

Spirituality – January 2025

New books in the library are marked with an asterisk.

In the library section marked “Spirituality,” you can find the following books among many others for useful reading:

A Kempis, Thomas – The Imitation of Christ

A classic on living the Christian Life.

Albom, Mitch – Have a Little Faith: A True Story

A moving book about two men, one a rabbi and the other a Christian pastor, with whom Albom journeys over eight years, exploring their faith and life stories, and growing in his own.

Albom, Mitch – Tuesdays with Morrie: An Old Man, a Young Man, and Life’s Greatest Lesson

Another moving book from Albom about discussions he had once a week with an old teacher on how to live one’s life fully.

Au, Wilkie and Noreen Cannon – Urgings of the Heart: A Spirituality of Integration

The basic theme of the book is that as consciousness of ourselves and others grows so will our development as loving and lovable persons. Barriers to that growth are our shadow self, co-dependency, perfectionism, envy and overwork. Answers to these include intimate relationships, compassion and collaboration.

Aumann, Jordan – Christian Spirituality in the Catholic Tradition

A detailed history of spirituality from the Old Testament on to today, covering major figures in monastic life to present lay sanctity.

Bacik, James – The Gracious Mystery: Finding God in Ordinary Experience

In the face of the existential questions of meaning and focus of life, Bacik offers down-to-earth measures to alert the reader again to mystery and the presence of God.

Bangley, Bernard – Authentic Devotion: A Modern Interpretation of Introduction to the Devout Life by Francis de Sales

This is a paraphrase of the original spiritual classic by Saint Francis de Sales.

Barr, Eric – The Shadow of the Cross: A Journey through the Virtues of Celtic Spirituality

A lovely book for Lenten reading. Barr looks at Celtic virtues like hospitality, repentance, or asceticism first with an illustration of the same from the Celtic tradition say from the life of St. Columba, then a reflection on that story, a meditation and contemplation derived from the story, and lastly a suggestion of actions to respond.

Basset, Bernard – Let's Start Praying Again

The main focus of this book is getting back to the basics of a traditional Christian prayer life while incorporating some modern influences such as Indian yoga, transcendental meditation and the scientific/religious blend of Teilhard de Chardin.

Beesing, Maria et al. – The Enneagram: A Journey of Self-discovery

Popular in the 70s and 80s, the Enneagram is an instrument to help define personality types with their individual compulsions. The authors see it as a tool to greater self-understanding and spiritual liberation.

Behrens, James – Grace Revisited: Epiphanies from a Trappist Monk

A series of short meditations, growing out of his life as a monk, on what the author calls the “apocalypse of the everyday,” that is, the presence of the spiritual around us in only we would see it.

Berry, Thomas – The Dream of the Earth

Challenging our “normal” thoughts about our place in the universe, Berry proposes that a deep understanding of the development of our evolving universe is necessary not only for our well-being but also for experience of God as embedded in his creation.

Borg, Marcus – The God We Never Knew: Beyond Dogmatic Religion to a More Authentic Contemporary Faith

An examination of the nature of Jesus and God from a modern liberal perspective. This book may be somewhat difficult for some readers to reconcile with their own understanding of these matters.

Boudreau, Albert – The Born-again Catholic

A layman's discovery of finding God as his personal savior as a reviving of his Catholic faith and joy.

Bransfield, J. Brian – Living the Beatitudes: A Journey to Life in Christ

Using Jesus' encounter with the Samaritan woman at the well, Bransfield explores the virtues presented in the Beatitudes as steps on a journey to greater union with Jesus. A good challenging read.

Bridges to Contemplative Living with Thomas Merton: Travelling Your Road to Joy

Short readings from Merton and others move us through four dimensions of contemplative living. They are awakening to a deepening awareness of our "true-self," contemplation of a life experienced from a God-centered perspective, compassion in relationships, and our unity with all creation.

*Bucko, Adam – Let Your Heartbreak by Your Guide: Lessons in Engaged Contemplation

Based on the author's experience, this is a wonderful, very readable book on the bond between social activism in service of the poor and marginalized with intense openness to God, to prayer, and communal existence in the Body of Christ.

*Charleston, Steven – Ladder to the Light: An Indigenous Elder's Meditations on Hope and Courage

Charleston, an Episcopalian bishop and Choctaw elder, uses the metaphor of the kiva and the ladder up from the kiva to the outside world to describe the movement of the spiritual life from the beginning of faith through community life to whole transformation as part of the body of the risen Christ.

Chittister, Joan – The Fire in these Ashes: A Spirituality of Contemporary Religious Life

The author sees contemporary religious life as a transition between what we think of as the religious life in the past and an unknowable, undefinable future format. The transition time demands energy applied to living answers as to the value and fruitfulness of religious life in the here and now, rethinking of the purpose of religious life, of expressing the “conflagration of the Spirit in our times.”

Chittister, Joan – Heart of Flesh: A Feminist Spirituality for Women and Men

An extended examination of the world of male domination, of patriarchy, that has held generally in the world until now, and the deleterious effects of that domination. Growing out of Christian theology, Chittister posits a different way of doing things that is inclusive of all humanity, non-violent and compassionate to all creation. A worthwhile read.

Chittister, Joan – In the Heart of the Temple: My Spiritual Vision for Today's World

A collection of essays on topics including simplicity, stewardship, empowerment, prophecy and Tradition. She combines insights from the Benedictine experience with the modern struggle for social justice, feminism, and ecology – a writer always worth reading.

Chittister, Joan – Scarred by Struggle, Transformed by Hope

This is an “anatomy of struggle and an account of the way hope grows in us, despite our moments of darkness, regardless of our regular bouts of depression. It is an invitation to look again at the struggles of life in order that we might remember how to recognize new life in our souls the next time our hearts turn again to clay.”

Chittister, Joan – Songs of the Heart: Reflections on the Psalms

A series of short meditations on twenty-five psalms, emphasizing their relevance to our modern lives. Focusing on such themes as commitment, stress, leadership, maturity and laughter, Chittister gives the main theme of the psalm, then some “soul points” which narrow the focus down to our life, a “wisdom story from the oral tradition” like a Zen parable, and lastly an activity for action on the theme.

