



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

TRACK I

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 possible that some of the books on this list are now out of print. If this is the case and it is from Central Readings, you might simply replace it with another title that you are aware of on the same topic. However, sometimes it is well worthwhile to seek out these books from friends, second hand bookstores, etc. to read at some point in your journey (not necessarily while you are in the program).

Please read the program goals for each of the theme areas (these are for the entire program) to give some understanding of what the focus of the readings is meant to be. These goals precede each of the area readings in the bibliography.

It is recommended that you read at least four books from each section – these from Central readings if possible.

TRACK ONE

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:

De Waal, Esther. THE CELTIC WAY OF PRAYER. The Recovery of the Religious Imagination. Image Books, Doubleday, 1999.

Edwards, Tilden. LIVING SIMPLY THROUGH THE DAY. New York: Paulist Press, 1997.

_____. LIVING IN THE PRESENCE: DISCIPLINES FOR THE SPIRITUAL HEART. San Francisco: Harper, 1987.

Fox, Matthew. THE HIDDEN SPIRITUALITY OF MEN: TEN METAPHORS TO AWAKEN THE SACRED MASCULINE. New World Library. Novato, CA, 2008.

Guenther, Margaret. THE PRACTISE OF PRAYER. Toronto, Canada: Anglican Book Center, 1998

Holmes, Barbara. JOY UNSPEAKABLE: CONTEMPLATIVE PRACTICES OF THE BLACK CHURCH. Fortress. 2004

Keating, Thomas. INTIMACY WITH GOD. New York: Crossroads, 1994.

Muller, Wayne. SABBATH Finding Rest, Renewal, and Delight In Our Busy Lives. Bantam Trade Paperback, 1999.

Rupp, Joyce. PRAYER. Orbis Books, Maryknoll New York, 2007.

Ruffing, Janet. “Busyness” article:

Silf, Margaret. THE GIFT OF PRAYER. Novalis, 2004.

Steere, Douglas. DIMENSIONS OF PRAYER. Upper Room Books.

Teresa of Avila. INTERIOR CASTLE. Doubleday, 1989. Before reading we suggest you read: Welch, John. SPIRITUAL PILGRIMS: CARL JUNG AND TERESA OF AVILA. New York: Paulist Press, 1982. Chs. 1,2,3.

Area One, Supportive Readings:

DeMello, Anthony. SADHANA: A WAY TO GOD. Garden City, NJ: Doubleday, 1985.

Horowitz, Claudia. *THE SPIRITUAL ACTIVIST: Practices to Transform Your Life, Your Work and Your World*. Penguin Compass, 2002.

Lawrence, Brother. *THE PRACTISE OF THE PRESENCE OF GOD*. Various editions.

McPherson, C. W. *KEEPING SILENCE: CHRISTIAN PRACTISES FOR ENTERING STILLNES*, Morehouse Publishing, 1989.

Merton, Thomas. *CONTEMPLATIVE PRAYER*. New York: Image Books, 1971.

Klug, Ron. *HOW TO KEEP A SPIRITUAL JOURNAL: A GUIDE TO JOURNAL KEEPING FOR INNER GROWTH AND PERSONAL DISCOVERY*. Minneapolis: Augsburg, 1993.

Praying With series....Francis, Teresa of Avila, Ignatius, Merton, Julian, etc. Various authors. *Companions on the Journey Series*. Winnona: St. Mary's Press, 1994.

Silf, Margaret. *INNER COMPASS. An Invitation to Ignatian Spirituality*. Novalis, 2002.

TRACK ONE

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:

Bondi, Roberta, *MEMORIES OF GOD: THEOLOGICAL REFLECTIONS ON A LIFE*. Nashville: Abingdon, 1995.

gkisedtanamoogk and Frances Hancock. ANOQCOU: CEREMONY IS LIFE ITSELF. Portland, Maine: Astarte Shell Press, 1993.

Gorsuch, John. AN INVITATION TO THE SPIRITUAL JOURNEY. New York: Paulist, 1990.

Hillesum, Etty. AN INTERRUPTED LIFE. Toronto: Penquin, 1985.

May, Gerald. WILL AND SPIRIT. New York: Harper and Row, 1982.

Palmer, Parker. THE ACTIVE LIFE A Spirituality of Work, Creativity, and Caring. Jossey-Bass, 1990.

Pennington, M. Basil. TRUE SELF FALSE SELF: UNMASKING THE SPIRIT WITHIN. New York Crossroad, 2000.

Rohr, Richard. THE NAKED NOW (LEARNING TO SEE AS THE MYSTICS SEE). Crossroad, 2009.

Rupp, Joyce. DEAR HEART COME HOME. New York Crossroads, 1996

Saguin, Bruce. DARWIN, DIVINITY AND THE DANCE OF THE COSMOS.

