

Meditation – September 2023

Books newly added to our collection are marked with an asterisk.

In the library section marked “Meditation,” you will find books both on the practice of meditation and meditations on various topics. Here are some titles you might wish to read:

Armbruster, Wally – Let Me Out! I’m a Prisoner in a Stained-Glass Jail

The author’s opinion of what God might say if He stood behind the pulpit in your church next Sunday morning, with a view to reinvigorating Christianity.

Arthur, Kay – Beloved from God’s Heart to Yours: A Daily Devotional

A year’s worth of short meditations based on events in the author’s life to illustrate God’s love.

Bernardin, Joseph Cardinal – The Gift of Peace: Personal Reflections

Reflections written in the last two months of his life on false sexual abuse accusations, the return of his pancreatic cancer, on prayer, and the blessed peace which surrounded him at the end, all of which allowed him to make his death a blessing for others.

Billy, Dennis – Tending the Mustard Seed: Living the Faith in Today’s World

Based on Billy’s own experience of questions of faith when faced with illness, pain and mortality, this is a series of short thoughts on what faith is, what it calls us to, how it works in the face of suffering, and how one can express more fully one’s faith in relationships with one’s family, parish, and workplace.

Boyd, Malcolm – Simple Grace: A Mentor’s Guide to Growing Older

Boyd explores old age in terms of learning, remembering, simplifying, maturing, exploring and understanding – in short, living fully in a mindful and wise passion for the life with which we have been gifted.

Brandt, Leslie – Great God, Here I Am

49 devotions/prayers based on Scripture and addressed to God on a variety of subjects.

Breighner, Joseph – Beyond Easter Sunday: Stations of the Resurrection

An adaptation of the Way of the Cross to contemplate the events of the Easter season, starting with the Resurrection to the Ascension. Each station consists of a passage of Scripture, a meditation on it and a concluding prayer – an excellent wrap-up after Lent and Holy Week.

Cantalamessa, Raniero – The Fire of Christ's Love: Meditations on the Cross

A series of short meditations on the intensity and life-transforming love of Christ shown in His Crucifixion and Resurrection.

Carretto, Carlo – Journey without End

Published in English in 1986, this book may seem rather dated in both message and medium to some readers. It is a meditation on abortion and family life using parables/scenarios of the author speaking with the soul of an aborted child/angel.

Carretto, Carlo – Letters from the Desert

After an active career with youth ministry, Carretto became a Little Brother in the order founded by Charles de Foucauld to witness to Muslims in North Africa. This book is a series of meditations on communion with God, born out of solitude in the desert.

Connors, Daniel – Becoming Disciples: Living and Celebrating the 50 Days of Easter

A useful book not only for those newly accepted into the faith at Easter but also for those attempting to find a deeper expression of their faith in following Christ. These are reflections on the daily readings for the season with emphasis on the major symbols like water, oil, bread and wine.

Davis, Julie – Lord, Open My Heart: Daily Scriptural Reflections for Lent

A pamphlet of scriptural reflections leading the reader to a deeper appreciation of Jesus' sacrifice and the meaning of our redemption.

De Mello, Anthony – Call to Love: Meditations

Guided meditations from the last years of the author directed to the theme of love and the obstacles to love – attachments, desires and greed – that one must divest oneself of in order to be really free of one's conditioning.

De Mello, Anthony – The Way to Love: The Last Meditations of Anthony de Mello

A series of meditations on love, influenced by Eastern thought on detachment and freedom from illusion. De Mello says that we need to see both others and ourselves as we really are before we can really love.

Delp, Alfred – Prison Writings

Selections from letters and meditations on Advent and on the need for a different vision of the world that could exist after the destructions of Nazism, and the means for creating a truly Christian society. These were written by Jesuit Father Delp as he awaited execution by the Nazi regime.

Doherty, Catherine de Hueck – The People of the Towel and the Water

Based on her experiences at the Madonna House, the author proposes a way of seeing one's work, despite apparent drudgery or boredom, as transformed in and for the love of God, in the tradition of Christ washing the feet of the disciples.

Dorff, Francis – The Art of Passingover: An Invitation to Living Creatively

An exploration of Passingover, a recurrent three-phase life process involving letting go in faith, letting be in hope and letting grow in love to creatively negotiate major life transitions and to accomplish God's will in this world.

