

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

TEACHINGS FROM THIS RETREAT CAN BE FOUND IN

- *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

- *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
- *Rest in the Storm: Self Care Strategies for Clergy and Other Caregivers*, Kirk Byron Jones

Retreat 2

TEACHINGS FROM THIS RETREAT CAN BE FOUND IN

- *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 READING

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

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

RECOMMENDED READING

General

- *The Awakened Heart*, Gerald May
- *The Centering Moment*, Howard Thurman
- *Concerning the Inner Life*, Evelyn Underhill
- *Joy Unspeakable: Contemplative Practices of the Black Church*, Barbara A. Holmes.

- *Fulfilled*, Kirk Byron Jones
- *Holy Silence*, Brent Bill
- *The Sacred Art of Listening*, Kay Lindahl
- *Inviting Silence*, Gunilla Norris
- *Journaling as a Spiritual Practice*, Helen Cepero
- *Listening for God: A Minister's Journey through Silence and Doubt*, Renita Weems
- *My Soul in Silence Waits*, Margaret Guenther
- *A Sabbatical Primer for Pastors*, David Alves
- *Thoughts in Solitude*, Thomas Merton
- *Wilderness Time*, Emile Griffin
- *Will and Spirit*, Gerald May

Spiritual Direction/Group Spiritual Direction

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

Technology

- *Alone Together*, Sherry Turkle
- *iDisorder*, Larry Rosen
- *Reclaiming Conversation*, Sherry Turkle

Out of Print, but worth finding.

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

Retreat 3

TEACHINGS FROM THIS RETREAT CAN BE FOUND IN

- *Sacred Rhythms* (Chapter 4), Ruth Haley Barton
- *Strengthening the Soul of Your Leadership* (Chapter 9), Ruth Haley Barton
- *Worship on Earth as it is in Heaven* (Chapters 1 & 2), Rory Noland

REQUIRED READING

- *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

- *Beginning to Pray*, Anthony Bloom
- *When the Well Runs Dry*, Thomas Green

RECOMMENDED READING LIST

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
- *A Guidebook to Prayer*, MaryKate Morse
- *Kneeling with Giants*, Gary Neal Hansen
- *Live Prayerfully*, Daniel Ethan Harris
- *Living the Lord's Prayer*, Albert Haase
- *Pray All Ways*, Edward Hayes
- *Prayer: Finding the Heart's True Home*, Richard Foster
- *Prayer, Stress, and Inner Wounds*, Flora Slosson Wuellner
- *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
- *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*, T.Wright
- *Praying with Icons*, Jim Forest
- *Praying with Icons*, Linette Martin
- *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

- *The Breath of Life*, Ron DelBene

Jesus Prayer

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

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*, Edward S. Gleason
- *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
- *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)

Apps and Websites for Fixed-Hour Prayer (websites listed here; check for apps on sites)

- *Universalis (Catholic)* -- www.universalis.com
- divineoffice.org
- *Celtic Prayer* -- www.northumbriacommunity.org/pray-the-daily-office
- *Liturgy for Ordinary Radicals* -- www.commonprayer.net
- *Anglican – Book of Common Prayer* – www.bcponline.org
- *Phyllis Tickle's Divine Hours* – www.annarborvineyard.org/tdh/tdh.cfm
- *Orthodox Church in America* – www.oca.org/orthodoxy/prayers
- *Pray As You Go* – www.pray-as-you-go.org
- *YouVersion* – www.youversion.com

Retreat 4

TEACHINGS FROM THIS RETREAT CAN BE FOUND IN

- *Sacred Rhythms* (Chapter 3), Ruth Haley Barton
- *Invitation to a Journey* (Chapter 9), M. Robert Mulholland
- *Life Together in Christ* (Chapter 7), Ruth Haley Barton
- *Life Together* (Chapters 2 & 3), Dietrich Bonhoeffer

REQUIRED READINGS

- *Shaped by the Word*, M. Robert Mulholland
- *Opening to God*, David Benner
- *The Blue Parakeet*, Scot McKnight

CHOOSE ONE

- *Eat This Book*, Eugene Peterson
- *Sacred Reading*, Michael Casey

RECOMMENDED READING (in alphabetical order)

- *Contemplative Bible Reading*, Richard Peace
- *The Fire of the Word*, Chris Webb
- *Gathered in the Word*, Norvene Vest
- *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
- *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

TEACHINGS FROM THIS RETREAT CAN BE FOUND IN

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

REQUIRED READING

- *Praying With Body and Soul: A Way to Intimacy with God*, Jane Vennard
- *Soulful Spirituality: Becoming Fully Alive and Deeply Human*, David G. Benner
- *Jesus and the Disinherited*, Howard Thurmon

