

Below you will find a sample summer reading list for first year interns. As you will see there are 3 categories of readings each supporting a facet of the coming year's work. We ask the interns to read at least one book from each category and come to the first class prepared to enter into conversation together about their summer reading. We invite interns to read from authors that are unfamiliar to them as well as from authors they know well and to broaden their knowledge of spiritual direction, psychological perspectives and spiritual experience.

We ask that the interns use the following questions to guide their reading. We find it's helpful to jot some notes:

1. What surprised you or gave you a new way of thinking about spiritual direction?
2. What resonates with your own spiritual experience?
3. What highlights your spiritual growing edges?
4. What questions arise for you as a result of your reading?

Spiritual Life Center

Spiritual Direction Internship

Summer Reading List Year 1

1 .Foundations of Spiritual Direction (Choose 1):

Edwards, Tilden, Spiritual Director, Spiritual Companion: Guide to Tending the Soul, (Paulist, 2001)

Edwards examines new methods to nurture the soul, ways to recognize a true spiritual experience, and suggestions for being truly present during the process. Practical guidelines are also given for getting started with new directees, running group spiritual direction, evaluating sessions, and setting up a spiritual director peer group. In addition, Edwards gives a brief history of this special ministry and a view of its future. He also considers spiritual companionship in other religious traditions and their relation to a Christian framework.

Grafton, Carolyn, The Art of Spiritual Guidance: A Contemporary Approach to Growing in the Spirit

(Crossroad, 1992) An essential reference for both guides and those seeking guidance, this eminently readable work integrates into one coherent whole a wide variety of psychological and spiritual insights about spiritual formation. "A book to reflect on, to ponder, to peruse more than once, and to consult frequently"

Guenther, Margaret, Holy Listening, the Art of Spiritual Direction (Cowley, 1992) A loving and evocative meditation on the experience of spiritual direction from the perspective of a wise and hospitable spiritual director, who is also a woman, wife, mother, teacher, and priest. A classic.

Jones, W. Paul, The Art of Spiritual Direction: Giving and Receiving Spiritual Guidance (Upper Room, 2002) Jones describes the eight major types of spiritual direction and indicates basic characteristics expected of a spiritual director. In addition to providing insights for personal spiritual direction, he advances a chapter for doing communal spiritual direction based on John Wesley's model of covenant groups.

Leech, Kenneth, Soul Friend (Morehouse, 2001) Leech provides background on the history of spiritual direction, both Protestant and Catholic, from the earliest Church through the twentieth century. He also explores other questions of interest to directors and those seeking out direction: the relationship between counseling and direction; the practice of prayer in Christian spiritual tradition; and the prophetic role of the spiritual director, not just for the individual but for the larger society.

Phillips, Susan, Candlelight: Illuminating the Art of Spiritual Direction, (Morehouse, 2008) Candlelight offers an intimate view of spiritual direction through written re-enactments of actual spiritual direction sessions. The experiential practice is accompanied by theoretical and theological foundations guiding it. The book includes the stories of nine men and women whose stories illustrate how the journey of Christian discipleship is helped by spiritual direction.

Malloy, Richard G., Spiritual Direction: A Beginner's Guide, (Orbis Books, 2017) In a lively and personal style rich with stories and personal reflection, Fr. Richard Malloy introduces readers to the art and practice of Spiritual Direction in the Jesuit tradition. Responding to the tone and texture of millennials' questions and concerns, his book emphasizes spiritual direction as a relationship with God that leads to both personal *and* social transformation.

2. Psychological Foundations for Spiritual Direction (Choose 1)

Conn, Joanne Wolski, Spiritual and Personal Maturity, (Paulist Press, 1989) Conn demonstrates how psychology and spirituality are integrally related to human maturity.. The author demonstrates the possibility of genuine experimental integration of Christian spirituality and contemporary psychology by paying equal attention to women's and men's experiences. Bringing her own perspective from ministry and feminist theology to a variety of case studies, she illustrates how pastoral counselors and spiritual dictators can enable those in their care to discern God's action in the ordinary events of life.

