

## **Christian Life – January 2025**

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

In the library section called “Christian Life,” you will find books that deal with some aspect of the everyday life of Christians, including some that would probably be found in the psychology section of a public library.

Alcorn, Randy – Money Possessions and Eternity

A comprehensive, Biblically-based examination of how, as Christians and stewards, we should regard our money and possession, looking at areas such as our modern tendency to live with debt, the increase in gambling, consumerism, and the relationship of money and church support.

Alleyne, Blaise and Jonathon Van Maren – A Guide to Discussing Assisted Suicide

With the increased acceptance of MAID and euthanasia, this is a useful book on the arguments made for the unnatural end to life and the opposing arguments which can be made to opponents of life as a gift of God.

Bartocci, Barbara – Midlife Awakenings: Discovering the Gifts Life has Given Us

Turning fifty can open new ways of praying, of seeing a change in goals and values, perhaps of an entirely new way of living. Bartocci offers short passages on these changes.

Bass, Dorothy – Receiving the Day: Christian Practices for Opening the Gift of Time

Recognizing that many of us feel that time is a negative element in our pressured lives, Bass suggests ways of seeing time as a gift of God. Through rediscovery of the Sabbath as a period of freedom and joy, and of living fully the cycle of the Christian year, we can become caught up in the story of God in a life-transforming way.

Bertanzetti, Eileen, editor – Padre Pio’s Words of Hope

Short meditations that begin with a Scriptural quotation accompanied with an everyday life question, answered by a quotation from Padre Pio or giving further guidance beyond the quotation.

Boyle, Gregory – Forgive Everyone Everything

With anecdotes from his work with gang members in Los Angeles, Boyle sees forgiveness as essential to repairing human relationships to developing resilience in life and to becoming the people that God intended.

Bridges, William – Transitions: Making Sense of Life's Changes: Strategies for Coping with the Difficult, Painful, and Confusing Times in Your Life

An examination of critical changes in our lives, focusing on endings as a new start, on a neutral zone which seems like a disconnected time, but is really a time of reorientation, and on new beginnings that are the end product of transitions.

Bucka, John – Faithfully Parenting Teens: A Proactive Approach

A series of typical family situations with questions and faith-based suggestions on how to deal with them.

Castine, Jacqueline – Recovery from Rescuing: A Personal Growth Book for Co-dependents, Adult Children of Alcoholics, Workaholics, Health Care Professionals, Enablers...Anyone who is tired of carrying the burden of caring for others

Based on the author's experience, this is book of defining one's situation as an enabler-controller, and moving from that position to allowing the people around one the option of taking control and responsibility for their lives.

Chervin, Ronda – Feminine, Free, & Faithful

Chervin explores the possibilities of being feminine and yet free to develop fully as a human being, based on the teachings of the Church.

Chittister, Joan – The Gift of Years: Growing Older Gracefully

A gem of a book for people living in a world of strident emphasis on youth. Chittister encourages the reader to see the benefits of maturation, the opportunities it offers for free expression of care for others, for definition of meaning and significance in one's life. Also addressed are negative areas such as the feeling of rejection that comes from feeling out of the mainstream, the ending of relationships, and the speed of technological change.

Chittister, Joan – Happiness

An interesting exploration of what happiness has been defined by others, what it is for each of us, and how it creates the trajectory of our lives. As “happiness creatures in search of ourselves,” happiness saturates our valuation of our lives, focuses us on what is important, and what we are neglecting that would be a blessing to us.

\*Chittister, Joan – In God’s Holy Light: Wisdom from the Desert Monastics

Thirty-five sayings/stories from the Desert monastics of the third to sixth centuries in Egypt, which Chittister applies to modern life in an often prophetically incisive and critical way.

Chittister, Joan – The Monastic Heart: 50 Simple Practices for a Contemplative and Fulfilling Life

A very interesting book on various aspects of Benedictine monasticism and their applicability to lay life.

Chittister, Joan – The Way We Were: A Story of Conversion and Renewal

Based on the experiences of the Benedictine nuns of Erie in the process of renewal of religious life after Vatican II, this book is a study in the way change happens that exemplifies for the wider Church how to redefine faith when non-essential ways or processes are found wanting or not useful.

Clarke, Bill – The Face of Friendship: A True Story of Hope and Transformation

A moving story of Friendship between a priest and a much-battered addict in a L’Arche -like setting on an Ontario farm, started by the Jesuits as a sanctuary for persons coming out of jail or psychiatric facilities.

Coffey, Kathy – The Best of Being Catholic

While aware of the many negative aspects of the institutional church, Coffey explores the joy of what Catholics believe, the seasons celebrated, and the people who make up the Church.

\*Comer, John Mark – Practicing the Way: Be with Jesus. Become like Him. Do as He did

A useful and inspiring book of highly practical advice on taking on fully the role of disciple of Jesus in our modern times, based on nine traditional practices of Christians.

