

Retreat 1

PRE-READING

- [*Invitation to a Journey: A Road Map for Spiritual Formation*, M. Robert Mulholland](#)
- [*Thirsty For God: A Brief History of Christian Spirituality*, Bradley Holt](#)

REQUIRED – TRANSFORMING RESOURCES (CONTAINS TEACHINGS FROM THIS RETREAT)

- *Invitation to Retreat*, (one chapter and practice/week), Ruth Haley Barton
- *Life Together in Christ* (Introduction & Chapters 1 & 2), Ruth Haley Barton
- *Sacred Rhythms* (Introduction & Chapter 1), Ruth Haley Barton
- *Strengthening the Soul of Your Leadership* (Introduction & Chapter 1), Ruth Haley Barton

REQUIRED READINGS – OTHER AUTHORS

- *Befriending Our Desires*, Philip Sheldrake
- *The Holy Longing*, Ronald Rolheiser
- *Life Together*, Dietrich Bonhoeffer

CHOOSE ONE:

- *Joy Unspeakable: Contemplative Practices of the Black Church*, Barbara A. Holmes
- *In the Name of Jesus*, Henri Nouwen

RECOMMENDED READING

- *Concerning the Inner Life*, Evelyn Underhill
- *Holy Listening*, Margaret Guenther
- *Imitation of Christ*, Thomas a Kempis and Edythe Draper
- *Leaving Church*, Barbara Brown Taylor
- *The Making of an Ordinary Saint: My Journey from Frustration to Joy with the Spiritual Disciplines*, Nathan Foster
- *Spirit of the Disciplines*, Dallas Willard
- *Wilderness Time*, Emilie Griffin

Retreat 2

REQUIRED – TRANSFORMING RESOURCES (CONTAINS TEACHINGS FROM THIS RETREAT)

- *Invitation to Solitude and Silence*, Ruth Haley Barton (one chapter and practice/week)
- *Sacred Rhythms* (Chapter 2), Ruth Haley Barton
- *Life Together in Christ* (Chapters 1-4), Ruth Haley Barton

REQUIRED READINGS – OTHER AUTHORS

- *Everything Belongs*, Richard Rohr
- *Interior Castle*, Teresa of Avila*
- *Poustinia: Encountering God in Silence, Solitude and Prayer*, Catherine Doherty
- Choose one:
 - *The Way of the Heart*, Henri Nouwen
 - *The Centering Moment*, Howard Thurman

*An excellent companion for *Interior Castle* is *Entering Teresa of Avila's Interior Castle: A Reader's Companion*, Gillian T.W. Ahlgren

RECOMMENDED READING

Solitude and Silence

- *The Awakened Heart*, Gerald May
- *The Centering Moment*, Howard Thurman
- *Concerning the Inner Life*, Evelyn Underhill
- *Embracing Contemplation*, John H. Coe & Kyle C. Strobel
- *Entering Teresa of Avila's Interior Castle: A Reader's Companion*, Gillian T.W. Ahlgren
- *Fulfilled*, Kirk Byron Jones
- *Holy Silence*, J. Brent Bill
- *Into the Silent Land: A Guide to the Christian Practice of Contemplation*, Martin Laird
- *Inviting Silence*, Gunilla Norris
- *Journaling as a Spiritual Practice*, Helen Cepero
- *Joy Unspeakable: Contemplative Practices of the Black Church*, Barbara A. Holmes
- *Learning to Be*, Juanita Campbell Rasmus
- *Listening for God: A Minister's Journey through Silence and Doubt*, Renita Weems
- *My Soul in Silence Waits*, Margaret Guenther
- *An Ocean of Light: Contemplation, Transformation, and Liberation*, Martin Laird
- *A Sunlit Absence: Silence, Awareness and Contemplation*, Martin Laird
- *Thoughts in Solitude*, Thomas Merton
- *Will and Spirit*, Gerald May
- *With Head and Heart*, Howard Thurman