LeClaire, Anne, Listening Below the Noise, (Harper 2009) A meditation on silence, the art of being present, and simple spirituality from critically acclaimed novelist Anne D. LeClaire (Entering Normal, The Lavender Hour), *Listening Below the Noise* offers a practical path to achieving calm, peaceful solitude in hectic lives. Practitioners of yoga and meditation of various traditions have long known the curative powers of stillness; in *Listening Below the Noise*, LeClaire offers her own unique, compelling version of this ancient wisdom tradition.

May, Gerald, Care of Mind, Care of Spirit, (Harper, 1992) For anyone seeking a richer understanding of spiritual experience comes this classic discussion of the nature of contemporary spiritual guidance and its relationship to counseling and psychotherapy. May shows how spiritual direction and psychiatry are alike, how they complement one another, and how they ultimately diverge.

Moody, Harry R and David Carroll, The Five Stages of the Soul, (Anchor, 1997) Based on twenty years of research, *The Five Stages of the Soul* is the first book to focus squarely on the spiritual passages that the majority of us go through, offering readers a detailed road map of their quest for meaning and self-discovery. Interweaving psychology, religion, myth, and literature, Harry Moody charts the passages of countless individuals across the country who have journeyed through the five stages of spiritual awakening common to almost all of us: the Call, the Search, the Struggle, the Breakthrough, and finally, the Return. Dr. Moody's insightful and wonderfully affirming narrative reveals the challenges and opportunities offered us by the spiritual stages we go through as we explore the question of meaning in our lives.

Plotkin, Bill, Nature and the Human Soul: Cultivating Wholeness and Community in a Fragmented World, (New World Library, 2008)

Depth psychologist and wilderness guide Bill Plotkin presents a model for a human life span rooted in the cycles and qualities of the natural world, a blueprint for individual development that ultimately yields a strategy for cultural transformation. With evocative language and personal stories, including those of elders Thomas Berry and Joanna Macy, this book defines eight stages of human life - Innocent, Explorer, Thespian, Wanderer, Soul Apprentice, Artisan, Master, and Sage - and describes the challenges and benefits of each. Plotkin offers a way of progressing from our current "ego"centric, aggressively competitive, consumer society to an "eco"centric, soul-based one that is sustainable, cooperative, and compassionate.

Plotkin, Bill, Soulcraft: Crossing into the Mysteries of Nature and Psyche, (New World Library, 2003)

Plotkin believes that we can reclaim a more fulfilling and creative existence by embarking on a psychological journey based on his experiences leading contemporary wilderness rites. He incorporates many of his exercises and knowledge from those excursions into this book. Sprinkled throughout are poems chosen to illuminate the path of discovery, as well as many anecdotes from people who have participated in Plotkin's retreats over the years. Many books deal with exploring and repairing spiritual wounds, but this book shines in its focus on nature as a tool to heal.

Ulanov, Ann and Barry., Primary Speech: A Psychology of Prayer, (John Knox, 1983)

Prayer is our basic expression of religious belief. It is our personal and most private act of devotion. Words cannot do justice to the feelings, wishes, terrors, pains, or pleasures that we exchange with God. This book sets out to define prayer as both a means of drawing nearer to God everyday and as a coping tool that people can use in order to achieve harmony, balance, and satisfaction in their in their lives.

3. Prayer Practice and Spiritual Experience (Choose 1)

Keating, Thomas, Open Mind, Open Heart, (Element Press, 1992) This book is designed to initiate the reader into a deep, living relationship with God. Written by an acknowledged spiritual master, the book moves beyond "discursive meditation and particular acts to the intuitive level of contemplation." Keating gives an overview of the history of contemplative prayer in the Christian tradition, and step-by-step guidance in the method of centering prayer.

Lesser, Elizabeth, The Seeker's Guide: Making Your Life a Spiritual Adventure, (Villard Press, 1999) Partly an examination of the American spiritual scene, and partly an empowering user's manual, this paperback edition of a book formerly titled "The New American Spirituality" guides readers on a spiritual journey involving meditation, psychology, healing techniques, and mystical practices from the world's religions.

