner silence and takes us on a journey there. 'It's here, away from the crowd that we reconnect with our inner knowing - so different to our outer knowing.' ISBN 978-1907661969.

Breathing I Pray by Ivan Mann

A great book on different ways of being drawn into prayer. One for dipping into.

Sanctuary of the Soul by Richard Foster

If you read Celebration of Discipline some time ago, this is a very good 'sequel' revealing Richard's own development in his understanding of prayer. One of the chapters entitled *Stepping into Meditative Prayer* deals with the subject of 'Being Present Where we are' and 'Inward attentiveness' - subjects that many seekers in prayer are asking for help with. ISBN 978-1-444-70257.

A Life with God by Richard Foster

An Altar in the World by Barbara Brown Taylor

In this very readable and yet deeply thought provoking book we are encouraged to explore how heaven and earth meet in the ordinary occurrences. Chapters with titles like "The practice of getting lost" and "The practice of saying no" give us pointers to some very down to earth spiritual practices. ISBN 978-1-85311-990-3.

At Home in the World by Margaret Guenther

Best known for Holy Listening, Margaret Guenther has also written a number of very down to earth books on prayer. This one is subtitled "a rule of life for the rest of us" and helps us to shape a rule of life which is both grounded in Christian tradition but also works in our world today.

Falling Upward A spirituality for the two halves of life by Richard Rohr

This offers a new paradigm for understanding one of the most profound of life's mysteries: how our falling can be the foundation for our on-going spiritual growth. ISBN 978-0-281-06891-3.

Into the Silent Land by Martin Laird

A book which is becoming a spiritual classic. Rowan Williams has commented "This book is different. There are plenty of books on contemplation that feel rather tired – either wordy and laboured or unhelpfully smooth and idealistic. But this is sharp, deep with no clichés, no psychobabble and no short cuts. Its honesty is realistic, its vision utterly clear; it is a rare treasure." ISBN-10: 0232526400 ISBN-13: 978-0232526400

A Sunlit Absence by Martin Laird

The Ocean of Light by Martin Laird

Letters from the desert by Carlo Carretto

A classic on solitude and contemplation. It tells the story of how Carretto received his third call "Leave everything and come with me into the desert. I don't want your deeds or your words, I just want you". It tells of his journey into solitude and into prayer.

The Domestic Monastery by Donald Rolheiser

Our home, our duties and routines, our relationships, and the way we use our time, are the monasteries of our lives. It is through these practices that we build our relationship with God, that we find opportunities for contemplation, and deserts for reflection. In this beautiful little book Ronald Rolheiser turns on its head the idea that religious life is the preserve of monks and nuns. Our cloisters are the walls of our home and our work, the streets we walk, and the people with whom we share our lives.

The Ruthless Elimination of Hurry by John Mark Comer

How to stay emotionally healthy and spiritually alive in the chaos of the modern world.

An Unhurried Life: Following Jesus' Rhythms of Work and Rest by Alan Fadling

This book describes his journey out of the fast lane and into the rhythms of Jesus. Following the framework of Jesus' earthly life, Fadling shows how the work of "unhurrying" ourselves is central to our spiritual development. So how do we find balance between our sense of calling and the call to rest?

Oriel's Diary by Robert Harrison

Oriel is an archangel who is charged by God with accompanying Jesus through his birth, life, death and resurrection. It is both profound and amusing and brings familiar stories to life in a completely new way. There is also Oriel's Desert (Moses) and Oriel's Travels (Paul).

Margaret Silf writes excellent books on Ignatian Spirituality.

Spiritual Direction

Spiritual Direction by Sue Pickering

Publisher:- SCM-Canterbury Press 2008. ISBN 9781853118852.

This book by Sue Pickering is a classic and is often used as a basic textbook on Spiritual Direction

Holy Listening by Margaret Guenter

Publisher:- Cowley Press. ISBN 9781561010561.

Margaret Guenter explores the metaphors of Hospitality. Teacher and Mid-wife as a way of understanding the unique role of spiritual direction and accompaniment.

The Jesuit Guide to almost everything - A Spirituality for Real Life by James Martin SJ

A practical spiritual guidebook based on the life and teachings of St. Ignatius of Loyola, this book shows us how to manage relationships, money, work, prayer, and decision-making, all while keeping a sense of humour about it all.

Spirituality Workbook: A Guide for Explorers, Pilgrims and Seekers by David Runcorn

This is many things: a book of riches and surprises; a guidebook for explorers who want their spiritual life to go deeper; an invaluable aid for those seeking to travel faithfully in a strange land; and it is itself a journey through the many facets of Christian spirituality. What are the great spiritual practices of the Christian tradition and what do they teach? What can we learn from them to deepen our own spiritual life, and understand more fully the spiritual lives of others?

Spiritual Direction: Beyond the Beginnings by Janet Ruffing

Publisher: Ingram. ISBN 9780809139583.

Janet Ruffing, a Catholic Sister of Mercy, is Professor of Spirituality at Yale Divinity School, but don't let that put you off what is a very readable book reflecting on some of the deeper issues in Spiritual Direction.

Contemplative Youth Ministry by Mark Yaconneli

Don't be put off by the title. This is about contemplative anything ministry and has some excellent descriptions of contemplative prayer and of spiritual direction. It encourages in being rather than doing and, importantly, in being present to whoever we are with and encouraging them also to be present.

Tools Matter for Practicing the Spiritual Life by Mary Margaret Fun

Books to give to Spiritual Directees

Sleeping with Bread: Holding what gives you life by Dennis Linn, Sheila Fabricant Linn & Matthew Linn

Publisher: Paulist Press. ISBN 9780809135790.

The book is based on the Ignatian Examen of Consciousness it provides a very simple way of reflecting on each day and discovering a person's experience of what leads to life and freedom and what pulls us away from it.

Good Goats: Healing our Image of God by Dennis Linn, Sheila Fabricant Linn and Matthew Linn

Publisher: Paulist Press. ISBN 9780809134632.

Another book by the Linns which does what it says on the tin!

Don't Forgive too Soon by Dennis Linn, Sheila Fabricant Linn and Matthew Linn

Publisher: Paulist Press. ISBN 978-0809137046.

A really good book for anyone wanting to embark on or struggling with the journey of forgiveness.

Updated October 2020