CHOOSE ONE

- *Honoring the Body: Meditations on a Christian Practice*, Stephanie Paulsell
- *Every Body Matters*, Gary Thomas

RECOMMENDED READING RELATED TO:

Praying in the Body

- *Awaken Your Senses*, Brent Bill and Beth Booran
- *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

- *An Invitation to Christian Yoga*, Nancy Roth
- *Holy Yoga*, Brooke Boon
- *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
- *Yoga for Christians*, Susan Bordenkircher

Body Theology

- *Reclaiming the Body in Christian Spirituality*, Thomas Ryan
- *These Beautiful Bones: An Everyday Theology of the Body*, Emily Stimpson
- *Theology of the Body for Beginners*, Christopher West

Race and Spirituality

- *A Many Colored Kingdom*, Conde-Frazier, Kang & Parrett
- *The Centering Moment*, Howard Thurman
- *The Cross and the Lynching Tree*, James Cone
- *Divided by Faith: Evangelical Religion and the Problem of Race in America*, Michael Emerson & Christian Smith
- *I'm Still Here*, Austin Channing Brown
- *Joy Unspeakable*, Barbara A. Holmes
- *Mississippi Praying*, Carolyn Renée Dupont
- *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
- *Prophetic Lament: A Call for Justice in Troubled Times*, Soong-Chan Rah
- *Roadmap to Reconciliation: Moving Communities into Unity, Wholeness and Justice*, Brenda Salter McNeil
- *Sisters in the Wilderness*, Delores Williams
- *Strength to Love*, Martin Luther King, Jr.
- *White Awake*, Daniel Hill
- *With Head and Heart*, Howard Thurman

Gender and Sexuality

- *Betrayal of Trust: Confronting and Preventing Clergy Sexual Misconduct*, Stanley Grenz and Roy Bell
- *Equal to the Task: Men and Women in Partnership*, Ruth Haley Barton
- *Fill These Hearts: God, Sex and the Universal Longing*, Christopher West
- *From Wild Man to Wise Man*, Richard Rohr
- *Discovering Biblical Equality*, Ronald Pierce and Rebecca Merrill Groothuis (eds.)
- *Gender and Grace: Love, Work and Parenting in a Changing World*, Mary Stewart Van Leeuwen
- *Gifted to Lead*, 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
- *Unwanted: How Sexual Brokenness Reveals Our Way to Healing*, Jay Stringer
- *Your Sexual Self*, Fran Ferder & John Heagle

Illness, Aging and Death

- *The Art of Dying: Living Fully Into the Life to Come*, Rob Moll
- *The Gift of Years*, Joan Chittister
- *The Way of Grace*, Glandion Carney

Out of print books worth finding:

- *BioSpirituality: Focusing as a Way to Grow*, Peter Campbell and Edwin McMahon (out-of-print)
- *Created in God's Image: Meditating on Our Body*, Carl Koch and Joyce Heil (St. Marys Press)
- *Prayer and Our Bodies*, Flora Slosson Wuellner (The Upper Room)
- *Sexual Paradox: Creative Tensions in Our Lives and in Our Congregations*, Celia Allison Hahn (The Pilgrim Press)

Retreat 6

TEACHINGS FROM THIS RETREAT CAN BE FOUND IN

- *Sacred Rhythms* (Chapter 6), Ruth Haley Barton
- *Strengthening the Soul of Your Leadership* (Chapters 2 & 3), Ruth Haley Barton
- *Life Together in Christ* (Chapter 6), Ruth Haley Barton
- *Invitation to a Journey* (Chapters 6 & 7), M. Robert Mulholland

REQUIRED READING

- *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
- *Coming Home to Your True Self*, Albert Haase

RECOMMENDED READING RELATED TO:

Self-Knowledge

- *Becoming Who You Are*, James Martin
- *Henri Nouwen and Spiritual Polarities*, Wil Hernandez
- *Here are My Hands* CD, Aaron Niequist
- *I Told Me So: Self-Deception and the Christian Life*, Gregg Ten Elshof
- *Open the Door*, Joyce Rupp
- *Overcoming the Dark Side of Leadership*, Gary McIntosh & Samuel Rima
- *The Practice of Welcoming Prayer*, Cherry Haisten
- *Signature Sins*, Michael Mangis

Enneagram

- *Are You My Type, Am I Yours?*, Renee Baron & Elizabeth Wagele
- *The Enneagram: A Christian Perspective*, Richard Rohr
- *Enneagram: Discernment of Spirits* (CD or DVD), Richard Rohr
- *The Enneagram in Love and Work*, Helen Palmer
- *The Enneagram Made Easy*, Renee Baron & Elizabeth Wagele
- *Enneagram Personality Styles*, Clare Loughrige
- *Invitations from God*, Adele Ahlberg Calhoun
- *Motions of the Soul*, Clare Loughrige
- *The Road Back to You*, Ian Morgan Cron & Suzanne Stabile
- *Self to Lose – Self to Find*, Marilyn Vancil
- *Two Windows on the Self* (CD), Jerome Wagner