Chittister, Joan and Rowan Williams – Uncommon Gratitude: Alleluia for all that is

A wonderful exploration of what “alleluia” means in our daily life, in terms of a call to reflection, a basis of contemplation, on the realities of our life and what lies behind these events that can take us to greater spiritual heights - a great Amen of praise despite present difficulties. A good Lent/Easter read.

Christ, Carol – Diving Deep and Surfacing: Women Writers on Spiritual Quest

A somewhat dated piece of feminist thinking on the theme of woman as victim of patriarchal society and religion. From the writing of Kate Chopin, Margaret Atwood and other women authors, Carol Christ suggests that women can build a different spiritual, non-patriarchal and healing world view, complete with a Mother Goddess and identification with nature.

Congar, Yves – I Believe in the Holy Spirit (volume 1) The Experience of the Spirit

(volume 2) Lord and Giver of Life

(volume 3) The River of Life Flows in the East and in the West

An exhaustive look at the Holy Spirit by a renowned theologian. The first volume deals with the growth in understanding of the Spirit through history. The second volume is concerned with the actions of the Spirit in molding the Church and individual believers including the present charismatic revival. The last volume deals with the differing theological differences over the coming of the Spirit from the Father and the Son, and the presence and operation of the Spirit in the sacraments.

Conroy, Maureen – Growing in Love & Freedom: Personal Experiences of Counseling and Spiritual Direction

The author discusses the relationship and differences between spiritual direction and counseling based on the experiences of five individuals involved in long-term growth in both areas.

Conroy, Maureen – Journey of Love: God Moving in our Hearts and Lives

Conroy, a spiritual director, looks at the ebb and flow movement of our spiritual awareness that we experience in our life journey, suggesting scripture readings for

pondering and responding to in order to move on to new levels of experiencing God's love and mercy.

*Consiglio, Cyprian – The God Who Gave You Birth: A Spirituality of Kenosis

Widely elusive, Consiglio explores what it means to be Church, a follower of Christ and actually to be like God, encountering divine reality through the imitation of the self-emptying action (kenosis) of God and Christ.

*Consiglio, Cyprian – Spirit, Soul, Body: Toward an Integral Christian Spirituality

Leaning heavily on the cross-cultural work of Bede Griffiths, the author attempts to overcome dualistic thinking that opposes matter and spirit, God and creation, to create a unified spirituality that increasingly incorporates at all levels the totality of God and creation.

Cousineau, Phil – The Art of Pilgrimage: The Seeker's Guide to Making Travel Sacred

The book ranges over stories, myths, parables, and practical suggestions for today's travelers.

Cunningham, Lawrence and Keith Egan – Christian Spirituality: Themes from the Tradition

An overview of the ways that Christians through history have approached God in prayer and practices such as study of scripture, meditation, friendship, and asceticism.

Dajczer, Tadeusz – The Gift of Faith

A very traditional look at Christian spirituality. Section one looks at the virtue of faith, exploring God's invitation to share in His life through abandonment to Him. The second, on the dynamism of faith, looks at the different ways God calls us to rely on Him, and the last section on the actualization of faith shows how the Holy Spirit leads us to loving service of the Church in imitation of Mary.

Day, Malcolm – The Book of Miracles: Extraordinary Events in Ordinary Lives

This book examines briefly fifty miracles including ones performed by Christ that have occurred in the last 2000 years. They are divided into types and are accompanied by opinions from the Church, skeptics and scientist.

De Caussade, Jean-Pierre – Abandonment to Divine Providence: Classic Wisdom from the Past on Loving Fully in the Present

A classic from a 18th Century Jesuit on living in the moment completely open to the Will of God as it is revealed in the present. The library also has another edition of this work entitled The Sacrament of the Present Moment.

De Gruchy, Isabel – Making All Things Well: Finding Spiritual Strength with Julian of Norwich

Looking at the central themes of Julian's Showings: suffering and Christ's promise that all will be well, the reliable love of God for us and creation. De Gruchy offers forty short reflections comprised of a passage of Scripture, a passage from Julian, a meditation, prayer and questions for further thought.

DeGrandis, Robert – Coming to Life: Being Baptized in the Holy Spirit

A highly enthusiastic exploration of the evangelical charismatic experience as lived in the Catholic tradition.

De Hueck Doherty, Catherine – Nazareth Family Spirituality: Celebrating your Faith at Home with Catherine Doherty

A book about the transformation of our lives if they are based in their everyday ordinariness on the example of the Holy Family. It is a series of mediations on various aspects of family life with an emphasis on the role of the woman of the home and the role of celebration in building Children's faith.

De Hueck Doherty, Catherine – Poustinia: Christian Spirituality of the East for Western Man

A meditation on the "desert" of silence, solitude and stillness, the poustinia that exists in human hearts where God is encountered and from which the human is sent out into the world in suffering love and service.

*De Mello, Anthony - Sadhana: A Way to God: Christian Exercises in Eastern Form

A series of forty-seven exercises, blending psychology, spiritual therapy, and contemplative practices from both East and West, to assist the reader to develop a new depth of holistic prayer from the heart.

*De Mello, Anthony – The Song of the Bird

A collection of very short stories or parables from a number of religious traditions, collected by a popular Catholic author, meant to be read and reread to gain understanding of spiritual truths.

De Sales, Francis – Introduction to the Devout Life

A four-hundred-year-old classic that offers advice for Christians of all walks of life for a closer communion with God.

De Waal, Esther – Lost in Wonder: Rediscovering the Spiritual Art of Attentiveness

The author's intent is "to awake us from drift and drowsiness into a fuller and deeper sense of attentiveness to the world around and to the presence of God in that world." The meditations are centered around the invitation of Christ to "come and see."

Delio, Ilia, et alia – Care for Creation: A Franciscan Spirituality of the Earth

A great book on a Christian spirituality of creation with four basic emphases: the relationship between Earth as God's creation and Jesus as the Incarnation of God, the present situation of ecological damage by humans, the role of prayer, and of action in response to climate change and environmental destruction. The authors look at the science, the theology, and the reflective action needed.

