

Resources for Continuing Spiritual Growth

On the Journey Retreat Series. Published by Within Ministries, www.withinministries.org.

Retreats of prayer and reflection

Choice-making

"Slow down and reflect on God's graces and the choices you are making."

Emptying Your Cup: Finding Peace through Letting Go

"In the cup I see life, with its emptiness, fullness, brokenness, flaws, and blessings."

In God's Hands

"For I know the plans I have for you."

Listening with the Ear of Your Heart

"Develop an attitude and openness to God's unconditional love and presence."

Transitions: Embracing Change as a Time of Grace

"Transition can be a time of great spiritual challenge and growth, leading ultimately into the life God has given you."

After experiencing *Grace Within*, small groups often choose to continue meeting for continued spiritual growth. Within Ministries offers monthly reflections via the e-newsletter which many use for personal reflection and group discussion. Additionally, many communities offer book studies welcoming all women. Here is a list of books for your consideration.

Boundaries by Henry Cloud and John Townsend. Zondervan, 2002.

The authors unpack ten "laws of boundaries" to help you bring new health to relationships and discover firsthand how sound boundaries give you the freedom to walk as the loving, giving, fulfilled individual God created you to be.

But I Have Called You Friends: Reflections on The Art of Christian Friendship by Mary Francis.

Ignatius Press, 2006.

In these gentle, simple, yet profound conferences, Mother Mary Francis, PCC, explores both the necessity and the difficulty of Christian friendship. With this small volume, Mother Mary Francis inspires us and helps us to be patient by revealing both the demands and the rewards of our vocation to love and be loved.

Calm My Anxious Heart by Linda Dillow. NavPress, 2007.

Even though we want to be content and trust God, we can still feel overwhelmed by worry. Filled with encouragement and practical help for overcoming anxiety, the 12-session Bible study for women explains what God says about contentment and offers ways to apply it to daily life.

Created to Relate: God's Design for Peace and Joy by Kelly M. Wahlquist. Servant Books, 2015.

Women have a natural gift for building and maintaining life-giving relationships. Wahlquist explains how the meaning of relationship within the Trinity can help you understand the importance of connection with others—the key to living the Gospel fully and joyfully. She provides practical tips to help you stay focused in the midst of the distractions and responsibilities that can lead to superficial connections.

The Cup of Our Life: A Guide for Spiritual Growth by Joyce Rupp. Ave Maria Press, 2012

This creative guide for individual and group prayer offers six themes based on different images of the cup. Includes rituals, reflection, and Scripture for daily meditation.

Daring Greatly by Brene Brown. Penguin Books, 2012.

How the courage to be vulnerable transforms the way we live, love, parent, and lead. Brown explains how vulnerability is both the core of difficult emotions like fear, grief, and disappointment, *and* the birthplace of love, belonging, joy, empathy, innovation, and creativity.

Desperate: Hope for the Mom Who Needs to Breathe by Sarah Mae and Sally Clarkson. Thomas Nelson, 2012. Offering encouragement from one mom "in the trenches" and an older mentor whose kids are grown, this resource will lift the spirits of any woman feeling isolated, frazzled, or depressed in the throes of parenting.

The Fabric of Friendship: Celebrating the Joys, Mending the Tears in Women's Relationships by Joy Carol. Sorin Books, 2006.

Twelve chapters on the skills of developing, enriching, and maintaining strong friendships. Includes great questions. You will gain a better understanding of vulnerability, validity, and the power of women's friendships.

Facing Forgiveness by Sofield, Juliano, Aymond. Ave Marie Press, 2007.

Out of the wealth of their shared experience, authors Sofield, Juliano, and Aymond have fashioned an inviting exploration of the process of forgiveness that blends compelling personal narrative, wise spiritual guidance, and sound practical suggestions. Written with Catholics in mind, this simple primer is designed to encourage the first steps in the process of forgiving.

The Gifts of Imperfection, by Brene Brown. Hazeldon, 2010.

Let go of who you think you are suppose to be and embrace who you are. Brené Brown, a leading expert on shame, authenticity, and belonging, shares ten guideposts on the power of Wholehearted living—a way of engaging with the world from a place of worthiness.

The Grace of Yes: Eight Virtues of Generous Living by Lisa M. Hendey. Ave Maria Press, 2014.

We spend so much time thinking about the yeses in our calendars, our checkbooks, our parenting and other relationships that we sometimes forget the most important yes of all - our response to the call of God. Hendey urges us to ask big questions and then answer them in the small, loving actions of our daily life.

Having a Mary Heart in a Martha World by Joanna Weaver. Waterbrook Press, 2007.