Fitzgerald, William – Beyond Easter: A Catholic Journey

Short stories, poems, reflections, prayers and journal options to lead one on a faith journey from Holy Week to Pentecost, particularly useful to newly baptised Catholics from the RCIA program.

Forest, Jim – Ladder of the Beatitudes

An illuminating look at the Beatitudes as a ladder connecting us with the fullness of the Kingdom. Forest approaches what it is to be a follower of Christ from the insights and experience of Orthodox Christianity. He casts considerable light on the Beatitudes by exploring the connotations of the Greek words used in the Beatitudes and most of the New Testament.

*Francis, Pope – A Year of Mercy with Pope Francis: Daily Reflections

Short quotations from Francis on God's mercy and love with accompanying questions for reflection and further thought.

Francis Clare, Sister – Glory to Glory: Personal Meditations for the New Millennium

A three-month devotional based on the Glory Scriptures from the Old and New Testaments, focussed on our relationship with God.

Fuchs, Lucy – We Were There: Women in the New Testament

Scripture shows women who were central to Jesus' life and to the early Church. The author looks at the Biblical references to the various women, gives a reflection on them, and questions for discussion or meditation.

Fumoleau, Rene – Here I Sit

Poems and photographs reflecting Fumoleau's life as an OMI priest serving northern communities, particularly those of Indigenous people.

Gateley, Edwina – Soul Sisters: Women in Scripture Speak to Women Today

An interesting series of poems "spoken" by women mentioned in the New Testament as persons in Jesus' life or in the parables, on their experience of life and Jesus that are particularly relevant to today's women.

God so Loved the World: Reflections on the Beauty of God's Creation

A book primarily of coloured illustrations with minimal quotations on them.

God's Little Instruction Book

A collection of aphorisms partnered with quotations from Scripture that give one cause to stop, think and be challenged by.

Green, Thomas – Darkness in the Marketplace: The Christian at Prayer in the World

An exploration of the intermingling of action/contemplation, light/darkness that for most of us is our daily life in the world and which can be used by God to take us further to Him by purifying away our busyness.

Green, Thomas – Weeds Among the Wheat: Discernment: Where Prayer & Action Meet

The author sees discernment, the meeting point of action and prayer as a function of a person's relationship with God, believing that the deeper one knows God, the easier it is to sense what He desires us to do.

Guardini, Romano – Meditations before Mass

Written in the early 1950s, this book about necessary stillness and focus to become the people of God in the Eucharist made for action in the world is perhaps written in a style difficult for the modern reader. However, as the work of an important Catholic thinker of the day, it may well contain much value for the persevering.

Guide Me, Lord: 365 Timeless Devotions from Portals of Prayer

Short daily meditations with a Scripture reading and a prayer to guide one closer to Christ.

Hahn, Scott – Joy to the World: How Christ's Coming Changed Everything (and still does)

Looking at various aspects of the Christmas story, Hahn explores the meaning of Christmas for us as a season for joy and family solidarity.

Harnan, Nicholas – The Heart's Journey Home: A Quest for Wisdom

Using the metaphor of journeying on fast main roads and getting lost on the more fruitful back roads, Harnan explores our need to get off the adult "main road" of apparent success, efficiency, and self-assertion, and the rewards of getting onto a more certain back road to the inner self-heart. There we can return to a perhaps more authentic realization of ourselves in the presence of God.

Hartman, Thomas – Just a Moment: Life Matters with Father Tom

Mini-meditations on a wide variety of everyday topics to uncomplicate life.

Hays, Edward – The Ascent of the Mountain of God: Daily Reflections for the Journey of Lent

This book uses the image of the mountain as a place of spiritual significance in creating a metaphorical pilgrimage/mountain climb journey for Lent starting with Ash Wednesday base camp up several smaller peaks to the final ascent of Mount Easter. Each day has a Scripture element, a reflection on it and sometimes a prayer.

Hebblethwaite, Margaret – Six New Gospels: New Testament Women Tell their Stories

Based on what we know from Scripture and from life during the time of Jesus, this is an imaginative creation of the experience of Jesus told from the point of view of women like the Virgin Mary, the Samaritan woman, Martha and Mary. The author hopes to redress the masculine emphasis of Christianity that she feels has obscured the role of women in Christ's life and the life of the Church.