Dreyer, Elizabeth – Earth Crammed with Heaven: A Spirituality of Everyday Life

After looking at historical expressions of Christian spirituality, which were mainly the practices of religious professionals, Dreyer spends the larger part of the book on how a new spirituality for lay people is needed for a modern context and how it is presently unfolding in relation to a largely secular world.

Dubay, Thomas – Seeking Spiritual Direction: How to Grow the Divine Life within

As more people seek individualized spiritual direction, Dubay sees a need to define good spiritual direction, what to look for in a director, how to find one, and in general how to develop a deeper prayer life that can stand the down periods of the spiritual life.

English, John – Spiritual Intimacy and Community: An Ignatian View of the Small Faith Community

As a balance to the highly developed spirit of individualism in the Western world today, English explores Christian spirituality in the communal setting of small faith groups. He emphasizes the nature and value of discernment in group setting and the resulting power for action by the group.

Enzler, Clarence J. – My Other Self: Conversations with Christ on Living Your Faith

Modeled on Thomas a Kempis' The Imitation of Christ, this book presents daily conversations with Christ speaking to the reader as "my other self," guiding the reader to become an "alter Christus," in service of others.

Farrell, Edward – Disciples and other Strangers

An exploration of how discipleship is the only way to find Jesus, others and ourselves. Discipleship becomes the result of being called, focused upon and ultimately being "possessed" by Jesus.

Fay, Terence – Canadian Catholic Spirituality: Saints and Sinners over Four Centuries

An examination of the intertwining of a developing Canadian identity and history with an also developing Catholic sensibility/spirituality to make the present multicultural post-modern expression of Catholicism.

Feaver, Ignatius – Holy Seeing: A Visual Invitation to Prayer

A small book of landscape sketches with accompanying short meditations.

The Feminine Mystic: Readings from Early Spiritual Writers, edited by L. Deming

Introductory selections from such figures as Hildegard of Bingen, Teresa of Avila and Clare of Assisi on a number of themes like charity, humility and sin.

Finley, James – The Contemplative Heart

Written for the ordinary person seeking closer union with God, this book examines the basics of contemplation – what it is, how it is developed, and to what end. It gives practices to develop one's contemplative life, leading to a greater union with all creation.

Fischer, Kathleen – Women at the Well: Feminist Perspectives on Spiritual Direction

The author explores how a holistic inclusive feminist vision can change the content and context of spiritual direction. She explores conventional topics like the experience of God and modes of prayer but also specifically female issues like power, violence against women and women's spirituality. Suggestions are given for prayer and reflection.

Fitzgerald, William – Stories of Coming Home: Finding Spirituality in our Messy Lives

Through stories, both Biblical and modern, Fitzgerald illustrates how the problems and the unexpected in the lives of families can be vehicles for redeeming grace and love.

Flynn, Vinny – 7 Secrets of Divine Mercy

The purpose of this book is to invite the reader to take a deeper look at the message of Divine Mercy found in Scripture, the teachings of the Church, and the *Diary* of St. Faustina, so that the reader may respond more fully to God's call to let one's entire life be shaped by mercy.

Fox, Matthew – Whee! We, Wee All the Way Home: A Guide to the New Sensual Spirituality

A new look at spirituality from an examination of ecstasy as the experience of God, on becoming like God, on obstacles to experiencing ecstasy and the God of ecstasy, and finally on a developing theology of sensual spirituality.

Francis, Pope – The Church of Mercy: A Vision for the Church

Collected from Francis' speeches, homilies and papers during his first year in the papacy, this book details his vision of the Church and how it can respond more effectively and deeply to the problems of our time bringing the love and mercy of God outside of its walls to the world in need.

Fritsch, Al – Down to Earth Spirituality

Looking at the present crisis in the environment and the situation of the poor, Fritsch sees the necessity of identification in simplicity with nature and the poor in order to turn around the ills we have inflicted on the bioregion and our fellow humans. He suggests many actions we can take to individually and collectively turn things around.

Frohlich, Mary – The Heart at the Heart of the World: Re-visioning the Sacred Heart for the Ecozoic Era

An interesting book on the changing character of the devotion to the Sacred Heart of Jesus as it becomes central to our present situation of climate change and other social, economic, and political changes.

Gaitley, Michael E. – 33 Days to Greater Glory: a Total Consecration to the Father through Jesus based on the Gospel of John

A month-long do-it-yourself retreat which, through focused contemplation on the themes of John's Gospel, aims to bring the retreatant to a total concentration and closeness to God the Father.

Gallares, Judette – Images of Faith: Spirituality of Women in the Old Testament

A revaluation of some figures in the Old Testament from a feminist and third-world viewpoint. The spiritual significance and importance of these figures has sometimes been ignored by patriarchally oriented critics. Themes of crisis, abandonment, prejudice, oppression and injustice resonate from the lives of these women to the life of many poor women today.

Gorsuch, John – An Invitation to the Spiritual Journey

A short easy-to-read book on developing an honest open relationship with God that allows for the development of simplicity, generosity and love in our lives.

Grassi, Joseph – Changing the World Within: The Dynamics of Personal and Spiritual Growth

The author emphasizes the need to turn off thoughts and preconceptions, emotional stances, that separate us from experiencing the world and people around us as they really are, so that we can grow personally and cease useless efforts to control our environment.

Gray, Elizabeth – Green Paradise Lost (formerly Why the Green Nigger?)

An early feminist examination of the mythic and psycho-sexual roots of our Western imaging of Nature which have led to our present ecological crisis. She suggests a re-mythologizing of Genesis in order to reformulate our understanding of our place in Creation.

Groeschel, Benedict – The Journey toward God: In the Footsteps of the Great Spiritual Writers – Catholic, Protestant, and Orthodox

Selections from a variety of spiritual writers on the stages of spiritual progress toward knowing God at the deepest level possible. These selections act as signposts and encouragement for the traveler.

Gunn, Robert – Journeys into Emptiness: Dogen, Merton, Jung and the Quest for Transformation

An examination of the lives of three spiritual seekers in different religious/cultural communities, showing how they experienced emptiness and movement from consciousness to a deeper understanding of life and rootedness in an element beyond themselves.

