



ATLANTIC JUBILEE PROGRAM IN SPIRITUAL GUIDANCE AND SPIRITUAL DEEPENING– 2010 - 2012

Track II

What follows is a reading list organized around the four program areas of the curriculum:

- Prayer, Meditation, Contemplation and Everyday Life
- The Human Spiritual Journey: Spiritual Growth and Development as Human Beings
- Discernment
- Spiritual Guidance and Direction

There are reading lists for Track One and Track Two of the program.

There is a vast body of literature pertaining to spirituality and spiritual guidance available to us today. This bibliography has been selected with the intent to represent important or representative contemporary contributions, as well as, some of the more classical contributions.

The reading list contains **central readings** that are crucial for a basic understanding of the program areas. We strongly recommend that you make yourself familiar with these readings.

Following each central reading list is a **supportive reading** list. These will add depth and breadth to your understanding of the particular area. We suggest you read what you can of this list. If there is a question of availability, a book from this list might be read in place of a central reading. There will also be books that you know already or discover and find helpful in the areas.

The program encourages you as a self-directed adult learner to explore the reading list keeping in mind an approach of reading for awareness, understanding and enjoyment. Pursue your reading with the intent of a deepened relationship with God, yourself, others and creation. Come to the readings with an openness to the Spirit rather than an approach of “grasping” to get it all.

Some material will invite you into studying, rereading, savoring and digesting carefully while others may be skimmed over quickly.

What is most important in this program is first the quiet awareness, receptivity and responsiveness to God*, to spirit, it hopefully will encourage in you in all aspects of your life, and especially in spiritual guidance relationships with other people. Of next importance is your

understanding of these things. All readings, seminars, conversations, and lectures are intended to encourage and stimulate you toward your own further understanding. This program assumes you already know a lot. It will help you recognize and value what you already know, and build upon that strength with the wisdom of people down through the ages and in the current time. In the end, however, it is your trust in and presence for God* and for others in the spiritual journey and in spiritual guidance which is most important. All reading must be in service of that basic intent.

The program assumes that the human, spiritual journey is simultaneously an individual and social journey. It is only possible to travel this road in community and oneness with other people, and within the wider natural community we call the planet and not as an isolated individual. As well, it is only possible to faithfully practice social responsibility and justice by attending the inner sources of spirit within oneself. Consequently, the individual and social dimensions of the spiritual journey are integrated within the above four areas of the program, and not considered separately.

*** It is recommended that you read a minimum of four books from each section.**

TRACK TWO (Entire Program)

PRAYER, MEDITATION, CONTEMPLATION AND EVERYDAY LIVING

Goals for Area One:

- assist noticing and valuing of the spiritual practices we each already use, starting with where we each are
- assist an open and ongoing clarification of the intent we perceive in our own spiritual practice, and of spiritual practice in general
- introduce and share a wide variety of spiritual practices from our own and other spiritual traditions (as appropriate)
- deepen practice and awareness of “intercessory” prayer in individual and social situations, and its relationship with “action” (doing)
- stimulate and support an integrated view of prayer and life
- commitment to a spiritual practice, but never rigid – open and flexible with spiritual practice, but never formless
- assist ongoing development of a spiritual practice, a “rule of life”, “patterns of attention”, “routines of reverence”, individually and in community, which enable each person to develop and sustain their relationship and responsiveness with God in daily life
- become more aware of the way in which spiritual guidance itself is an act of prayer
- recognize the possibility that spiritual guidance itself is a resource to our prayer life

Area One, Central Readings:

Bourgeault, Cynthia. CENTERING PRAYER AND INNER AWAKENING. Cowley Publications. 2004.

Hall, Thelma. TOO DEEP FOR WORDS: REDISCOVERING LECTIO DIVINA. New York: Paulist Press, 1988.

Finley, James. THE CONTEMPLATIVE HEART. Sorin Books, 2000.