Spiritual Direction/Group Spiritual Direction

- *Abba, Give Me a Word*, L. Roger Owens
- *The Art of Christian Listening*, Thomas N Hart
- *Group Spiritual Direction*, Rose Mary Dougherty
- *Holy Listening*, Margaret Guenther
- *The Sacred Art of Listening*, Kay Lindahl
- *Seeking God Together*, Alice Fryling

Technology

- *Alone Together*, Sherry Turkle
- *The End of Absence: Reclaiming What We've Lost in a World of Constant Connection*, Michael Harris
- *iDisorder*, Larry Rosen
- *The Listening Life*, Adam McHugh
- *My Tech-Wise Life*, Amy Crouch & Andy Crouch
- *Reclaiming Conversation*, Sherry Turkle
- *Reconnect: Spiritual Restoration from Digital Distraction*, Ed Cyzewski
- *The Shallows: What the Internet is Doing to Our Brains*, Nicholas Carr

Out of print but worth finding

- *A Taste of Silence*, Carl Arico
- *Silence on Fire*, William H Shannon



Retreat 3

REQUIRED – TRANSFORMING RESOURCES (CONTAINS TEACHINGS FROM THIS RETREAT)

- *Sacred Rhythms*, Chapter 4
- *Strengthening the Soul of Your Leadership*, Chapter 9
- *Worship on Earth as it is in Heaven*, Chapters 1-2

REQUIRED – OTHER AUTHORS

- *Anatomy of the Soul*, Curt Thompson
- *Behold the Beauty of the Lord*, Henri Nouwen
- *Praying with the Church*, Scot McKnight
- *Surrender to Love*, David Benner
- choose one of the following:
 - *Beginning to Pray*, Anthony Bloom
 - *When the Well Runs Dry*, Thomas Green

RECOMMENDED READING

As you identify which form of prayer God is inviting you to explore this quarter, **we encourage you to choose one book** that will support you in exploring the form of prayer you feel drawn to.

General and Classics

- *Contemplative Vision: A Christian Guide to Art and Prayer*, Juliet Benner
- *The Cup of Our Life: A Guide to Spiritual Growth*, Joyce Rupp
- *Dimensions of Prayer*, Douglas Van Steer and Glenn Hinson
- *Eternal Current: How a Practice-Based Faith Can Save Us from Drowning*, Aaron Niequist
- *A Guidebook to Prayer*, MaryKate Morse
- *Kneeling with Giants*, Gary Neal Hansen
- *Live Prayerfully*, Daniel Ethan Harris
- *Living the Lord's Prayer*, Fr. Albert Haase
- *Pray All Ways*, Edward Hayes
- *Prayer: Finding the Heart's True Home*, Richard Foster
- *Prayer, Stress, and Inner Wounds*, Flora Slosson Wuellner
- *Prayers in the Night*, Tish Harrision Warren
- *Praying in Black and White*, Sybil and Andy MacBeth
- *Praying in Color: Drawing a New Path to God*, Sybil MacBeth
- *Praying Our Goodbyes*, Joyce Rupp
- *Ten Ways to Pray*, Dawn Duncan Harrell
- *To You All Hearts are Open: Revitalizing the Church's Pattern for Asking God*, Scot McKnight
- *True Prayer: An Invitation to Christian Spirituality*, Kenneth Leech
- *Worship on Earth as it is in Heaven*, Rory Noland

Attachment and Intimacy

- *The Awakened Heart*, Gerald May
- *The God-Shaped Brain*, Timothy Jennings
- *God Attachment*, Tim Clinton and Joshua Straub
- *How God Changes Your Brain*, Andrew Newberg and Mark Waldman
- *A Secure Base*, John Bowlby

Worship and Icons

- *Behold the Beauty of the Lord: Praying with Icons*, Henri Nouwen
- *The Case for the Psalms*, N.T.Wright
- *Earth Crammed with Heaven*, Aaron Damiani
- *Icons: The Essential Collection*, Sr Faith Riccio
- *The Next Worship: Glorifying God in a Diverse World*, Sandra Maria Van Opstal
- *Praying with Icons*, Jim Forest
- *Praying with Icons*, Linette Martin
- *Sacred Doorways*, Linette Martin
- *Transforming Worship*, Rory Noland
- *Worship on Earth as it is in Heaven—Part 2*, Rory Noland