Haase, Albert – Catching Fire Becoming Flame: A Guide for Spiritual Transformation

A good read for Lent as it is about opening up fully to the love of God and becoming empowered by that to act as an *alter Christus* in the world. Many helpful hints and directions in such areas as methods of prayer, discernment of the call of the Holy Spirit, and daily living challenges.

Hahn, Scott – A Father Who keeps His Promises: God's Covenant Love in Scripture

Looking at salvation history as recorded in the Bible, Hahn explores God's promised love which, as He has pledged, continues to reach out to humanity despite sin, to restore us to membership in His family.

Haight, Roger – The Experience and Language of Grace

Not an easy read but an interesting one on the nature of grace as discussed by Augustine, Aquinas, Luther, the bishops at the Council of Trent, and Rahner. The final chapters emphasize grace as liberation for us.

Handbook for the Soul, edited by Richard Carlson and Benjamin Shield

Selections from a wide variety of modern spiritual writers on the nature and needs of the soul.

Hanes, Mari – Nine Months to a Miracle: Spiritual Preparation for Moms-to-be

A book of comfort and support for pregnant women using Biblical quotations and leading questions appropriate to the stage of the process being undergone by the mother and child. Meant to be used as a nine-month companion on the pregnancy journey.

Hannon, Patrick – The Geography of God's Mercy: Stories of Compassion and Forgiveness

A very readable, engaging book on the ultimate reality of God's loving mercy illustrated through stories of unexpected grace.

Harris, Maria – Dance of the Spirit: The Seven Steps of Women's Spirituality

Harris examines seven steps to be taken in women discovering their own dignity and spirituality. They are awakening, discovering, creating, dwelling, nourishing, traditioning and transforming.

Hart, Addison – Taking Jesus at His Word: What Jesus really said in the Sermon in the Mount

An in-depth look at the Beatitudes from a slightly Protestant viewpoint.

Hartin, Patrick – Exploring the Spirituality of the Gospels

A really interesting book examining each of the Gospels to see what broad emphasis on the nature of Jesus and His mission governs the writers' choices of events and chronology for specific audiences. This "foundational spirituality" is what makes for the difference between the Gospels. Hartin gives examples of people who exemplify these different spiritualities.

Hauser, Richard – In His Spirit: A Guide to Today's Spirituality

A guide to knowing better ourselves and the Holy Spirit and the relation between us, through an emphasis on personal prayer. He sees a lack of appreciation of the role of the Spirit in the growth pattern of our lives.

Herbeck, Peter – When the Spirit Comes in Power: Rediscovering the Charismatic Dimension of the Christian Life

Responding to the immediate crisis in the Church of clerical sexual abuse, Herbeck sees the problem as a crisis of discipleship, which can be solved only a personal renewal in the Holy Spirit – the charismatic element in the Church – a conscious experience of a living relationship with Jesus in the power of the Holy Spirit.

Hillesum, Etty – Essential Writings

A selection from the diaries and letters of Etty Hillesum, a young Jewish woman who died at Auschwitz, displaying a "deeply ecumenical mysticism" drawing from both Jewish and Christian sources.

Hinnebusch, Paul – Friendship in the Lord

An examination of friendship, human and divine, in which love is increased in the interaction of the two, and in the basic principle of John the Baptist and St. Joseph of "I must decrease while he increases."

Houselander, Caryll – Caryll Houselander: Essential Writings

This is a selection of, and commentary on, the writings of the Twentieth Century English visionary, Caryll Houselander. Her sensitivity to the love of God in Christ will appeal particularly to traditional believers.

Hume, Basil – To Be a Pilgrim: A Spiritual Notebook

A good read in short bursts of insight and encouragement for when one is feeling fractious and off-balance. Hume is calming, compassionate and supportive in

talking about our life as a pilgrimage to God, paralleled with God's search in love for us.

John Paul II, Pope – Encyclical Letter on the Hundredth Anniversary of Rerum Novarum

This is a look again at the prophetic quality of Pope Leo's original encyclical and its application to the then (early 90s) present political/economic upheaval of the Communist world, and lastly a suggestion of the applicability of Rerum Novarum to developments ahead in the 21st century.

John Paul II, Pope – Go in Peace: A Gift of Enduring Love

Selections from John Paul directed to answering two questions: What does it mean to be a Catholic and a Christian today? And, Why do we believe as we do? The book focuses on themes such as faith, prayer, Jesus, the Church, suffering and the family.

John Paul II, Pope – Welcoming the New Millennium: Wisdom from Pope John Paul II

Selections from encyclicals, apostolic letters, speeches and addresses, which emphasize a hopeful vision of a humanity created by God, made in His image and likeness, living out the Kingdom of God on earth.

Julian of Norwich – Revelations of Divine Love

An account of revelations given to Julian of God's extraordinary love for us, compassion towards us and forgiveness of us. From Incarnation through Crucifixion to the Last Things, all will be well, she assures us, in God's unfolding kingdom in Christ.

Kavanaugh, John – Following Christ in a Consumer Society: The Spirituality of Cultural Resistance

Still trenchant after 40 years in its criticism of the co-option of Christianity to secular values, this book presents first a critique of American society which produces violence, fear, manipulation, and alienation, and second, reveals the spiritual crisis at the heart of social, political and economic evils. It suggests ways of sustaining a Christian-activist life through sacramentality, prayer, commitment, family, and community.

Keating, Thomas – Awakenings

Short essays on our spiritual growth and transformation through deepening understanding of Jesus and His message.

Kelly, Matthew – Rediscover Catholicism: A Spiritual Guide to Living with Passion & Purpose

Starting with the universal desire for happiness and true identity, Kelly moves the reader into the answers offered by the Catholic Church to the questions and desires of modern readers.

Lawrence, Brother – The Practice of the Presence of God

A classic on living life in continual conversation with God, building faith daily.

L'Engle, Madeleine – A Stone for a Pillow

A beautifully written book which explores questions such as redemption, sexual identity, blessing, forgiveness, angels, and the conflict of good and evil, through the lens of the story of Jacob in the Old Testament.