Psychology

- *Glittering Vices*, Rebecca DeYoung
- *The God-Shaped Brain*, Timothy Jennings
- *The Soul of Shame*, Curt Thompson

- *Vainglory: The Forgotten Vice*, Rebecca DeYoung
- *Will and Spirit*, Gerald May

Novels

- *Glittering Images*, Susan Howatch
- *Till We Have Faces*, C.S. Lewis and Fritz Eichenberg

Retreat 7

TEACHINGS FROM THIS RETREAT CAN BE FOUND IN:

- *Sacred Rhythms* (Chapter 7), Ruth Haley Barton
- *Life Together in Christ* (Chapter 8), Ruth Haley Barton
- *Invitation to a Journey* (Chapters 8, 12), M. Robert Mulholland

REQUIRED READING

- *A Testament of Devotion*, Thomas Kelly
- *Desiring God's Will*, David Benner
- *Holy Listening*, Margaret Guenther

CHOOSE ONE

- *Hearing God*, Dallas Willard
- *Weeds Among the Wheat*, Thomas Green
- *The Examen Prayer: Ignatian Wisdom for Our Lives Today*, Timothy Gallagher

RECOMMENDED READING RELATED TO:

Personal Discernment

- *The Attentive Life*, Leighton Ford
- *Choosing Life: Significance of Personal History in Decision-Making*, John English*
- *Discernment: Reading the Signs of Daily Life*, Henri Nouwen
- *Finding God in All Things*, William Barry
- *Inner Compass*, Margaret Silf
- *Into Your Hands, Father: Abandoning Ourselves to the God Who Loves Us*, Fr. Wilfrid Stinissen
- *Let Your Life Speak*, Parker Palmer
- *Listen to My Life*, Sibyl Towner and Sharon Swing
- *Living into the Answers*, Valerie Isenhower and Judith Todd
- *Sacred Compass*, J. Brent Bill
- *Sleeping with Bread*, Dennis Linn, Sheila Fabricant Linn, and Matthew Linn
- *The Way of Discernment*, Elizabeth Liebert

Theological Perspectives on Discernment

- *Discernment and Truth*, Mark McIntosh
- *God's Empowering Presence*, Gordon Fee
- *Paul, the Spirit, and the People of God*, Gordon Fee

- *The Voice of Jesus*, Gordon T. Smith

Corporate Leadership Discernment

- *Discerning God's Will Together*, Danny Morris and Charles Olsen
- *Listening Hearts*, Suzanne Farnham
- *Pursuing God's Will Together* (corporate leadership discernment), Ruth Haley Barton

Spiritual Direction

- *Abba, Give Me a Word*, L. Roger Owens
- *Beyond the Suffering: Embracing the Legacy of African American Soul Care and Spiritual Direction*, Robert Kellemen and Karole Edwards*
- *Forming the Leader's Soul: An Invitation to Spiritual Direction*, Morris Dirks
- *Spiritual Direction and Meditation*, Thomas Merton
- *Starting Something New*, Beth Booram

Retreat 8

TEACHINGS FROM THIS RETREAT CAN BE FOUND IN:

- *Invitation to Solitude and Silence* (Chapter 12), Barton
- *Life Together in Christ* (Chapter 9), Barton
- *Invitation to a Journey* (Chapters 12-13), Mulholland

REQUIRED READING

- *The Active Life*, Parker Palmer
- *Contemplation in Action*, Richard Rohr
- *Contemplatives in Action*, William Barry and Robert Doherty

CHOOSE ONE

- *Contemplation in a World of Action*, Thomas Merton
- *Just Courage*, Gary Haugen
- *Dancing Standing Still (previously: A Lever and a Place to Stand)*, Richard Rohr

RECOMMENDED READING RELATED TO:

General

- *Cruciformity*, Michael Gorman
- *Experiencing God: Theology as Spirituality*, Kenneth Leech
- *Inhabiting the Cruciform God*, Michael Gorman
- *The Living Reminder*, Henri Nouwen
- *Love Never Fails*, Hilda St. Clair
- *The People of the Towel and Water*, Catherine Doherty
- *A Thicker Jesus*, Glen Harold Stassen

- *Book of Revelation* – NT666, series of 44 lectures on Revelation, M. Robert Mulholland
iTunes, Search for Book of Revelation – NT666 or
<https://itunes.apple.com/us/itunes-u/book-of-revelation-nt666/id438666442>