His Mysterious Ways, volume 2

Short accounts of unusual events that can act as a confirmation of God's presence in our lives.

A Guideposts book.

His Mysterious Ways, volume 3

Short accounts of unusual events that can act as a confirmation of God's presence in our lives.

A Guideposts book.

Houselander, Caryll – The Passion of the Infant Christ

A meditation on the Christ child which suggests parallels between the Nativity story and the Crucifixion narrative, explores our need to imitate the care of Mary for the Child, and our growth in innocence like that of the Baby in witness to the world.

John XXIII, Pope – Days of Devotion: Daily Meditations from the Good Shepherd

Thoughts ranging from those connected to the Church's liturgical year to doctrinal themes to everyday matters of Christian living.

John Paul II, Pope – Prayers and Devotions: 365 Daily Meditations

A wide-ranging selection from writings and addresses which as the editor suggests are a "harvest from the mind and heart of Pope Wojtyla."

Kent, Michael – Bringing the Word to Life: Scripture Messages that Change Lives (Year B)

Designed for priests and deacons and also for Bible study groups, this book focuses on a single message from the gospels of Year B in the liturgical cycle with a view to making a difference in the decisions and daily activities of the congregation or learners.

Kurtz, Dennis, et al. – Day by Day with People of the Bible: Reflections for Teens

Each daily reflection has a Scripture passage about a Biblical person whose life relates to the teenager's life, accompanied by a brief questions and prayer to integrate the teaching into one's life.

Lawrence, Brother – Walking with the Father: Wisdom from Brother Lawrence

A classic which teaches how to live in the presence of God despite our busyness or responsibilities in order to make our disjointed lives into a seamless whole pleasing to God.

Lewis, Clive Staples – A Year with C.S.Lewis: Daily Readings from His Classic Works

Page-long selections from such works as *The Screwtape Letters*, *Mere Christianity*, *The Problem of Pain*, *the Great Divorce*, *Miracles* and *A Grief Observed*.

Liguori, Alphonsus – To Love Christ Jesus: Selections from the *Practice of the Love of Jesus Christ*

Seeing love of God as the absolute fundamental basis of the Christian life, Liguori explores love as described by Paul in the famous passage from First Corinthians. Prayers accompany each meditation encouraging the reader on to a greater love of God.

Link, Mark – Decision

The second part of a three-phase programme, The Challenge Program, which is a series of spiritual exercises – meditation, contemplation, and vocal prayer – to tune up one's spiritual health and fitness.

Link, Mark – These Stones Will Shout: A New Voice for the Old Testament

Based on his classroom teaching experience, Link tries to present the Old Testament in a way that makes them relevant to what people today are doing and thinking. Probably best used in a group setting rather than a one-person read-through.

Livingston, Patricia – Lessons of the Heart: Celebrating the Rhythms of Life

Livingston shares stories from her life and those of people she has met to illustrate the grace that impregnates our daily lives, making the ordinary into a sacramental meeting with God.

Lord, Daniel – Letters to my Lord

A series of letters to God expressing the author's close relationship to God, indeed that of any Christian to God. Diagnosed with incurable cancer, Lord wrote these as his last meditations on the loveliness of earth, the love of God, and the unimaginable loveliness of the next world. They speak from the ethos of pre-Vatican II American Catholicism.

Louis of Granada, Venerable – The Sinner's Guide

A classic beloved by several saints including Teresa of Avila and St. Vincent de Paul, this book deals with the Four Last Things: Death, Judgment, Heaven and Hell.

Lucado, Max – Grace for the Moment: Inspirational Thoughts for Each Day of the Year

Small meditations from a popular evangelical writer.

Main, John – The Heart of Creation: The Meditative Way

A series of talks on the contemplative experience which is simply pure attention to God in the present moment, an attention resulting from a total abandonment of everything we hold onto normally.

Main, John – Moment of Christ: The Path of Meditation

A series of talks on a variety of topics designed to serve as an encouragement to those who are following the path of meditation and to help them follow the path with greater fervor, becoming more open to the stream of love that flows

constantly between Jesus and the Father. Use of a mantra to achieve silence and then to become lost in the eternal silence of God is the basis of Main's thought.