Prayer and Fasting

- *Fasting: The Ancient Practices*, Scot McKnight
- *Fasting: Spiritual Freedom Beyond Our Appetites*, Lynne Baab

Breath Prayer

- *Breath Prayer: An Ancient Practice for the Everyday Sacred*, Christine Valters Painter
- *The Breath of Life*, Ron DelBene

Jesus Prayer

- *The Jesus Prayer*, John Michael Talbot
- *The Jesus Prayer*, Frederica Mathewes-Green
- *On the Prayer of Jesus*, Ignatius Brianchaninov and Kallistos Ware

Fixed Hour Prayer—Check amazon for authors

- *Ancient Faith Prayer Book*
- *Book of Common Prayer*
- *Common Prayer: A Liturgy for Ordinary Radicals*, Shane Claiborne
- *Divine Hours*, Phyllis Tickle
- *Hour by Hour* "
- *Little Book of Hours*, The Community of Jesus
- *The Rhythm of God's Grace*, Arthur Paul Boers
- *This is What I Pray Today: The Divine Hours Prayers for Children*, Phyllis Tickle (for 3+ up)

Prayer and Children/Family

- *For Everything a Season*, The Nilsen Family
- *Habits of a Child's Heart*, Valerie Hess
- *Imaginative Prayer*, Jared Patrick Boyd
- *Prayers for Each and Every Day*, Sophie Piper (for 0-2 years)
- *Prayers for the Domestic Church*, Edward Hayes
- *Praying in Color (Kid's edition)* Sybil MacBeth (for 5-11 years)
- *This is What I Pray Today: The Divine Hours Prayers for Children*, Phyllis Tickle (for 3+ up)

Retreat 4

REQUIRED – TRANSFORMING RESOURCES (CONTAINS TEACHINGS FROM THIS RETREAT)

- *Sacred Rhythms*, Chapter 3
- *Invitation to a Journey*, Robert Mulholland. Chapter 9
- *Life Together in Christ*, Chapter 7
- *Life Together*, Dietrich Bonhoeffer. Chapters 2,3

REQUIRED – OTHER AUTHORS

- *Shaped by the Word*, Robert Mulholland
- *Opening to God*, David Benner
- *The Blue Parakeet*, Scot McKnight
- CHOOSE ONE of the following:
 - *Eat This Book*, Eugene Peterson
 - *Sacred Reading*, Michael Casey

RECOMMENDED READING

- *Contemplative Bible Reading*, Richard Peace
- *David's Crown*, Malcolm Guite
- *Earth Filled with Heaven: Finding Life in Liturgy, Sacraments, and other Ancient Practices of the Church*, Aaron Damiani
- *The Fire of the Word*, Chris Webb
- *First Nations Version: An Indigenous Translation of the New Testament*, Terry M. Wildman
- *Gathered in the Word*, Norvene Vest
- *Global Bible Commentary*, Daniel Patte
- *Inspired: Slaying Giants, Walking on Water, and Loving the Bible Again*, Rachel Held Evans
- *The MYSTART Journal*, Harriet Mouer & Rebecca Tobar
- *Open Mind, Open Heart*, Thomas Keating
- *Patterned By Grace: How Liturgy Shapes Us*, Daniel Benedict, Jr.
- *Seeking God's Face*, Philip Reinders
- *Soul Feast*, Marjorie Thompson, chapter 2
- *The Story of Christianity*, Part 1 and Part 2, Justo Gonzalez
- *Things Hidden*, Richard Rohr
- *Too Deep for Words: Rediscovering Lectio Divina*, Thelma Hall
- *What's in a Phrase? Pausing Where Scripture Gives You Pause*, Marilyn Chandler McEntyre

Retreat 5

REQUIRED – TRANSFORMING RESOURCES (CONTAINS TEACHINGS FROM THIS RETREAT)

- *Sacred Rhythms*, Ruth Haley Barton, Chapter 5
- *Life Together in Christ*, Ruth Haley Barton, Chapter 5

