

## Book recommendations

Authors to explore:

- Gerard Hughes – e.g. **God of Surprises** (2008), **Cry of Wonder** (2014)
- Margaret Silf – e.g. **Landmarks** (1998)

**Finding Your Hidden Treasure** by Benignus O'Rourke  
(Darton, Longman & Todd, 2010) ISBN 978-0232528077

This is a small book about silent prayer and finding our true selves. It is written by an Augustinian Friar and a member of the community at Clare Priory in Suffolk. Written in short chapters it could be used for daily meditations. Very profound.

**Pray your way** by Bruce Duncan

(Darton, Longman & Todd, 1993) ISBN 978-0232520194

This book explores different personalities (using the Myers-Briggs Type Indicator) and their preferences in prayer. Illuminates which approaches to prayer might be helpful or worth exploring, and what we gain from others who are different personalities.

**The Story of Christian Spirituality: Two Thousand Years, from East to West**

edited by Gordon Mursell

(Lion, 2001) ISBN: 978-0745936413 (used copies are affordable!)

Readable in a magazine style and beautifully illustrated. No previous knowledge needed.

**The New SCM Dictionary of Spirituality** edited by Philip Sheldrake

(SCM Press, 2013) ISBN: 978-0334049524

Fascinating for those who like a scholarly approach and can afford it!

**Solitude** by Simon Parke

(White Crow Books, 2011) ISBN 978-1907661969

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'.

**An Altar in the World** by Barbara Brown Taylor

(Canterbury Press, 2009) ISBN 978-1853119903

In this very readable and yet deeply thought provoking book we are encouraged to explore how heaven and earth meet in the ordinary occurrences of life. 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.

**Eager to Love** by Richard Rohr

(Hodder & Stoughton, 2015) ISBN 978-1473604032

Rohr is a Franciscan and here he writes about the Franciscan way. It is the paradoxical way of living on earth, but finding it heaven in the way of St. Francis of Assisi. This is not the usual book about St. Francis but is more about his legacy which extends right down to the present Jesuit Pope Francis today. Rohr writes, 'Let Francis and Clare show you how to die into your one and only life, the life that you must learn to love.'

## **Recommended books for those involved in Spiritual Direction**

### **Spiritual Direction** by Sue Pickering

(Canterbury Press, 2008) ISBN 978-1853118852

This book by Sue Pickering is fast becoming a classic and is often used as a basic text-book on Spiritual Direction

### **Holy Listening** by Margaret Guenther

(Darton, Longman & Todd, 1992) ISBN 978-0232520088

Margaret Guenther explores the metaphors of Hospitality, Teacher and Midwife as a way of understanding the unique role of spiritual direction and accompaniment.

### **Spiritual Direction: Beyond the Beginnings** by Janet K Ruffing

(Paulist Press, 2009) ISBN 978-0809139583

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 Yaconelli

(SPCK; reissue 2014) ISBN 978-0281073429

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.

### ***Books to give to directees***

#### **Sleeping with Bread: Holding what gives you life** by Dennis Linn, Sheila

Fabricant Linn & Matthew Linn

(Paulist Press, 1995) ISBN 978-0809135790

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

(Paulist Press, 1993) 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

(Paulist Press, 1997) ISBN 978-0809137046

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