Main, John – Word into Silence: A Manual for Christian Meditation

In an effort to spread the use of classic Christian meditation to all people regardless of their station in life, Main urges the use of a mantra in daily silent prayer to God as a way of creating a space for silence and simplicity so we can become aware of God as the ground of our being and can listen to the Spirit within us.

Merisio, Damiano – I am with You Always

Short poem/prayers with photographic illustrations on quotations from the Old Testament.

Morneau, Robert – Ashes to Easter: Lenten Meditations

A different approach to meditative material, using as it does poems because of the intensity of insight and expression in poetry. For each day in Lent, there is a gospel reading, a brief comment, a phrase to act as a mantra, a selection of poetry with a commentary and questions, then a concluding prayer taken from the Divine Office.

Morneau, Robert – From Resurrection to Pentecost: Easter-Season Meditations

In the same format as his book Ashes to Easter..., this is a selection of poems and ponderings appropriate to the season of new life.

Mother Mary Francis – Blessed are You: Reflections on the Beatitudes

Useful explorations of the Beatitudes increasing our understanding of them and their application to our lives. References to various episodes in Jesus' life and teaching are given to exemplify the meaning of the Beatitudes.

Mother Teresa – Thirsting for God: Daily Meditations

A collection of short stories, prayers and meditations on a wide range of topics.

Muto, Susan – Meditation in Motion: Discovering the Stillpoints in your Busy Day...moments for reflection, refreshment, renewal

Thoughts on transcending the everyday by utilizing the moments of silence, solitude, waiting, exercising, to be in a prayerful presence with God.

Naegele, Bede – Minute Meditations for Each Day

Truly miniscule meditations of a line from Scripture, a reflection and a prayer for each day.

Nolan, Mary – Mary's Song: Living Her Timeless Prayer

An extended meditation on the Magnificat with personal experience stories, followed by thoughts for reflection, additional Scripture references and a prayer.

Nouwen, Henri – Bread for the Journey: A Daybook of Wisdom and Faith

Classic short paragraph-long daily meditations on closeness to Jesus and our relationships with our fellow travellers. Using the metaphors of bread and the meal, Nouwen gives us much to be chewed on and digested.

Nouwen, Henri – From Fear to Love: Lenten Reflections on the Parable of the Prodigal Son

A small jewel of a pamphlet for use in Lent.

Nouwen, Henri – In the Name of Jesus: Reflections on Christian Leadership

A meditation on what it means today to be a Christian leader/minister, based in part on Nouwen's experience in the L'Arche community. Ministry is based on being completely irrelevant, standing with nothing to offer but one's vulnerability. God's love does not depend on what we do or accomplish but simply on His creation and redemption of us and His choice of us to proclaim His love as the true source of all human life.

Nouwen, Henri – Jesus Beloved Son: Daily Advent Meditations and Prayers

A pamphlet to journey with through Advent. Found in a plastic binder.

Nouwen, Henri – The Living Reminder: Service and Prayer in Memory of Jesus Christ

Directed primarily to those engaged in ministry, Nouwen explores the connection between ministry and spirituality, showing how service is prayer and prayer is service. He does this by looking at ministry as "remembrance" and at the minister as a living reminder of Jesus Christ. "Remembrance" is a key factor in both Judaism and the early Christian community.

Nouwen, Henri – Out of Solitude: Three Meditations on the Christian Life

Meditations on activity/solitude and silence, the relationship between care and solidarity with care, and expectation/waiting with patience.

Nouwen, Henri – The Return of the Prodigal Son: A Meditation on Fathers, Brothers, and Sons

Based on his deep reactions to Rembrandt's painting *The Return of the Prodigal Son*, Nouwen explores the themes of homecoming, affirmation and reconciliation in the light of his own life journey.

Nouwen, Henri – The Way of the Heart: Desert Spirituality and Contemporary Ministry

Nouwen defines solitude, silence, and unceasing prayer as the core characteristics of the Fifth-Century desert ascetics, like St. Anthony, and proposes these values as essential elements in a balanced life today for both cleric and lay person. Like all his books, this short book is well worth the read.

