

## Book Recommendations

From Dan Wolpert, Jan. 23

- *Creating a Life with God*, by Dan Wolpert
- *Leading a Life with God*, by Dan Wolpert
- *The Collapse of the Three Story Universe, Christianity in an Age of Science*, by Dan Wolpert

A good recent overview of Contemplative Practice:

- *An Ocean of Light*, by Martin Laird

A good book on the practice of discernment:

- *The Way of Discernment: Spiritual Practices for Decision Making*, by Elizabeth Liebert

And if people want to dive into some ancient mystics:

- *The Dialogue*, by Catherine of Siena
- *The Complete Works of Pseudo Dionysius*

From Amanda Berger, Faith Yoga instructor, Jan. 30

- *Prayer of Heart & Body: Meditation and Yoga as a Christian Spiritual Practice*, by Thomas Ryan
- *Finding Jesus on the Mat*, by Bethany B. Connelly
- *Faith with a Twist*, by Hillary D Raining and Amy Nobles Dolan
- *Holy Listening: with Breath, body, and the Spirit*, by Whitney R. Simpson
- *Meditations from the Mat* by Rolf Gates
- On YouTube.com, search for Caroline Williams Yoga
- TheYogaAbbey.com
- YogaFatih.com

From Joel Warne, Feb. 13

- *Open Heart, Open Mind*, by Thomas Keating
- *Centering Prayer and Inner Awakening*, by Cynthia Bourgeault
- *Practicing the Presence of God*, by Brother Lawrence
- *Centering Prayer and the Healing of the Unconscious*, by Murchadh O' Madagain
- *Sleeping with Bread*, by Dennis Linn
- *How to Eat Your Bible: God's Word as Food for Your Soul*, by Joel Warne
- *Invitation to Solitude and Silence*, by Ruth Haley-Barton
- *A Testament of Devotion*, by Thomas Kelly
- *Soul Craving: An Invitation to the Feast*, by Joel Warne
- *The Song of The Seed*, by Macrina Weiderkehr

From Restore Series Director Susan Path

- *Sabbath: Finding Rest, Renewal, and Delight in Our Busy Lives*, by Wayne Muller
- *One Mindful Day at a Time: 365 Meditations for Living in the Now*, by Alan D. Wolfelt, Ph.D.
- *Creating a Life with God*, by Dan Wolpert
- *The Chemistry of Calm: A Powerful, Drug-Free Plan to Quiet Your Fears and Overcome Your Anxiety*, by Dr. Henry Emmons under my recommendations.