Lewis, C.S. – Made for Heaven: and Why on Earth It Matters

Three short essays on the feeling that haunts us that we are meant for something we never seem to achieve in this world and the resulting idea of how each action we take here moves us closer either to heaven or its opposite.

Lyddon, Eileen – Door through Darkness: John of the Cross and Mysticism in Everyday Life

Easy-to-read introduction to the writings of St. John of the Cross, exploring his emphasis on the love of God, with asceticism being a way of channeling that love in our world. Lyddon gives practical applications for our participating in the life of God.

Lyles, Dick and Martha – Answer Your Call: Reclaim God's Purpose for Faith, Family and Work

Faced with the question of what God wants us to do with our lives, the authors give guidance in recognizing symptoms of losing sight of God's presence and of our own gifts and talents. They give practical hints on reconnecting with God and our potentialities in order to give structure and meaning to our lives.

Maalouf, Jean – The Healing Power of Faith

Small book on the nature of faith, and why we find it hard to find God. Accompanied by prayers, affirmations and questions for reflection. Similarly developed are companion volumes on the healing power of hope, kindness, love, and purpose.

Manning, Brennan – The Ragamuffin Gospel

A wonderful book of how we come to God as ragamuffins, dirty, bedraggled and beat-up, and we are graced by His love.

Marechal, Elias -Tears of an Innocent God: Conversations on Silence, Kindness, and Prayer

A gentle book of easy-to-read conversations and stories that lead us on a journey of deepening healing travel with Jesus to God the Father.

Martin, James – Between Heaven and Mirth: Why Joy, Humor, and Laughter are at the Heart of the Spiritual Life

Drawing on Scripture, psychology, the lives of the saints, and his own experiences as a Jesuit, Martin shows how joy, humor, and laughter help us live more spiritual lives and more fully appreciate God's presence among us.

Martin, James – The Jesuit Guide to (Almost) Everything: A Spirituality for Real Life

A wise book that is easy, down-to-earth reading on a secular lifestyle/vision based on an adaptation of Ignatian spirituality.

Martin, Ralph – The Catholic Church at the End of an Age: What is the Spirit Saying?

Half of the book is devoted to a disturbing look at the world and the Church at the end of the 20th century and the second half to a personal response by Catholics in what is seen as a transition time between one world view and another.

Martinez, Luis – Secrets of the Interior Life

A guide to the mystical life which Martinez sees as a descent into the hidden Godhead in faith, not an ascent based on our preconceptions of God's ways as being the same as our ways. The rather old-fashioned language may be a barrier for some readers.

McColman, Carl – An Invitation to Celtic Wisdom: A Little Guide to Mystery, Spirit and Compassion

McColman looks at three strands in Celtic spirituality: the prehistoric spirituality of the megalithic monument builders, the mythic heroic orientation of the Celts, and a version of Christianity influenced by the Desert Fathers of Egypt. These strands produce a spirituality emphasizing nature as a portal to the Divine, kinship and soul-friendship, and hospitality. He looks at Patrick, Brigid, Brendan and Columba as examples. Includes some lovely Celtic prayers.

McGrath, Alister – The Journey: A Pilgrim in the Lands of the Spirit

Using the metaphor of the spiritual life as a journey with guides along the way, like Luther, Bunyan, C.S. Lewis, and Bonhoeffer, the author shows how to overcome blocks like doubt, distraction, temptation and low self-esteem. Written from a Protestant perspective but using Ignatian meditation techniques, the book offers what may be a fresh approach to some readers.

McNulty, Pat – I live Now, not I: Life as it is now becomes the Mystery of Love in Christ

Based on his experience of a deepening journey through pain and suffering into union with Christ, McNulty explores the possibilities of a Christian's growing identification with Christ, indeed a complete submergence into Christ, through meditation on the Sacred Heart of Jesus.

Meninger, William – The Committed Life

This is a modern adaptation of The Introduction to the Devout Life by St. Francis de Sales. It is not a new translation or paraphrase of the original, but a recasting into more modern terms of the essence of the original.

Merton, Thomas – New Seeds of Contemplation

Merton's rewrite of his best-selling classic. He attempts to awaken spiritual awareness in modern man, nurturing deep contemplation and mysticism in our everyday lives. Beautifully and accessibly written.

Merton, Thomas – No Man is an Island

A sequel to *Seeds of Contemplation*, this book covers some of the same ground but

in simpler, more fundamental, and detailed form. It is an exploration of the need to find meaning in life and to live according to it, once found or defined.

Metz, Johannes Baptist – Poverty of Spirit

A great short classic for Lenten reading on the nature of being human and what it means for us that God became human. Reading it is like taking a short sharp dip in a cold mountain stream – everyone needs that experience at least once a year!

Miravalle, Mark – Jesus in You: The Indwelling of the Trinity in the Souls of the Just

The author poses two questions: Is God inside every human being and does the Trinity dwell within some human beings in a special way? In an easy-to-read style Miravalle opens the reader up to the incredible implications of the indwelling of God in us.

Missinne, Leo – Reflections on Aging: A Spiritual Guide

Short reflections on such topics as the meaning of life and suffering as a necessary agent in development of both the old and those younger around them. Looking at the blessings to be found in aging, he explores a theology of living, aging and dying.

Moore, Thomas – The Soul's Religion: Cultivating a Profoundly Spiritual Way of Life

In this companion volume to Care of the Soul, Moore examines how religion can be used to become other-centered and welcoming, despite whatever doubts we may have about our beliefs.

Mother Teresa – In My Own Words

Short quotations on a number of themes by Mother Teresa, including Christ in the poor, money, suffering, and generosity.

Mother Teresa – A Simple Path

Mother Teresa shares the thoughts and experiences that have led her to her work with the poor and abandoned in Calcutta and around the world, and the founding of the Missionaries of Charity.

Mother Teresa – Words to Love by...

A series of very short comments made by Mother Teresa during the filming of Work of Love on a variety of topics on Christian life.

Mulholland Jr., M. Robert – The Deeper Journey: The Spirituality of Discovering Your True Self

A useful, down-to-earth book about growing out of unhealthiness toward Christlikeness, of moving from the false selves we erect to the world to the true self hidden with Christ in God.