Nouwen, Henri – The Wounded Healer: Ministry in Contemporary Society

Meditating on the challenges of modern ministry, Nouwen suggests that ministers must be open as fellow humans to wounds and suffering similar to those of the world in general, those of this generation in particular, and to those of particular individuals.

O'Shea, Donagh – Go Down to the Potter's House: A Journey into Meditation

From the experience of the potter working with a sometimes recalcitrant clay, O'Shea explores the experience of retreat and spiritual growth.

O'Shea, Donagh – Take Nothing for the Journey: Meditations on Time and Place

An account of a pilgrimage/journey in real time and place – three months camping in Ireland – but also a pilgrimage to the meaning of place, to interiority and intimacy, to drawing near to the creator of intimacy, to the Incarnate One.

Packer, James – Your Father Loves You: Daily Insights for Knowing God

Daily meditations centered on various aspects of the Christian family, including for example, growing up in a Christian family, family prayer, and lifestyle.

Peale, Norman – The Joy of Living

A selection of short meditations from a Protestant theologian on a variety of subjects including how to meditate, miracles, living abundantly, and enthusiasm

Powell, John – Unconditional Love

A meditation on the totally committed love of God for us and us for each other, which in its permanent gift of one's heart allows us to grow and be happy.

Powers, Margaret – The Footprints Book of Daily Inspirations

Very short daily thoughts for a year, loosely connected with the calendar.

Puls, Joan – Seek Treasures in Small Fields: Everyday Holiness

Most of us live small lives, lives, which Puls feels, are a field of great opportunity to make into "something beautiful for God" resonant with openness, integration and meaning.

Rahner, Karl – The Love of Jesus and the Love of Neighbor

A very interesting book looking at who Jesus is and what it means to love Him, and consequent on that, who exactly in the modern world is the brother or sister we are commanded to love. This latter relationship the author suggests goes beyond fulfilling a commandment and becomes something different in being an actualization of love for God.

Reiser, William – The Potter's Touch: God Calls Us to Life

An exploration of God and our relation to Him and our part in the over-arching unfolding of creation in God's vision, a vision that we only occasionally see in part.

Ripple Paula – Called to be Friends

Extended meditation on the nature of friendship, both God's friendship with us and our friendship with each other, both of which enable us to become more ourselves and to survive on our way through life.

Rohr, Richard – Wondrous Encounters: Scripture for Lent

Using the prescribed daily readings for Lent, Rohr offers insights to aid our integration into God's intended image of us as His image in the world.

Rohr, Richard – Yes, and...: Daily Meditations

A comprehensive collection of Rohr's thought on seven basic themes: Scripture and tradition, God as benevolent and loving, one all-encompassing reality in existence, the unity of everything, the need to move beyond the separate self into transformation in the Divine, descent as the way, Divine union, not personal perfection, as the goal of all religion. A book worth reading slowly and thoughtfully.

Rolheiser, Ronald – The Shattered Lantern: Rediscovering a Felt Presence of God

In this early book, Rolheiser says that we live lives of practical agnosticism, claiming to believe in God but living as if God did not exist. The remedy, he suggests, lies in living a particular way resulting from a recovery of what he calls "an ancient instinct for astonishment."

Rupp, Joyce and Macrina Wiederkehr – The Circle of Life: The Heart's Journey through the Seasons

The authors see each season of the year as a stepping stone reflecting the great circle of life, an "ongoing spiral of growth, bringing ever fuller and deeper wisdom into our lived experiences." There are a series of poems, prayers, meditations, rituals and questions for thought, all of which aim at raising the reader's consciousness. This book would probably most appeal to a female reader.

Rupp, Joyce – Inviting God In: Scriptural Reflections and Prayers Throughout the Year

Reflections inviting the reader to pray, organized according to the church year, giving each day's entry a verse from Scripture, a short reflection and prayer

Rupp, Joyce – Little Pieces of Light: Darkness and Personal Growth

A small but useful meditative book on dealing with the dark times of life and how they are opportunities for light (God) to enter our lives.

Rupp, Joyce – May I Have This Dance?

Twelve major themes, one for each month of the year, give a reflection, prayer suggestions and ideas for further reflection and journaling. These themes are all centered on the image of the dance we are invited to by God, a dance in which God leads us through our lives.