REQUIRED – OTHER AUTHORS

- *What Your Body Knows About God*, Rob Moll
- *Praying With Body and Soul: A Way to Intimacy with God*, Jane Vennard
- *Soulful Spirituality: Becoming Fully Alive and Deeply Human*, David G. Benner
- Choose one:
 - *Jesus and the Disinherited*, Howard Thurman
 - *Prophetic Lament*, Soong-Chan Rah

RECOMMENDED READING

Praying in the Body

- *Awaken Your Senses*, Brent Bill & Beth Booran
- *BodyPrayer: The Posture of Intimacy with God*, Doug Pagitt
- *Prayer of Heart and Body: Meditation and Yoga as Christian Spiritual Practice*, Fr. Thomas Ryan
- *Praying With Beads: Daily Prayers for the Christian Year*, Nan Lewis Doerr & Virginia Stem Owens
- *Praying With the Body: Bringing the Psalms to Life*, Roy DeLeon
- *Walking a Sacred Path*, Dr. Lauren Artress
- *With Open Hands*, Henri Nouwen

Caring for the Body

- *Balance in Action*, Melissa Gray
- *Faithful and Fractured: Responding to the Clergy Health Crisis*, Rae Jean Proeschold-Bell and Jason Byassee
- *The Power of Full Engagement: Managing Energy, Not Time, Is the Key to High Performance and Personal Renewal*, Jim Loehr and Tony Schwartz
- *This is My Body*, Ragan Sutterfield
- *When the Body Says No: Exploring the Stress-Disease Connection*, Gabor Mate
- *Yoga Prayer DVD*, Fr. Thomas Ryan

Body Theology

- *Designed to Heal: What the Body Shows Us About Healing Wounds, Repairing Relationship and Restoring Community*, Jennie A. McLaurin and Cymbeline Tancongco Culiati
- *God Speaks Through Wombs*, Drew Jackson
- *My Body is Not a Prayer Request*, Amy Kenny

Body Theology (continued)

- *Next Worship: Glorifying God in a Diverse World*, Sandra Maria Van Opstal
- *No Cure for Being Human*, Kate Bowler
- *Reclaiming the Body in Christian Spirituality*, Thomas Ryan
- *These Beautiful Bones: An Everyday Theology of the Body*, Emily Stimpson
- *Touch the Earth*, Drew Jackson
- *You're Only Human*, Kelly M. Kapic

Race and Spirituality

- *A Many Colored Kingdom*, Conde-Frazier, Kang & Parrett
- *Beyond Colorblind*, Sarah Shin
- *The Color of Compromise*, Jemar Tisby
- *The Cross and the Lynching Tree*, James Cone
- *Divided by Faith: Evangelical Religion and the Problem of Race in America*, Michael Emerson & Christian Smith
- *Hermanas*, Natalia Kohn, Noemi Vega Quinones, Kristy Garza Robinson
- *I'm Still Here*, Austin Channing Brown
- *Mississippi Praying*, Carolyn Renée Dupont
- *My Grandmother's Hands: Racialized Trauma and the Pathway to Mending our hearts and Bodies*, Resmaa Menakem
- *The Myth of Equality: Uncovering the Roots of Injustice and Privilege*, Ken Wystma
- *The Next Evangelicalism: Freeing the Church from Western Captivity*, Soong-Chan Rah
- *Sisters in the Wilderness*, Delores Williams
- *Strength to Love*, Martin Luther King, Jr.

Race and Spirituality (continued)

- *Roadmap to Reconciliation: Moving Communities into Unity, Wholeness and Justice*, Brenda Salter McNeil
- *White Awake*, Daniel Hill
- *White Fragility: Why It's So Hard for White People to Talk About Racism*, Robin DiAngelo
- *A Native American Theology*, Clara Sue Kidwell, et. al.
- *Dancing with Words: Storytelling as Legacy, Culture, and Faith*, Ray Buckley
- *Braiding Sweetgrass: Indigenous Wisdom, Scientific Knowledge and the Teachings of Plants*, Robin Wall Kimmerer
- *Empowered to Repair: Becoming People Who Mend Broken Systems and Heal Our Communities*, Brenda Salter McNeil
- *This Here Flesh: Spirituality, Liberation, and the Stories That Make Us*, Cole Arthur Riley
- *Joy Unspeakable: Contemplative Practices of the Black Church*, Babara A. Holmes
- *Crisis Contemplation: Healing the Wounded Village*, Barbara A. Holmes
- *Bio-Spirituality: Focusing As a Way to Grow*, Peter A. Campbell et. al
- *Focusing : How to Open Up Your Deeper Feelings and Intuition*, Eugene T. Gendlin