Sheldrake, Philip. BEFREINDING OUR DESIRES. Ottawa: Novalis, 2001.

Tolle, Eckhart. A NEW EARTH. Dutton, New York, 2005.

Area Two, Supportive Readings:

Chodron, Pema. THE PLACES THAT SCARE YOU. Shambala. 2001.

Conn, Joanne Wolski. SPIRITUALITY AND PERSONAL MATURITY. New York: Paulist, 1989.

Ferder, Fran and Weagle, John. YOUR SEXUAL SELF. Notre Dame: Ave Maria, 1992.

Fowler, James. STAGES OF FAITH. or BECOMING ADULT, BECOMING CHRISTIAN. Harper and Row.

Fox, Matthew. CREATION SPIRITUALITY. San Francisco: Harper

Heyward, Carter. TOUCHING OUR STRENGTH: THE EROTIC AS POWER AND THE LOVE OF GOD. SanFrancisco: Harper, 1989.

May, Gerald. ADDICTION AND GRACE. New York: Harper Collins, 1988.

----- SIMPLY SANE The Spirituality of Mental Health. 1999 Crossroad, New York

Nelson, James. EMBODIEMENT. Augsburg Publishing House, 1978.

_____ THE INTIMATE CONNECTION; MALE SEXUALITY, MASCULINE SPIRITUALITY. Westminster Press, 1988.

Swimme, Brian. THE HIDDEN HEART OF THE COSMOS: HUMANITY AND THE NEW STORY, Orbis, 1999.

Walker, Alice. THE COLOR PURPLE. New York: Washington Square Press, 1982.

Wilbur, Ken. UP FROM EDEN.

TRACK ONE

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:

Barry, William. PAYING ATTENTION TO GOD: DISCERNMENT IN PRAYER. Notre Dame: Ave Maria, 1990.

Borg, Marcus. THE GOD WE NEVER KNEW: BEYOND DOGMATIC RELIGION TO A MORE AUTHENTIC CHRISTIAN FAITH. San Francisco: Harper, 1997.

Dougherty, Rosemary. DISCERNMENT (A PATH TO SPIRITUAL AWAKENING). Paulist Press, 2009.

Dunn, Tad. SPIRITUAL MENTORING. San Francisco: Harper & Row, 1991.

Hart, Thomas. THE ART OF CHRISTIAN LISTENING.

Kiechle, Stefan. THE ART OF DISCERNMENT. Ave Maria Press, Notre Dame, Indiana 2005.

Linn, Dennis, Sheila Fabricant, Matthew. SLEEPING WITH BREAD. Paulist Press, 1995.

Newell, Philip. CHRIST OF THE CELTS. Jossey-Bass, 2008.

Palmer, Parker, J. LET YOUR LIFE SPEAK. Jossey-Bass, 2000.

CONVERSATIONS, Vol. 6:2, Fall/Winter 2008. Periodical. Will be printed and available for purchase at 1st residency – or available via website.

Area Three, Supportive Readings:

Bourgeault, Cynthia. WISDOM'S WAY OF KNOWING.

Dunne, Tad. SPIRITUAL EXERCISES FOR TODAY. San Francisco: Harper & Row, 1991.

Lewis, C.S. THE SCREWTAPE LETTERS. New York: McMillan, 1982.

O'Connell Killen, Patricia, John, DeBeer. THE ART OF THEOLOGICAL REFLECTION. New York, Crossroad Publishing, 1996.

Reeves, Nancy. I'D SAY YES GOD; IF I KNEW WHAT YOU WANTED. Northstone.

Stone, Howard W, O'Duke, James HOW TO THINK THEOLOGICALLY. Minneapolis, Minnesota: Fortress Press, 1996.

TRACK ONE

SPIRITUAL GUIDANCE

Area Four, Central Readings:

Edwards, Tilden. SPIRITUAL FRIEND. New York: Paulist Press, 1980.

Fischer, Kathleen. WOMEN AT THE WELL: FEMINIST PERSPECTIVES IN SPIRITUAL DIRECTION. Mahwah, NJ: Paulist Press, 1988.

Guenther, Margaret. HOLY LISTENING.: THE ART OF SPIRITUAL DIRECTION. Cambridge, MA: Cowley, 1993.

Sellner, Edward C. MENTORING: THE MINISTRY OF SPIRITUAL KINSHIP. Cowley Publications, 2002.

Area Four, Supportive Readings:

Barry, William A. SPIRITUAL DIRECTION AND THE ENCOUNTER WITH GOD. New York: Paulist, 1992.

Moore, Thomas. CARE OF THE SOUL: A GUIDE FOR CULTIVATING DEPTH AND SACREDNESS IN EVERYDAY LIFE. New York: Harper Collins, 1992.

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