*Murray, Paul – A Journey with Jonah: The Spirituality of Bewilderment

Focusing on three major elements/motifs of the very short Old Testament Book of Jonah: the storm, the whale, and the plant, Murray explores God's mercy and our reception of it. Also included is a *lectio divina* of the Book given by Pope Benedict while still a cardinal.

New Dictionary of Catholic Spirituality, edited by Michael Davey

A very comprehensive book of various manifestations of Catholic spirituality.

Newell, John – Sacred Earth, Sacred Soul: Celtic Wisdom for Reawakening to What Our Souls Know and Healing the World

Focusing on a number of Celtic figures through history Newell sees an ongoing thread of ancient Celtic spirituality which honours the spirit of God that is present in both humanity and the earth. It challenges the mainstream Western Catholic interpretation of Christianity.

Norris, Kathleen – The Quotidian Mysteries: Laundry, Liturgy and "Women's Work"

This is a fine piece of writing about the daily routine life, particularly of women, that can be devaluing and often is devalued by the world, but which can lead to a deeply aware and rooted relationship with God. Presence to the moment, to the human round, is underpinned by the love of God, which validates it.

Nouwen, Henri – Can You Drink the Cup?

Christ asks James and John (and us also) whether they can share what will happen to Him. The answer to the question changes everything. Nouwen, thinking on the metaphor of the cup, uses it to explore the basics of the spiritual life – the

acceptance of life as a mixture of joy and sorrow, the transmuting it through offering to God, and our whole-hearted participation and internalization into our lives of what we are offered.

Nouwen, Henri – Creative Ministry

Nouwen presents five prime areas of responsibility of a Christian, be he clerical or a lay Christian. They are teaching, preaching, counselling, organizing, and celebrating. He sees these activities in a non-violent, respectful loving and open environment as grounded in the spiritual life of the minister.

Nouwen, Henri – Here and Now: Living in the Spirit

Thoughts on joy and suffering, conversion, disciplined living, and prayer.

Nouwen, Henri – Home Tonight: Further Reflections on the Parable of the Prodigal Son

Lessons to be learnt from identifying with both the older and younger sons in the parable and from contemplation on the compassion and love of the father. Suggestions given for further prayer, journaling and meditation, based on Rembrandt's painting.

Nouwen, Henri – Life of the Beloved: Spiritual Living in a Secular World

In a series of letters written for a non-believing friend, Nouwen explores the idea that we **are** the beloved of God yet simultaneously we have to live out **becoming** the beloved of God through being "taken, broken, blessed, and given" like Christ, for the sake of the world.

Nouwen, Henri – Reaching Out: The Three Movements of the Spiritual Life

The three movements that Nouwen explores are first, from loneliness to solitude (our experience of our own selves), the second, from hostility to hospitality (our life for others), and lastly, from illusion to prayer (our relationship to God). The more honestly we deal with the first movement, the more we will be open to the second, and the third.

Nouwen, Henri – The Return of the Prodigal Son: A Story of Homecoming

One of Nouwen's most popular books, this is an in-depth analysis of his favorite parable. Inspired by Rembrandt's painting of the same name, the author explores

the relationship between God and ourselves in the light of God's overwhelming love and acceptance of us if we will only allow Him to embrace us.

Nouwen, Henri – Seeds of Hope: A Henri Nouwen Reader (edited by R. Durback)

A wide range of material from Nouwen on the theme of hope. Recommended for those with only a few minutes time to dip in for a day's worth of insight.

Nouwen, Henri – The Selfless Way of Christ: Downward Mobility and the Spiritual Life

A good small read for Lent – Nouwen writes that Christ's life and example is very counter-cultural and challenging, but that not orienting ourselves to being self-emptying leads to modern problems in society our ecology and our alienation.

Nouwen, Henri – The Way of the Heart: Connecting with God through Prayer, Wisdom and Silence

Inspired by the Desert Fathers, the author describes a spiritual path characterized by solitude (learning to be alone with God,) silence (discipline that allows God's fire to grow in our hearts,) and prayer (standing totally in the presence of God).

Ochs, Carol – An Ascent to Joy: Transforming Deadness of Spirit

Writing out of the Jewish tradition but also drawing on Christian sources, Ochs examines why a person loses their appetite for life and how one can recover a sense of wonder and joy through a change in perception. A worthwhile read for those who get a bit overwhelmed at times.

*O'Donohue, John – Anam Cara: Spiritual Wisdom from the Celtic World

A much-loved classic on the integration of the inner and outer worlds, growing out of ancient Celtic and Christian roots, looking at the nature of friendship which is unitive and growth-producing, particularly in the discovery of a "soul friend," an "anam cara."

*O'Donohue, John – Eternal Echoes: Celtic Reflections on Our Yearning to Belong

An extended poetically expressed exploration of our constant desire for something that seems always to elude our grasp. A place/person where/with whom we totally belong; in other words, with God.

O'Rourke, Michelle – Befriending Death: Henri Nouwen and a Spirituality of Dying

Based on the thoughts and life of Nouwen, this hopeful, compassionate book is about turning in the face of death and of dying well so that our deaths become a blessing for others.

Pacwa, Mitch – How to Listen when God is Speaking: A Guide for Modern Day Catholics

An exploration of Pacwa's claim that the fundamental vocation of the Christian is to be a listener – a vocation that is difficult in our age of noise.

Philippe, Jacques – Called to Life

Examines how God calls us through Scripture and the events of our life and times, and how responding to that call to freedom and creativity in the Kingdom, rather than to our own whims and desires, leads us to happiness and fullness of life.

Powell, John – Through the Eyes of Faith

A collection of short essays by a popular spiritual writer on a variety of topics including prayer, relations with yourself and others, change, and faith.

Puhl, Louis – The Spiritual Exercises of St. Ignatius: Based on Studies in the language of the Autograph

A presentation of the Exercises with attention to the original meaning and expression of Saint Ignatius which has been changed somewhat in translation into modern English.

