

These are the required basic texts for Year 1 and 2 of the Formation Programme. “General reading” indicates usefulness across the entire formation programme. Mostly the modules will ask you to read specific chapters rather than the whole book but we encourage you to immerse yourself as much as you can. All texts are available as e-books on Amazon Kindle. Some are no longer available in print editions so digital versions are the go-to. Amazon has a free downloadable version of Kindle so you can access and read your books without having to purchase another device. Why these books? They are grounded in this model of spiritual direction, they reflect the contemplative nature at the heart of this ministry and are congruent with the rise in awareness of spiritual direction throughout the Church and the call of the Spirit to clergy and lay people to be formed in care of souls.

Adesanya, Ineda Pearl, Ed. *Kaleidoscope: Broadening the Palette in the Art of Spiritual Direction*, (New York, Church Publishing, 2019) [Workshops 1 & 2/Modules 1 & 2]

Bakke, Jeannette, *Holy Invitations: Exploring Spiritual Direction* (Michigan: Baker, 2000) [General reading]

Barry, William A. S.J. *Experiencing God in the Ordinary*. (Chicago, Illinois, Loyola Press, 2020) [General reading/Modules 2 and 4]

Blythe, Teresa, *Spiritual Direction 101: the basics of spiritual guidance*, (Berkley CA, Apocryphile Press, 2018) [Workshops 1 & 2/modules 1 & 2 and general reading]

Bowater, Margaret *Healing the Nightmare, Freeing the Soul: A Practical Guide to Dreamwork* (Epsom, Auckland, Calico Publishing, 2016) [pre-Kohanga Ako in July]

Foster, Richard, *Prayer – finding the heart’s true home* (London: Hodder and Stoughton, 1992)- [Module 4]

Fujimura, Makoto *Art and Faith: A Theology of Making* (New Haven, Yale University Press, 2020) [Module 6 and final weekend pre-reading]

Green, Thomas H. SJ *Opening to God: A Guide to Prayer Revised Ed.* (Notre Dame, Indiana, Ave Maria Press, 2007) [Module 4]

Green, Thomas, *When the Well Runs Dry: Prayer Beyond the Beginnings* (Notre

Dame: Ave Maria, 2007) [Module 4/Workshop 6/7]
Guenther, Margaret. <i>Holy Listening: The Art of Spiritual Direction</i> (Cambridge, Massachusetts, Cowley Publications, 1992) [General reading]
Haase, Albert, OFM, <i>Becoming an Ordinary Mystic: Spirituality for the Rest of Us</i> , (Downers Grove, Illinois, IVP Academic, 2019) [Module 4 & general reading]
Pickering, Sue, <i>Spiritual Direction – A Practical Introduction</i> (Norwich: Canterbury Press, 2008) [General reading]
Liebert, Elizabeth, <i>The Way of Discernment: Spiritual Practices for Decision Making</i> , (Louisville, Kentucky, Westminster John Knox Press, 2008) [Module 3]
Mabry, John R, <i>Starting Spiritual Direction: a guide to getting ready, feeling safe, and getting the most out of your sessions</i> , (Berkeley CA, Apocryphile Press, 2017) [Workshop 1/Module 1 & Module 2]
May, Gerald: <i>Care of Mind, Care of Spirit</i> (New York: HarperCollins, 1992) [Module 2 & 5]
Peace, Richard. <i>Noticing God: In mystical encounters, in the ordinary, in the still small voice, in community, in creation and more</i> (Downers Grove, Illinois, IVP Books, 2012) [Workshop 2/Module 4]
Pritchard, Sheila, <i>The Lost Art of Meditation – deepening your prayer life</i> (Scripture Union, UK: 2002) [Module 4]
The following are recommended but not required texts for modules/workshops - These books are arranged according to their relevance to aspects of the formation programme. You are not expected to buy/read them all but these are our recommendations if you want to deepen your understanding of these topics.
Module 1 / Workshop 1: Beginning Spiritual Direction
Ball, Peter, <i>Journey into Truth: Spiritual Direction and the Anglican Tradition</i> (London, Mowbray, 1996)
Barry, William & Connolly, William, <i>The Practice of Spiritual Direction</i> (San Francisco: Harper Collins, 2009) <i>This one is a classic</i>
Benner, David, <i>Sacred Companions: the gift of spiritual friendship and direction</i> (Downers Grove, IL: IVP, 2002)
Crockett, Marsha. <i>Sacred Conversation: Exploring the Seven Gifts of Spiritual Direction</i> (Nashville, Upper Room Books, 2021)
Drennan, Michael SJ. <i>See God Act: The Ministry of Spiritual Direction</i> (Dublin, Messenger Publications, 2021)
Workshop 2: Spiritual / Religious Experience
Buechner, Frederick. <i>The Remarkable Ordinary: How to stop, look and listen to life</i> (Grand Rapids, Michigan, Zondervan, 2017)
Hawker, Paul, <i>Soul Quest*</i> (Canada: Northstone, 2007). * Originally published under the title <i>Soul Survivor</i> , Canada: Northstone, 1998.

Hawker, Paul, *Secret Affairs of the Soul* (Canada: Northstone, 2000). (A contemporary account of research into spiritual experience).

Module 2 / Workshop 3: Relationship with the Directee

Green, Thomas: *The Friend of the Bridegroom* (Notre Dame, IN: Ave Maria Press, 2000)

Module 3 Discernment

Benner, David, *Desiring God's Will: Aligning Our Hearts with the Heart of God* (Downers Grove, IL: IVP, 2005)

Module 4 Prayer/ Kohanga Ako /Workshop 6

Calhoun, Adele Ahlberg, *Spiritual Disciplines Handbook; Practices that Transform Us* (Downers Grove, Illinois, IVP, 2015)

Fowke, Ruth Dr. *Personality and Prayer* (Guildford, UK, Eagle IPS, 1997) – Myers Briggs

Grieg, Pete. *God on Mute: Engaging the Silence of Unanswered Prayer* (Bloomington, Minnesota, Baker Publishing, 2014)

Heurtz, Christopher. *The Sacred Enneagram: Finding Your Unique Path to Spiritual Growth* (Grand Rapids, Michigan. Zondervan, 2017)

Yancey, Philip, *Prayer - does it make any difference?* (Hodder and Stoughton: London, 2006)

Module 6 Engaging Culture A reading and review assignment drawing from poetry, art, film, song or personal act of making/creativity that informs and expresses your understanding/experience of the ministry of spiritual direction.

www.artandtheology.com

Dreams

Savary, Berne & Williams, *Dreams and Spiritual Growth in the Judeo-Christian tradition* (New Jersey: Paulist Press, 1984)