Gender and Sexuality

- *A Letter to My Congregation*, Ken Wilson
- *Discovering Biblical Equality*, Ronald Pierce and Rebecca Merrill Groothuis (eds.)
- *Does Jesus Really Love Me? A Gay Christian's Pilgrimage in Search of God in America*, Jeff Chu
- *Equal to the Task: Men and Women in Partnership*, Ruth Haley Barton
- *From Wild Man to Wise Man*, Richard Rohr
- *Gender and Grace: Love, Work and Parenting in a Changing World*, Mary Stewart Van Leeuwen
- *Gifted to Lead: The Art of Leading as a Woman in the Church*, Nancy Beach
- *How I Changed My Mind about Women in Leadership*, ed. Alan Johnson
- *Men and Women: The Journey of Spiritual Transformation* CD set, Richard Rohr
- *Paul and Gender: Reclaiming the Apostle's Vision for Men and Women in Christ*, Cynthia Long Westfall
- *Single Just Because: A Pilgrimage into Holy Aloneness*, Bridget Gee
- *Surfing for God*, Michael John Cusick
- *Together in Ministry*, Rob Dixon
- *Torn: Rescuing the Gospel from the Gays-vs.-Christians Debate*, Justin Lee
- *Unwanted: How Sexual Brokenness Reveals Our Way to Healing*, Jay Stringer

Gender and Sexuality (continued)

- *Vindicating the Vixens*, Sandra Glahn, editor
- *Katie's Canon: Womanism and the Soul of the Black Community*, Katie G. Cannon
- *A Women's Lectionary for the Whole Church*, Wilda C. Gafney
- *Women in God's Mission*, Mary T. Lederleitner
- *Your Sexual Self*, Fran Ferder & John Heagle
- *Chastity and the Soul: You are Holy Ground*, Ronald Rolheiser
- *Changing Our Mind*, David P. Gushee
- *Why Gender Matters: What Parents and Teachers Need to Know About the Emerging Science of Sex Differences*, Leonard Sax
- *Theology of The Womb: Knowing God through the Body of a Woman*, Christy Angelle Bauman

Aging and Death

- *Aging Faithfully: The Holy Invitation of Growing Older*, Alice Fryling
- *The Art of Dying: Living Fully Into the Life to Come*, Rob Moll
- *Comfort When the Shadow Falls*, Eddie Sharp
- *The Gift of Years*, Joan Chittister
- *Grieving a Suicide*, Albert Y. Hsu
- *Preparing for Heaven*, Gary Black
- *Hurting Yet Whole*, Liuan Huska
- *Souls in Full Sail*, Emilie Griffin
- *The Way of Grace*, Glandion Carney
- *Winter of the Heart*, Paula D'Arcy

Chronic Pain, Illness, Ability and Difference Experiences in Our Bodies

- *The Bible, Disability and the Church: A new vision of the people of God*, Amos Yong
- *Darkness is My Only Companion: A Christian Response to Mental Illness*, Kathryn Greene-McCreight
- *On the Spectrum: Autism, Faith & The gifts of Neurodiversity*, Daniel Bowman Jr
- *When There is No Cure*, Craig Svensson
- *My Body is Not a Prayer Request: Disability Justice in the Church*, Amy Kenny
- *The Disabled God: Toward a Liberatory Theology of Disability*, Nancy L. Eiesland

For books that are out of print, try Amazon Kindle, Amazon used books, Alibris.com or your local library. For seminary students: If there is a discrepancy between the reading list above and the syllabus, please follow the syllabus.