John of the Cross. THE COLLECTED WORKS. Translated by Kieran Kavanaugh and Otilio Rodriguez. Washington, DC: ICS Publications, 1979. Before reading we suggest you read: Welch, John. WHEN GODS DIE. Ramsay, NJ: Paulist Press, 1990. Chs. 4,9 and conclusion.

Johnston, William (translator). CLOUD OF UNKNOWING. New York.: Image. 1996.

Rohr, Richard. EVERYTHING BELONGS: THE GIFT OF CONTEMPLATIVE PRAYER. New York: Crossroad, 1999.

Ryan, Thomas, editor. RECLAIMING THE BODY IN CHRISTIAN SPIRITUALITY Paulist Press, 2004

Ulanov, Ann and Barry. PRIMARY SPEECH: A PSYCHOLOGY OF PRAYER. Atlanta: john Knox Press, 1982.

Wuellner, Flora Slosson. PRAYER AND OUR BODIES, Upper Room Books, 1995.

Area One, Supportive Readings:

Forest, Jim. PRAYING WITH ICONS. Orbis Books, 1997. **or** Nouwen, Henri. BEHOLD THE BEAUTY OF THE LORD: PRAYING WITH ICONS. Ave Maria Press, 1996.

Ingham, Michael. MANSIONS OF THE SPIRIT: THE GOSPEL IN A MULTIFAITH WORLD. Toronto: ABC, 1997

Johnston, William. BEING IN LOVE: THE PRACTISE OF CHRISTIAN PRAYER. London: Harper Collins, 1989. (also in Font paperbacks)

Keating, Thomas. OPEN MIND, OPEN HEART: THE CONTEMPLATIVE DIMENSION OF THE GOSPEL. New York: Amity House, 1996.

Reinhold, H. A. THE SOUL AFIRE: REVELATIONS OF THE MYSTICS. New York: Image Books, 1973.

Roeder, Antoinette Voute. WEAVING THE WIND. Apocryphile Press (August 2006), **ISBN-10: 1933993081 ISBN-13: 978-1933993089**

Ryan, Thomas. PRAYER OF HEART AND BODY: MEDITATION AND YOGA AS CHRISTIAN SPIRITUAL PRACTISE. New York: Paulist, 1995.

Smith, Martin. THE WORD IS VERY NEAR YOU; A GUIDE TO PRAYING WITH SCRIPTURE. MA: Couley Press, 1989.

TRACK TWO

THE HUMAN SITUATION – SPIRITUAL GROWTH AND DEVELOPMENT AS HUMAN BEINGS

Goals for Area Two:

- assist recognition of the value of one's story, and the significance of the individual story within the story of humanity and the cosmos
- clarify and develop an overview of the human situation/journey
- as grounded in an openly creative, unconditionally loving God who is active in human life, individually and socially
- as radically free to discern and respond to God in individual and social life, to be co-creators with God
- to situate the human condition and one's own story within the reality of sin, evil, and reconciliation
- to recognize and be attentive to the implications of the human situation for spiritual guidance (the importance of telling and retelling of our own stories..)

Area Two, Central Readings.

Borysenko, Joan and Dveirin, Gordon. *YOUR SOUL'S COMPASS*. Hay House 2007

Chittister, Joan. *SCARRED BY STRUGGLE, TRANSFORMED BY HOPE*.
Erdmans/Novalis.2003.

Dreyer, Elizabeth. *EARTH CRAMMED WITH HEAVEN: A SPIRITUALITY OF EVERYDAY LIFE*. Mahwah, NJ: Paulist, 1995.

Finley, James. *MERTON'S PALACE OF NOWHERE*. Ave Maria Press, Notre Dame, IN, 1978. (25th anniversary edition).

Fischer, Kathleen. *RECLAIMING THE CONNECTIONS; A CONTEMPORARY SPIRITUALITY*. Kansas City, Missouri: Sheed and Ward. 1990.

Ferder, Fran and Heagle, John. *TENDER FIRES: THE SPIRITUAL PROMISE OF SEXUALITY*. New York: Crossroad, 2002.