May, Gerald, The Awakened Heart, (Harper, 1991) Claiming that by concentrating only on work and independence, and ignoring our need for connectedness, that we become vulnerable to a variety of addictions, the author provides a blueprint for a more loving life. A classic.

Newell, John Philip, Listening for the Heartbeat of God: A Celtic Spirituality, (Paulist Press, 1997)

Presents a spirituality for today, modeled on the vital characteristics of Celtic spirituality throughout the centuries. The emphasis is on the goodness of creation and of humanity made in the image of God.

Palmer, Parker, A Hidden Wholeness: Journey Toward an Undivided Life, (Jossey-Bass, 2004) This book explains how to nurture one's soul both in solitude and in the outside world, evaluating the sources of personal alienation while outlining a model for community living.

Palmer, Parker, Let Your Life Speak, (Jossey-Bass, 2000) With wisdom, compassion, and gentle humor, Palmer invites us to listen to the inner teacher and follow its leadings toward a sense of meaning and purpose. Telling stories from his own life and the lives of others who have made a difference, he shares insights gained from darkness and depression as well as fulfillment and joy, illuminating a pathway toward vocation for all who seek the true calling of their lives.

Remen, Rachel Naomi, Kitchen Table Wisdom: Stories that Heal, (Riverhead, 2006) Remen's unique perspective on healing is rooted in her background as a physician, a teacher of medicine, and a long-term survivor of chronic illness. In this collection of deeply moving, true stories, she reminds readers that the things that ultimately enrich life are the things that cannot be measured.

Rohr, Richard, Falling Upward: A Spirituality for the Second Half of Life, (Jossey-Bass, 2011) Richard Rohr seeks to help readers understand the tasks of the two halves of life and to show them that those who have fallen, failed, or "gone down" are the only ones who understand "up."

Rolheiser, Ronald, The Holy Longing, (Doubleday, 1999) Rolheiser probes the question "What is spirituality?," cutting through the misunderstanding and confusion that can often surround this subject with his trademark clarity. Using examples and stories relevant for today, and with great sensitivity to modern challenges to religious faith, he explains the essentials of spiritual life, including the importance of community worship, the imperatives surrounding social action, and the centrality of the Incarnation, to outline a Christian spirituality that reflects the yearning and search for meaning at the core of the human experience.

Silf, Margaret, Inner Compass, (Loyola Press, 2007) Written for lay people, *Inner Compass* is a practical and experience-based guide to greater self-knowledge and spiritual awareness through incorporating the spiritual exercises of St. Ignatius of Loyola.

Taylor, Barbara Brown., An Altar in the World, (Harper 2009) Acclaimed author Barbara Brown Taylor continues her spiritual journey and shares how she learned to find God beyond the church walls by embracing the sacred as a natural part of everyday life. She shows us how to discover altars everywhere we go and in nearly everything we do as we learn to live with purpose, pay attention, slow down, and revere the world we live in.

Taylor, Barbara Brown., Learning to Walk in the Dark, (Harper 2014) Follow Barbara Brown Taylor on her journey to understand darkness, discovering how "dark emotions" are prevented from seeing light from a psychiatrist, and rereading scripture to see all the times God shows up at night. With her characteristic charm and wisdom, Taylor is our guide through a spirituality of the nighttime, teaching us how to find God even in darkness, and giving us a way to let darkness teach us what we need to know.

Tippett, Krista., Becoming Wise: An Inquiry into the Mystery and Art of Living, (Penguin 2016) In a thoughtful chronicle of spiritual discovery, Peabody Award-winning broadcaster Tippett draws on conversations with poets, scientists, theologians, and other seekers of truth. The author focuses on five concepts—words, flesh, love, faith, and hope—that she identifies as "raw materials" for the "superstar virtues" of "love, compassion [and] forgiveness."

Wilkinson, Peggy., Finding the Mystic Within You, (ICS Publications 1999.) A popular introduction to the mystical way, based on the teachings of Teresa of Avila and John of the Cross, and written by a Secular Carmelite especially for lay readers. The wisdom of St. Teresa of Avila and St. John of the Cross has been distilled to help us understand the stages and experiences of the inner journey.