Retreat 6

REQUIRED READINGS

REQUIRED – TRANSFORMING RESOURCES (CONTAIN TEACHINGS FROM THIS RETREAT)

- *Sacred Rhythms* (Chap. 6), Barton
- *Strengthening the Soul of Your Leadership* (Chap.2,3), Barton
- *Life Together in Christ* (Chap. 6), Barton
- *Invitation to a Journey* (Chap. 6, 7), Mulholland

OTHER AUTHORS

- *The Human Condition*, Fr. Thomas Keating
- *Soul Making: The Desert Way of Spirituality*, Alan Jones
- *The Gift of Being Yourself*, David Benner
- Choose one:
 - *The Deeper Journey*, M. Robert Mulholland
 - *The Enneagram for Black Liberation: Return to Who You Are Beneath the Armor You Carry*, Chichi Agorom

RECOMMENDED READING

Self-Knowledge/Seven Deadly Sins

- *Becoming Who You Are*, James Martin
- *Coming Home to Your True Self*, Albert Haase
- *Glittering Vices*, Rebecca DeYoung
- *Henri Nouwen and Spiritual Polarities*, Wil Hernandez
- *I Told Me So: Self-Deception and the Christian Life*, Gregg Ten Elshof
- *Invitations from God*, Adele Ahlberg Calhoun
- *Open the Door*, Joyce Rupp
- *The Practice of Welcoming Prayer*, Cherry Haisten
- *Signature Sins*, Michael Mangis
- *Vainglory: The Forgotten Vice*, Rebecca DeYoung
- *The Wild Land Within*, Lisa Colon Delay

Enneagram

- *Are You My Type, Am I Yours?*, Renee Baron & Elizabeth Wagele
- *Beyond the Enneagram*, Marilyn Vancil
- *The Enneagram: A Christian Perspective*, Richard Rohr
- *Enneagram: Discernment of Spirits* (CD or DVD), Richard Rohr

Enneagram (cont'd)

- *The Enneagram in Love and Work*, Helen Palmer
- *The Enneagram Made Easy*, Renee Baron & Elizabeth Wagele
- *Enneagram Personality Styles*, Clare Loughrige
- *Know Justice Know Peace: A Transformative Journey of Social Justice, Anti-Racism, and Healing through the Power of the Enneagram*, Deborah Threadgill
- *Motions of the Soul*, Clare Loughrige
- *The Road Back to You*, Ian Morgan Cron & Suzanne Stabile
- *Sacred Enneagram*, Christopher L. Heuertz
- *Self to Lose – Self to Find*, Marilyn Vancil
- *Spiritual Rhythms for the Enneagram: A Handbook for Harmony and Transformation*, Adele & Doug Calhoun and Clare & Scott Loughrige
- *The Story of You*, Ian Morgan
- *Two Windows on the Self* (CD), Jerome Wagner

Integration of Psychology & Spirituality

- *Divine Therapy and Addiction: Centering Prayer and the Twelve Steps*, Thomas Keating
- *The God-Shaped Brain*, Timothy Jennings
- *Managing Leadership Anxiety: Yours and Their's*, Steve Kus
- *Overcoming the Dark Side of Leadership*, Gary McIntosh & Samuel Rima
- *The Soul of Shame*, Curt Thompson
- *When Narcissism Comes to Church*, Chuck DeGroat
- *Will and Spirit: A Contemplative Psychology*, Gerald May

Novels/Biography/Memoir

- *Desmond Tutu: A Spiritual Biography*, Michael Battle
- *Glittering Images*, Susan Howatch
- *Learning to Be: Finding Your Center After the Bottom Falls Out*, Juanita Campbell Rasmus
- *This Here Flesh: Spirituality, Liberation, and the Stories That Make Us*, Cole Arthur Riley
- *Till We Have Faces*, C.S. Lewis and Fritz Eichenberg
- *Where the Light Fell: A Memoir*, Philip Yancey

Media/Music Resources

- *Atlas: Enneagram, Sleeping at Last* (Spotify album)
- *Here are My Hands*, Aaron Niequist (CD)
- *The Road Back to You: Looking at Life Through the Lens of the Enneagram* (Podcast)