Raya, Joseph – Face of God: Essays in Byzantine Spirituality

A comprehensive look at Christian belief and worship from an Eastern perspective. Raya discusses the nature of the Trinity, the presence of God in creation and salvation history, the role of Mary, the sacraments and our response in prayer.

Ringma, Charles – Dare to Journey with Henri Nouwen

Short selections from Henri Nouwen on the movement of the spiritual life.

Rohr, Richard – Breathing Under Water: Spirituality and the Twelve Steps

An exploration of the gospel principles underlying the Twelve Steps programme that can be applied to addictions beyond just alcohol and drugs to common areas of our lives like our addiction to sin, to consumerism, or tribalism.

Rohr, Richard – Dancing Standing Still: Healing the World from a Place of Prayer

A revised edition of A Lever and a Place to Stand, this book examines action arising from a contemplative centre. The author traces his favourite themes of movement from the first half of life, a period of action and self-definition, to the more whole and productive second half beyond dualistic thinking, a period of union between contemplation and action.

Rohr, Richard – Eager to Love: The Alternate Way of Francis of Assisi

An inspiring look at Francis of Assisi's vision of life – very relevant to our life now as secular people.

Rohr, Richard – From Wild Man to Wise Man: Reflection on Male Spirituality

This book is based on Rohr's program "Men as Learners and Elders". This program is based on perceived difficulties modern men have in psychological/spiritual development because of lack of adequate ritual passages in life, inadequate male mentoring and inadequate metaphors for God and men's relationship with God. The book can be used for both individual reading and group discussion.

Rohr, Richard – Immortal Diamond: The Search for Our True Self

Rohr continues his exploration of the concept of the False Self, that self that lives by, and appeals to, the values of the world, giving way to the True Self which resides often hidden and unknown within us in close communion with God.

Rohr, Richard – Silent Compassion: Finding God in Contemplation

This book is for those in the second half of life, where one can move from the dualistic thinking of youth to a unifying of opposites in compassion/love – a love that grows in a deepening silence where there is space for God.

Rohr, Richard – Things Hidden: Scripture as Spirituality

An interesting and challenging examination of the Bible and its central themes, which aims at integrating for believers the outer world of Authority and Tradition with the inner world of unity with God.

Rolheiser, Ronald – Domestic Monastery: Creating a Spiritual Life at Home

A slender book of thoughts on how lay life can create the opportunities for spiritual development that we usually associate with monastic life. With copious drawings one assumes are by the author, the book rambles through some favorite themes such as dying well by increasing the width of one's love.

Rolheiser, Ronald – Against an Infinite Horizon: The Finger of God in our Everyday Lives

Vintage Rolheiser thought on a variety of subjects.

Rolheiser, Ronald – The Fire Within: Desire, Sexuality, Longing, and God

A compilation of various strands, previously written about, of Rolheiser's thought on the God energy in the world which humans can subvert or become infused with, on the need of acceptance of, and mourning for, the incompleteness of everything in this world, and on the loneliness and chastity of soul needed for witness in the world.

Rolheiser, Ronald – Forgotten among the Lilies: Learning to Love beyond our Fears

Rolheiser suggests that we tend to live our lives in a fog of inattention, fear, guilt and obsession. This is a series of meditations on this half-life and how to move beyond it into a richer freer life that the author calls living restfully the spirit of our own lives.

Rolheiser, Ronald – The Holy Longing: The Search for a Christian Spirituality

A very readable book from a popular Canadian author that speaks to our need to channel our deep restlessness and emotional energy into Christian spirituality. He centres his discussion on a) private prayer and morality, b) social justice, c) mellowness of heart and spirit, and d) community as a necessary element of true worship. Two areas, dealt with in some detail, are spirituality of sexuality and sustaining ourselves in the spiritual life.

Rolheiser, Ronald – Sacred Fire: A Visions for a Deeper Human and Christian Maturity

A sequel to The Holy Longing, this book moves beyond basic early questions of life to questions such as how do we live less self-centered, more mature lives, what constitutes a deep maturity and how do we reach it, and what constitutes a more adult Christian discipleship.

Living in the Sacred, part of a small-group resource program, based on Sacred Fire is also held in the library.

Rolheiser, Ronald – Wrestling with God: Finding Hope and Meaning in Our Daily Struggles to be Human

A sympathetic and encouraging book for modern people struggling with issues like faith/doubt, erotic energies, fear, the Gospel mandate for social justice, the influence of secular culture and our struggle with God's will.

Rupp, Joyce – The Cup of Our Life: A Guide for Spiritual Growth

Rupp explores cups as symbols which can draw us nearer to God.

Rupp, Joyce – Dear Heart, Come Home: The Path of Midlife Spirituality

A popular author shares from her experience the spiritual transformations possible in middle age as one transitions from the first half of life to the second more mature stage.

Rupp, Joyce – Fresh Bread and Other Gifts of Spiritual Nourishment

A series of short monthly themes for meditation including daily Scripture readings and questions for guided journaling.

Rupp, Joyce – Walk in a Relaxed Manner: Life Lessons from the Camino

An account of Rupp's walk on the Camino from France to Santiago de Compostela and the thoughts raised on the way.

Shea, John – Gospel Light: Jesus Stories for Spiritual Consciousness

An updated version of the Ignatian approach to the Bible – Shea examines some of Christ's parables as stories that can change lives. He suggests a basic approach of studying the story, meditating on it and then integrating its wisdom into our lives.

Shea, Mark – Salt and Light: The Commandments, the Beatitudes, and a Joyful Life

A very readable and entertaining look at the Ten Commandments as the most basic level of moral/ethical behavior and the Beatitudes as the highest level of Christian life and imitation of Christ.

Sheldrake, Philip – Images of Holiness: Explorations in Contemporary Spirituality

Sheldrake emphasizes the basis of holiness and spirituality lies first in everyday experience, rather than experience reflecting a prior state of holiness.

Simpson, William – From Image to Likeness: The Christian Journey into God

This book is about how Christians have traditionally understood and practiced the process of growing into the divine likeness, that is mysticism, the art of becoming one with God. Despite the weightiness of the topic, the book is written in a very readable way.