Easy to read and well written by a mother of two. The author brings Jesus into your life to challenge you to take time to develop an intimate relationship with Christ amid all the Martha activities of family and community life. Excellent suggested activities. Each of the twelve session has questions for group discussion and Scripture passages for deeper reflection.

How to Forgive Yourself and Others by Eamon Tobin. Liquori Publications, 2006.

The author clarifies what forgiveness is, names reasons why we should do the hard work of forgiveness, names obstacles to forgiveness, offers practical suggestions on how prayer can help us to forgive, and responds to difficult questions.

The Intentional Family: Simple Rituals to Strengthen Family Ties by William J. Doherty.

Harper Collins Publishers, 1999.

The author believes families can strengthen the ties that bind us together through the use of family-specific everyday rituals. It is a practical guide to avoiding conflicts with a myriad of simple yet effective methods for opening regular channels of communication between parents and their children, husbands and wives. Twelve excellent chapters for a six-week study.

Laugh Your Way to Grace: Reclaiming the Spiritual Power of Humor by Rev. Susan Sparks.

SkyLight Paths Publishing, 2013.

Laughter was honored by the ancients as a spiritual healing tool and celebrated by the world's great religions. An ex-lawyer turned comedian and Baptist minister writes a book about how humor and laughter have everything to do with God.

Life of the Beloved - Spiritual Living in a Secular World by Henri Nouwen. Crossroads Publishing, 2002. Initially written for a Jewish friend, *Life of the Beloved* has become Henri Nouwen's greatest legacy to Christians around the world. This sincere testimony of the power and invitation of Christ is indeed a great guide to a truly uplifting spiritual life in today's world.

Living Your Strength, by Winseman, Clifton, and Liesveld. Gallup Press, 2006.

Discover your God-given talents and inspire your community. Identifies and affirms your talents and how to use them for growth and service. *Living Your Strengths* will help you find your role, and, most importantly, it will inspire you to discover your true calling.

Lord, I Hurt! The Grace of Forgiveness and the Road to Healing by Anne Costa. Word Among Us, 2012.

At the core of every story of forgiveness are Jesus and his cross. Costa shares her own story of forgiveness and healing as well as those of many others. In the process, she encourages readers to take their own journey and helps readers remove the obstacles that may be blocking the healing process.

May I have this Dance: An Invitation to Faithful Prayer Throughout the Year by Joyce Rupp.

Ave Maria Press, 2007.

This book will inspire with a poem, spiritual insights, suggestions for ongoing prayer, reflection, and a prayer for the month. It also includes a beautiful meditation for each month.

My Soul Magnifies the Lord: A Scriptural Journey with Mary by Jeanne Kun. The Word Among Us Press, 2003.

Accompany Mary through the events of her life as she makes her pilgrimage of faith. Ten scenes offer Scripture, commentary, and questions for reflecting, pondering, living, and being rooted in the word.

The New Kitchen Mystic by Mary Hayes Grieco. Simon and Schuster, 2013.

In these rich, poetic essays, Mary Hayes Grieco serves up solid how-to advice about forgiveness, intuition, and good habits for today's spiritual seeker. On your break or at bedtime, in the bathtub or at the bus stop, Grieco soothes your mind and brightens your spirit with fresh philosophy and delightful storytelling. Spark your creativity, increase your peace, and learn to bring magic to the mundane.

Waking Up to This Day: Seeing the Beauty Right Before Us by Paula D'Arcy. Orbis Books, 2009.

This lovely meditation on the beauty and giftedness of the world and our lives helps us to stop feeling guilty about the past, angry over the present, or obsessed with the future. Instead, we can come to realize the grace and goodness that is already ours.

When the Heart Waits: Spiritual Direction for Life's Sacred Questions by Sue Monk Kidd. HarperOne, 2006.

Blending her own experiences with an intimate grasp of contemplative spirituality, Sue Monk Kidd relates the passionate and moving tale of her spiritual crisis, when life seemed to have lost meaning and her longing for a hasty escape from the pain yielded to a discipline of "active waiting." Comparing her experience to the formative processes inside a chrysalis, Kidd charts the passages of her painful descent and her transforming ascent, offering wisdom and hope for the upheavals in life that blister the spirit and leave us groping.

Wisdom Distilled From the Daily: Living the Rule of St. Benedict Today by Joan Chittister. Harper Collins, 2009.

Wise and enduring spiritual guidelines for everyday living — as relevant today as when The Rule was originally conceived by St. Benedict in fifth century Rome.

Women in the New Testament by Mary Ann Getty-Sullivan. Liturgical Press, 2001.

A focus on the women who interacted with Jesus, what they did, and how we can be inspired and challenged to follow their example. They are presented in six chapters: (1) women of expectant faith, (2) women healed by Jesus, (3) women changed by Jesus, (4) women of prominence, and (5) and (6) women and discipleship.