Halligan, Fredrica. *LISTENING DEEPLY TO GOD; EXPLORING SPIRITUALITY IN AN INTERRELIGIOUS AGE*. Novalis, 2003.

Johnson, Elizabeth. *SHE WHO IS*. New York: Crossroads, 1994.

May, Gerald. *THE AWAKENED HEART*. Harper Collins, 1991.

Norris, Kathleen. DAKOTA: A SPIRITUAL GEOGRAPHY. New York: Houghton, Mifflin, 1994.

Palmer, Parker. ESSAY: POLITICS OF THE BROKEN-HEARTED. Web Link: http://www.commonweal.org/new-school/pdf_files/Politics%20of%20the%20Brokenhearted.pdf "Permission Sought".

Peck, M. Scott. FURTHER ALONG THE ROAD LESS TRAVELLED: THE UNENDING JOURNEY TOWARDS SPIRITUAL GROWTH. New York: Simon and Schuster, 1993.

Rohr, Richard and Andreas Ebert. THE ENNEAGRAM: A CHRISTIAN PERSPECTIVE.

Steindl-Rast, Brother David. A LISTENING HEART. THE CROSSROAD PUBLISHING CO. 1999.

Schut, Michael, editor. SIMPLE LIVING – COMPASSIONATE LIFE, A CHRISTIAN PERSPECTIVE. Living the Good News (Division of Morehouse), 1999.

Area Two, Supportive Readings:

Au, Wilkie. THE ENDURING HEART, SPIRITUALITY FOR THE LONG HAUL, Novalis. 2002.

Dowd, Michael. EARTH SPIRIT: A HANDBOOK FOR NURTURING AN ECOLOGICAL CHRISTIANITY. Twenty Third Publications. 1991.

Fischer, Kathleen. AUTUMN GOSPEL: WOMEN IN THE SECOND HALF OF LIFE. Mahwah, NJ: Paulist., 1995.

Hands, Donald R. and Fehr, Wayne L. SPIRITUAL WHOLENESS FOR CLERGY: A NEW PSYCHOLOGY OF INTIMACY WITH GOD, SELF AND OTHERS.

Heyward, Carter. SAVING JESUS FROM THOSE WHO ARE RIGHT. Augsburg Fortress, 1999.

Harris, Maria. PROCLAIM JUBILEE! A SPIRITUALITY FOR THE TWENTY-FIRST CENTURY. Louisville: Westminster John Knox Press. 1996.

O'Murchu, Diarmid . RECLAIMING SPIRITUALITY. New York: The Crossroad Publishing Company, 1997.

Reeves, Nancy. SPIRITUALITY FOR EXTROVERTS. Abingdon Press. Nashville, 2008.

Waldron, Robert. THOMAS MERTON; IN SEARCH OF HIS SOUL. Indiana: Ave Maria Press, 1994.

TRACK TWO

DISCERNMENT

Goals for Area Three:

- begin to recognize and value the discernment that one probably already practices, without necessarily knowing what it is, and starting from there
- become more clear of what the act and habit of discernment is, interior and exterior life, and commit to becoming more able and willing to practice it, in individual and social circumstances
- become more habitually aware of the movements, the sight and the sound of God, in one's interior life, and in the lives of individuals, groups, and communities with whom, and in which, one lives and what response is called for
- develop the habit of noticing one's own movements toward and away from God in individual and social life
- develop the habit and skill of noticing the movements of individuals, groups, and communities toward or away from God
- become more aware of the centrality of discernment in all spiritual guidance

Area Three, Central Readings:

Au, Wilkie and Au, Noreen Cannon. *THE DISCERNING HEART: EXPLORING THE CHRISTIAN PATH*. Paulist Press, 2006. ISBN 0809143720

Bourgeault, Cynthia. *THE WISDOM JESUS*.

Conroy, Maureen, *THE DISCERNING HEART: DISCERNING A PERSONAL GOD*. Chicago: Loyola University Press, 1993.

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<http://www.conversationsjournal.com/issuetemplate2.php?price=15.00>

Dillard, Annie. *PILGRIM AT TINKER CREEK*. Harper Perennial Modern Classics, 1998.

