

Possible Resources for 10 Minutes a Day with God

Daily Bread

Many will be familiar with this but don't forget to spend some time with the Spiritual Practices.

Other books with Readings

If you use readings why not spend some quiet time reflecting on what you've read.

Let the Spirit Breathe – Danny Belrose, former Presiding Evangelist

Wave Offerings – Danny Belrose

Awareness – Anthony de Mello

The Heart of Enlightenment – Anthony de Mello

Living the Lord's Prayer – Rowan Williams & Sister Wendy Becket

Out of the Ordinary: Prayers, Poems and Readings for Every Season – Joyce Rupp

Spiritual Literacy – a collection of readings from a number of traditions collected by Frederick and Mary Ann Brussat

Pocket Prayers for Peace and Justice – compiled by Christian Aid. Though we are not a church which often reads prayer this and other books of prayer can be useful.

From the Iona Community – though this material is often more “liturgical” than we are used to the Iona Community is very involved in peace and justice issues which fits very well some of our emphases.

Present on Earth – Worship Resources on the Life Open Doors Jesus

Readings for Advent

A Wee Book of Worship

Go to <http://www.ionabooks.com/> for more books to buy; some by post and others to buy as downloads.

Don't forget that you can use the words of hymns and songs to help your reflections. Also some people find that quiet music can aid their reflection.

The following books are about some specific spiritual disciplines which you may find useful.

Centering Prayer and Inner Awakening – Cynthia Bourgeault

Chanting the Psalms – Cynthia Bourgeault

Too Deep for Words: Rediscovering Lectio Divina – Thelma Hall (Lectio Divina is a spiritual discipline using scripture)

At Reunion this year we used some material from a book by Joyce Rupp which is a 6 week series of daily reflection times with readings. Each day will take longer than 10 minutes. The book is called...

The Cup of Our Life: A Guide for Spiritual Growth – Joyce Rupp

There are a series of resources put out by Scripture Union which go under the heading of “Multi-Sensory...” These can be purchased at many Christian book shops. They are essentially group sessions or worships but some aspects of some of them can be used for personal time.

A number of websites offer daily meditations in different styles which are emails to you on a daily basis. The one I use is from the “Centre for Action and Contemplation”. The emails come from Father Richard Rohr; he is a Catholic though it’s rare for this to “take over”. His reflections point to God and ask us to look at ourselves and he often focuses on peace and justice.

To find out more go to...

<http://cacradicalgrace.org/aboutus/mission.html>

To sign up for the daily emails go to...

<http://cacradicalgrace.org/getconnected/subscribe.php>

There’s no charge.

I don’t have specific materials that are aimed at children and young people. If you know of suitable resources let me know.

If you use other materials then let me know and I will pass information on regularly if I can email it to you and a little less so if I have to use regular mail.