Smith, James – On the Road with Saint Augustine: A Real-World Spirituality for Restless Hearts

A really useful book presenting St. Augustine as a guide to modern spiritual life with interesting comparisons to the thought of Existential thinkers like Camus.

Smith, Pamela – Life after Easter: Mystagogia for Everyone

50 reflections, based on the daily lectionary readings, concerning the Easter events and what followed, designed to help believers relate more deeply to God.

Spiritual Journeys: An Anthology of Writings by People Living and Working with Those on the Margins (edited by S. Kennedy)

A collection of short essays from contemporary Christians about what brought them to sharing the lives of the homeless, the despised and abandoned, in imitation of Christ.

Sri, Edward – Into His Likeness: Be Transformed as a Disciple of Christ

A very readable in-depth exploration of living as a disciple of Jesus and experiencing the transformation that He can work in our lives if we will allow Him complete access to the totality of our lives and personalities.

Stanz, Julianne – Braving the Thin Places: Celtic Wisdom to Create a Space for Grace

Stanz redefines “thin places” from being places where the boundary between worlds is very porous to spiritual/psychological events in which God and the human meet. In these events there can be a transformation that starts one on a different journey to a greater awareness of one’s true self and of God.

Stein, Edith (Sister Teresa Benedicta of the Cross) – The Hidden Life: Hagiographic Essays, Meditations, Spiritual Texts

Volume Four of her collected works, this contains final shorter spiritual writings of this Jewish convert who was martyred by the Nazis on such topics as prayer, lives of holy women, Christian vocation, and the meaning of the Cross.

Talbot, John – The Music of Creation: Foundations of a Christian Life

An exploration of life as an aligning of oneself with the ultimate harmony, balance and proportion of God’s creativity in order to be closer to God.

Tutu, Desmond – God has a Dream: A Vision of Hope for Our Time

Growing from his life, beliefs, and experience in South Africa, Tutu offers a ringing endorsement of the belief that we live in a moral universe and that all things can be transformed into joy and redemption.

Van Kaam, Adrian – The Woman at the Well

An extended reflection on the meeting of Christ with the Samaritan woman come to draw water at the well, which the author sees as encapsulating the main themes of the Gospel According to John – an invitation to leave the darkness for light, worship in spirit and truth, and going out to others in love.

Van Zeller, Hubert – The Mystery of Suffering

An unflinching look at suffering in our lives and how it fits in some mysterious way with the suffering of Jesus into the overarching intentions of God. A traditional viewpoint much in contradiction to our modern obsession with “happiness” and the pursuit thereof.

Vaney, Neil – Christ in a Grain of Sand: An Ecological Journey with the Spiritual Exercises

Vaney invites the reader to a journey spiritual discovery using a connection between ecological awareness and the increased spiritual awareness gained through the Ignatian exercises, looking for Christ in all things in creation and its processes.

*Vanni, Trish – Living in the Sacred: Spirituality for Everyday Life with Ronald Rolhesier

With discussions based on the writings of the popular Canadian author, Ron Rolheiser, Vanni lays out a method of small group religious sharing and support, rather like the Mosaic group sessions already practiced by some in our parish

Varden, Erik – The Shattering of Loneliness: On Christian Remembrance

Remembering who we are, where we come from and where we are going, as Scripture tells us, gives the lie to the niggling fear we have that we are irredeemably alone in an impenetrable darkness. The Christian condition unfolds within the certainty that ultimate reality is a personal reality of communion.

Walters, Kerry – The Art of Dying and Living: Lessons from Saints of Our Time: Joseph Bernardin, Thea Bowman, Etty Hillesum, Jonathan Daniels, Dietrich Bonhoeffer, John Paul II, and Caryl Houselander

A lovely inspiring book on examples of living and dying well as examples of trust, love, gratitude, obedience, courage, patience, and Christing.

Warren, Rick – The Purpose Driven Life: What on Earth am I here for?

A 40-day journey to understand God's purpose for one.

Welch, John – Spiritual Pilgrims: Carl Jung and Teresa of Avila

This book explores the similarity of understanding of symbols explored by the psychological works of Jung and the spiritual works of Teresa to describe Christian individuation, the movement into wholeness of personality as one's union with God deepens.

Welcome to Carmel: A Handbook for Aspirants to the Discalced Carmelite Secular Order

Several essays covering various aspects of Carmelite life, spirituality and the procedure for becoming a member of this secular order.

Wells, Samuel – Learning to Dream Again: Rediscovering the Heart of God

A series of essays on the basic themes of earthly humility, shameful suffering, and effervescent joy, within the parameters of Christian wisdom.

Wiebe, Katie – Border Crossing: A Spiritual Journey

Based on her family and personal experience of aging and retirement, Wiebe explores what it means to retire from work but still be faced with new possibilities of growth and development.

Wiesenthal, Simon – The Sunflower: On the Possibilities and Limits of Forgiveness

During imprisonment in a Nazi concentration camp, the author was asked to hear the confession of a dying SS guard and give absolution. Wiesenthal was silent. This book asks a wide range of people what they would have done in his place. It becomes an exploration of the relationships between justice, compassion and human responsibility.

Wilkinson, Peggy – Finding the Mystic within You

Based on the spirituality of the Third Carmelite Order, Wilkinson's book is a handbook for the laity on contemplative prayer.

Williams, Monty – The Gift of Spiritual Intimacy: Following the Spiritual Exercises of Saint Ignatius

A dense book in which Williams explores the path of Saint Ignatius to greater intimacy with God and others in relation to the contemporary preoccupations with security, meaning, liberty, and belonging.

Woods, Richard – The Spirituality of the Celtic Saints

Discussed are some basic characteristics of Celtic spirituality – the emphasis of the Trinity, the role of creation, love of the word and the Bible, and the need for peacemaking and social justice. Also covered is the missionary effort of the Celtic church in spreading the faith in Europe during the Dark Ages. There are short descriptions of the Celtic saints of Britain, Ireland and Brittany and of many more holy people than you have probably ever heard of!

Yancey, Philip – What's so Amazing about Grace?

A very readable exploration of grace in our world. Based on the thinking of St. Basil, Yancey tells stories that illustrate the freely given love from God, passed on by graced people.