Green, Thomas H. *WEEDS AMONG THE WHEAT: DISCERNMENT – WHERE PRAYER AND ACTION MEET*. Notre Dame, IN: Ave Maria, 1990.

Johnson, Ben Campbell. *DISCERNING GOD'S WILL*. Louisville: Westminster/John Knox Press, 1990.

Levoy, Gregg. *CALLINGS*. Three Rivers Press, 1997.

May, Gerald G. *THE DARK NIGHT OF THE SOUL*,. San Francisco: Harper. 2004.

Kelly, Thomas. A TESTAMENT OF DEVOTION. New York: Harper & Row, 1946.

Parachin, Janet W. ENGAGED SPIRITUALITY: TEN LIVES OF CONTEMPLATION AND ACTION. Chalice Press, 1999.

Rohr, Richard. GRACE IN ACTION. New York: Crossroad, 1994.

Area Three, Supportive Readings:

Dennis, Linn, Sheila Fabricant Linn, Matthew Linn. SLEEPING WITH BREAD: HOLDING WHAT GIVES YOU LIFE. Mahwah, NJ, Paulist Press. 1995.

Johnson, William. MYSTICAL THEOLOGY: THE SCIENCE OF LOVE. Harper Collins, 1995.

Lonsdale, S.J. LISTENING TO THE MUSIC OF THE SPIRIT. Notre Dame: Ave Maria, 1993.

Nether wood, Ann. THE VOICE OF THIS CALLING: AN EVANGELICAL ENCOUNTERS THE SPIRITUAL EXERCISES OF ST. IGNATIUS OF LOYOLA. London: SPCK,

TRACK TWO

SPIRITUAL GUIDANCE

Area Four, Central Readings:

Dougherty, Rose Mary. GROUP SPIRITUAL DIRECTION. New York: Paulist Press, 1995.

Edwards, Tilden. SPIRITUAL DIRECTOR, SPIRITUAL COMPANION: GUIDE TO TENDING THE SOUL. Paulist Press. (available January 2001).

Gratton, Carolyn. THE ART OF SPIRITUAL GUIDANCE. New York Crossroad, 1992.

May, Gerald. CARE OF MIND, CARE OF SPIRIT. San Francisco: Harper & Row, 1982.

Palmer, Parker. A HIDDEN WHOLENESS: The Journey Toward an Undivided Life, Jossey-Bass, 2004.

Ruffing, Janet. SPIRITUAL DIRECTION: BEYOND THE BEGINNINGS. New York: Paulist, 1988.

Silver, Anne Winchell. TRUSTWORTHY CONNECTIONS: Interpersonal Issues in Spiritual Direction, Cowley Publications, 2003..

Stairs, Jean. LISTENING FOR THE SOUL: PASTORAL CARE AND SPIRITUAL DIRECTION. Augsburg Fortress, 2000.

Wagner, Nick, editor. SPIRITUAL DIRECTION IN CONTEXT. Morehouse Publishing. 2006

Barry, William and Connolly, William. THE PRACTISE OF SPIRITUAL DIRECTION. New York :Seabury, 1982.

Area Four, Supportive Readings:

Buckley, Suzanne, editor. SACRED IS THE CALL: FORMATION AND TRANSFORMATION IN SPIRITUAL DIRECTION PROGRAMS. Crossroad Publishing. 2004.

Byrne, Lavinia (ed). TRADITIONS OF SPIRITUAL GUIDANCE. London: Geoffrey Chapman, 1990.

Kidd, Sue Monk. WHEN THE HEART WAITS: SPIRITUAL DIRECTION FOR LIFE'S SACRED QUESTIONS. Harper San Francisco., 1990.

Linn, Matthew. HEALING SPIRITUAL ABUSE AND RELIGIOUS ADDICTION. Mahwah, NJ: Paulist, 1995.

Youngblut, John R. THE GENTLE ART OF SPIRITUAL GUIDANCE. Amity: Amity House, 1988.

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