



*Treasure a Book, Ponder a book, Books inspire, transform, and support us in our life journey.*

*There is something here for everyone. Choose what appeals to you. Consider reading as a Lenten practice.*

**Traits of a Healthy Spirituality, Melanie Svobada, 2005.** Easy to read. Melanie identifies 20 traits which contribute to the process of developing a healthy spirituality. Chapters are short with reflection questions and a short prayer focusing on the trait presented. (e.g. friendship, teachability, forgiveness, hope, gratitude etc.).

**Rummage For God: Seeking God in Every Nook and Cranny, Melanie Svobada, 1997** This book encourages and makes possible the development of seeing God in all things. How about finding God in trimming the hedge, listening to music, the everyday events of our lives. A simple format: Melanie's thoughts, thought provoking questions, step by step through a brief meditation that prayerfully leads us to finding God.

**The Return of the Prodigal Son, Henri Nouwen, 1994.** This is an incredible book with a simple but profound message. The main message is the unconditional, unfailing, all-surpassing love of the Father. It is a book to ponder and pray the message into your soul.

**Life of the Beloved: Spiritual reading in a Secular World, Henri Nouwen, 2000.** Nouwen is a gifted writer. This is one of the last books he wrote before his death. You feel like he is speaking to you. Understanding the difficulties of our secular society, he speaks gently, but probingly of the ills, the pains, of contemporary life. He lovingly urges the reader to seek healing by recognizing his/herself as "beloved of God". It is a book you will want to ponder and reread.

**Scarred by Struggle, Transformed by Hope, Joan Chittister OSB, 2005** Every life is scarred by struggles. Joan uses the story of Jacob wrestling with God as a metaphor for the many struggles encountered during life's journey. From struggle is born new life and conversion as we open our hearts and minds to new possibilities. This a practical, positive and challenging book to be read slowly and pondered prayerfully. The spirituality of struggle transforms us.

**A Passion for Life: Fragments of the Face of God, Joan Chittister, OSB, 2000** Joan Chittister and Robert Lentz collaborate in writing and icons to bring us a collection of prayerful reflections. A wonderful collection including Oscar Romero, Julian of Norwich, Eve, Teresa of Avila and others. How they transformed societies can inspire and influence our decisions in life.

**The Illuminated Life, Joan Chittister, OSB, 2000** Joan is a present day wisdom figure. Her work is a distillation of her years of living the contemplative tradition and the being contemplative in the world we live in. It is a reflective work and a good reference.

**Poetry As Prayer: Jessica Powers, Bishop Robert F. Morneau, 2000** The poetry of Jessica Powers (Sister Miriam of the Holy Spirit) was a Carmelite nun whose poetry continues to inspire us today. Bishop Morneau is a Jessica Powers scholar who takes her poetry and weaves it into meditations calling us to live as followers of Jesus. It is a very appealing way to enter into being with God.

**Praying through Poetry: Hope for Violent Times, Peggy Rosenthal, 2002** Peggy Rosenthal's love for poetry shines brightly in this collection of poems. Her own spirit enlivens the poetry and takes us to the deeper place where the poem speaks personally to you and calls you to quiet and action.

**Following the Way: Jesus Our Spiritual Director, Gerald O'Collins, S.J. 2001** This book is a walk through some of the parables of Jesus found in the Gospels. Fr. O'Collins breaks open these stories taking us into the mind and heart of Jesus. Each chapter concludes with prayer and reflective exercises.

**A Life of Jesus, Shusaku Endo, 1978** Fr. Richard A. Schuchert, S.J. the translator of this book from the Japanese says, "this book must be read for what it is --- a personal appreciation of Jesus written by a Japanese novelist, who is himself a Christian and who speaks to his non-Christian countrymen." Reading this book can "bring you to a sharper vision and warmer appreciation of Jesus our brother, a human being who shares the pain of living with each of us, forever".

**The Seven Story Mountain, Thomas Merton, 1999** It seems to be a book for "all seasons". Originally printed in the mid forties it is still in circulation. Merton's life is a journey that takes many twists and turns. Nevertheless it is a journey on the road to God.

**A Book of Hours, Thomas Merton, 2007** Katherine Deigman has compiled a treasure for our contemplation. Merton's poetry and prose take the reader to the center of our life in God. Each sentence is filled with wisdom and peace.

**My Life With the Saints, James Martin, S.J., 2007** Martin's original approach to the Saints is impressive. He remembers an experience in his life that brings us to a larger picture. The experience and the particular holy person images faith and how we find God.

**These books are available through Amazon or local book stores. They will order them if they are not in stock.**