Evangelism

- *A Credible Witness*, Brenda Salter McNeil
- *The Dangerous Act of Loving Your Neighbor*, Mark Labberton
- *The God of Intimacy and Action*, Tony Campolo and Mary Albert Darling
- *The Hole in Our Gospel*, Richard Stearns

Forgiveness

- *Change of Heart: Justice, Mercy, and Making Peace with My Sister's Killer*, Jeanne Bishop
- *Don't Forgive Too Soon*, Dennis Linn, Sheila Fabricant Linn, and Matthew Linn
- *Forgiveness: A Lenten Study*, Marjorie Thompson
- *Forgiveness: Following Jesus into Radical Loving*, Paula Huston

Justice/The Poor

- *Good News about Injustice*, Gary Haugen (K)
- *The Dangerous Act of Worship*, Mark Labberton (K)
- *The God of Intimacy and Action*, Tony Campolo and Mary Albert Darling (K)
- *God of Justice*, Abraham George & Nikki Toyama-Szeto
- *Jesus and the Nonviolent Revolution*, André Trocmé (K)
- *The Just Church*, Jim Martin and Gary Haugen (K)
- *The Locust Effect: Why the End of Poverty Requires the End of Violence*, Gary Haugen (K)
- *Unexpected News: Reading the Bible Through Third World Eyes*, Robert McAfee Brown (K)

Racial Reconciliation

- *The Cross and the Lynching Tree*, James Cone
- *The Heart of Racial Justice*, Brenda Salter McNeil and Rick Richardson (K)
- *Strength to Love*, Martin Luther King, Jr.

Retreat 9

TEACHINGS FROM THIS RETREAT CAN BE FOUND IN:

- *Sacred Rhythms* (Chapters 8 & 9), Ruth Haley Barton
- *Strengthening the Soul of Your Leadership* (Chapters 7 & 8), Ruth Haley Barton
- *Life Together in Christ* (please review), Ruth Haley Barton

REQUIRED READING

- *Power of Full Engagement*, Jim Loehr and Tony Schwartz
- *Sabbath*, Wayne Mueller
- *Spirituality for Everyday Living*, Brian C. Taylor
(*St. Benedict's Rule* is strongly recommended along with Taylor's book)

CHOOSE ONE

- *Practicing Our Faith*, Dorothy Bass
- *Soul Feast*, Marjorie Thompson

RECOMMENDED READING RELATED TO:

Rule of Life

- *At Home in the World: A Rule of Life for the Rest of Us*, Margaret Gunther
- *The Book of Pastoral Rule*, St. Gregory the Great
- *The Making of An Ordinary Saint: My Journey from Frustration to Joy with the Spiritual Disciplines*, Nathan Foster (K)
- *Receiving the Day: Christian Practices for Opening the Gift of Time*, Dorothy Bass
- *The Rule of Benedict*, Joan Chittister
- *The Rule of Saint Benedict*, Jonathan Wilson-Hartgrove
- *The Rule of Taizé*, Brother Roger

Finding God in the Ordinary

- *Against an Infinite Horizon*, Ronald Rolheiser
- *An Altar in the World*, Barbara Brown Taylor
- *Being Home: Discovering the Spiritual in Everyday Life*, Gunilla Norris
- *The Cup of Our Life*, Joyce Rupp
- *Letters by a Modern Mystic*, Frank Laubach
- *Liturgy of the Ordinary*, Tish Harrison Warren
- *Living in the Presence: Spiritual Exercises to Open Our Lives to the Awareness of God*, Tilden Edwards
- *Presence and Encounter: The Sacramental Possibilities of Everyday Life*, David Benner
- *The Quotidian Mysteries*, Kathleen Norris
- *The Spiritual Life*, Evelyn Underhill
- *Spiritual Literacy*, Frederic and Mary Ann Brussat
- *A Tree Full of Angels*, Macrina Wederkehr

Sabbath

- *Keeping the Sabbath Wholly*, Marva Dawn
- *The Rest of God*, Mark Buchanan
- *Sabbath as Resistance*, Walter Brueggemann
- *Sabbath in the Suburbs*, MaryAnn McKibben-Dana
- *Sabbath Keeping*, Lynne Babb

Sacred Rhythms in Community

- *The Intentional Christian Community Handbook*, David Janzen
- *Living Into Community: Cultivating Practices that Sustain Us*, Christine Pohl
- *Sacred Rhythms Curriculum (DVD & Participant Guide)*, Ruth Haley Barton
- *Slow Church*, Christopher Smith & John Pattison
- *Spiritual Rhythms in Community*, Keith Meyer