Rupp, Joyce – Return to the Root: Reflections on the Inner Life

A year's worth of meditations, growing out of the natural world and the Church's liturgical cycle, on what is essential in our lives, what makes us rooted and at peace despite what is happening around us.

Sarton, Mary – Coming into Eighty: New Poems

A group of lovely poems written in the poet's eightieth year on life and death, and on her own existence.

Sheen, Fulton – God Love You

Miscellaneous short thoughts clustered around chapter themes such as "to be loved, we must be lovable" or "there can be no world peace unless there is soul peace."

Shrier, Bob – Thoughts...Become Things

200 reflections on the interaction of Spirit, Mind and Body which create, in the author's view, the actual reality of the present moment – what one thinks or believes strongly makes reality happen.

Smith, Pamela – Days of Light and Darkness: Prayerful Reflections for Advent

Looking particularly at the Old Testament readings from the Advent liturgies, Smith sees an over-layering of the theme of Christ's Incarnation in the past expectations, the present call consequent on the Incarnation to Christian action, and a foreshadowing of the future events of the end time. Her emphasis is living through the dark and light of our lives in a deeper understanding of Christ.

Tarascio, Sara, editor – Loving Treasures from the Salesian Collection

An illustrated collection of poems on a variety of themes.

Ten Boom, Corrie – Messages of God's Abundance: The Lost Corrie ten Boom Writings

The first translations of the scripts of Trans World Radio broadcasts made after the Second World War by ten Boom on the themes of hope forgiveness and trust in God.

Thich Nhat Hanh – Peace is Every Step: The Path of Mindfulness in Everyday Life

The author invites to “come back to the present moment and find peace and joy.” He offers some easy tips for stepping aside from the somewhat frantic busyness of our lives and the monkey-chattering in our minds to being present to the only time we actually have – this moment.

Things Both Old and New

Covering the readings of Cycles A-C for Lent, this small book suggests actions preparatory to the day, Scripture readings, points for reflection, prayers, and suggestions for commitment actions.

Vandergrift, Nicki – Meditations with Merton

As it says on the cover of this book, it is a “collage of Scripture quotes, original prayers, and Merton’s own words on issues of relevance to today’s readers.” The bulk of the book are reflections by Vandergrift on Merton’s works that are intended to broaden and update his central messages now nearly thirty years after his death.

Wharton, Paul – Stories and Parables for Preachers and Teachers

Believing that stories are often the best teaching devices, Wharton offers stories for use that concern the call to follow God, the attitudes we are called to on our journey to God, obstacles on the journey and the final goal of union with God.

Wiederkehr, Macrina – Gold in Your Memories: Sacred Moments, Glimpses of God

As memory is the ground of one’s identity, Wiederkehr suggests the need to remember in order to make a whole picture of the meaning and significance of one’s life. And beyond that is the need to grow out of the past, letting the seed die in order to live.

Wojtyla, Karol – Through the Year with Pope John Paul II: Readings for Every Day of the Year

Selections from speeches and writings on seasonally related themes underlain by John Paul’s emphasis on the uniqueness and dignity of every human.

Woodruff, Susan – Meditations with Mechtild of Magdeburg

Woodruff presents the thought of the 13th Century German mystic, Mechtild, contained in Mechtild's book *Flowing Light of the Godhead*, in the form of snatches of poetry, under the headings of Origins - Delighting, Pain – Sinking, Creativity – Awakening, and Compassion – Doing.

A Word of Hope

A slim volume of themes from the Bible with accompanying photographs.

Words of Inspiration

Miscellaneous poems in a small pamphlet.

Wright, Vinita – Set the World on Fire: A 4-Week Personal Retreat with the Female Doctors of the Church

Using the writings and central themes of Saints Therese of Lisieux, Teresa of Avila, Catherine of Siena, and Hildegard of Bingen, Wright develops a pattern of 4 weeks of morning and evening prayer and reflection on the themes of small steps of loving God, trust in the operation of God in the world, courage for action, and development of creative response to God.

Yount, David – What are We to do? Living the Sermon on the Mount

An excellent exploration of the Beatitudes and their applicability to modern life and their essential relevance to Christians today.