Cybulskie, Daniele – How to live like a Monk: Medieval Wisdom for Modern Life

A charming and wise book with lovely vignettes of medieval manuscript illustrations on applying the lifestyle of monasticism to a secular existence today.

Davitz, Lois and Joel Davitz – Parenting Teenagers: 20 Tough Questions and Answers

Suggestions for such questions as communication, establishing close relationships, rebellion against religion, sex, drugs and alcohol.

\*De Hueck Doherty, Catherine – Not Without Parables: Stories of Yesterday, Today and Eternity

A collection of stories, some based on real life events, some from Russian folk stories, some created by Doherty herself, to illustrate matters of the spiritual life.

DeBlassie, Paul – Inner Calm: A Christian Answer to Modern Stress

Based on the insights of modern psychology and Christianity, the author offers some useful practical approaches to dealing with stress, particularly using the practice of the repetition of the name of Jesus.

Dodds, Monica – A Catholic Guide to Caring for Your Aging Parent

A very comprehensive coverage of the physical, mental, emotional, and spiritual concerns of both the caregiver and the aging parent through to the end of life. Some of the material is specific to the United States, but, in general, this is an excellent companion for many of us faced with modern realities of juggling family, work, and care for parents.

Epperly, Bruce – Walking with Francis of Assisi: From Privilege to Activism

A series of meditations on the life and teaching of St. Francis on privilege, prayer, and social justice, calling for us to apply what we see in Francis to our world of

human and climatic problems, in the gross and growing disparity between the privileged and the poor.

Faucett, Robert and Carol – Personality and Spiritual Freedom: Growing in the Christian Life through Understanding Personality Type and the Myers-Briggs Type Indicator

The book explains the Myers-Briggs approach to personality description and suggests how this approach can enrich one's interpersonal relationships and how it can suggest fruitful methods of prayer and spirituality.

Fiand, Barbara – Wrestling with God: Religious Life in Search of its Soul

Fiand feels that religious life at present, despite an obvious need for change, suffers from a timidity about making large changes in the way that charism is expressed. The book looks at the need to embrace free thinking and a new commitment to love and intimacy, of a need for "participatory consciousness" that can break comfortable molds.

Francis, Pope – Amoris Laetitia: On Love in the Family

Also, a copy held under the title The Joy of Love: On Love in the Family

An extended letter to both clerical and lay faithful on the nature of the family. He looks at challenges facing families today, the vocation of marriage, what love means in a marriage, and what needs to be done to support families so they can be sources of love for the wider community.

Francis, Pope – Gaudete at Exsultate: On the Call to Holiness in Today's World

Francis says this is a re-proposed call to holiness in a practical way for your times. He explores God's call to each to grow in holiness, following Christ in community and constant prayer. Holiness is characterized by perseverance, patience, joy and a sense of humour, and can flourish despite the surrounding contemporary ethos of private privileged intellectualism and emphasis on individual will.

Francis, Pope – The Joy of the Gospel

An extended look at the Gospel call to all the faithful to be missionaries for Jesus. The book explains the themes of call and witness that has been part of St. George's parish development programme in recent years. Francis talks of the need to be

committed to the church community in order to grow in love and the need to witness in the wider community through social justice.

Froehlich, Mary Ann – When You are Facing the Empty Nest: Avoiding Midlife Meltdown when Your Child Leaves Home

Tips for weathering an event that can herald major life questions and changes in one's self-concept and one's relationship with one's spouse, and with one's children.

Gardner, Gary – The Earth Cries Out: How Faith Communities Meet the Challenges of Sustainability

A very inspiring book that looks at twelve examples of faith communities confronting our present problems of climate change and its effects on us in such areas as food security for the poor. Based on Pope Francis' *Laudato Si'*, Gardner offers positive hope for sustainability and respectful use of creation.

Gentiles, Ian, editor – A Time to Choose Life: Women, Abortion and Human Rights

A series of essays from a pro-life stance on the ideological issues of on-demand abortion, the medical implications and consequences of abortion and the various legal decisions made in Canada allowing liberal access to abortion.

Grassi, Dominic – Bumping into God again: 35 More Stories of Finding Grace in Unexpected Places

A warm "feel good" book of ordinary incidents in Grassi's life that are opportunities to see the finger of God, sometimes a subtle hint, other times more obviously graced moments.

Gustin, Marilyn – The Courage to Change: Empowering Your Life from the Inside-out: A Spiritual Guide for Women

A book about inner choices that can determine one's life despite what external factors may be present. The ability to choose is based on a healthy understanding of the personal gifts and talents that God has given one.

Hahn, Scott – First Comes Love: Finding Your Family in the Church and the Trinity

Hahn explores the metaphor of family in religious terms, that is, in the nature of God Himself, and in our relationship with one another in the Church, and how this is related to our human experience of family.

Harley, Willard – Defending Traditional Marriage: It Starts with You

Harley defines marriage in traditional Western terms (one man and one woman till death) which are very much under attack in modern society. He then shows ways of defending marriages to safeguard the stability and safety they offer – all boiling down to the circular operation of love.

Harmer, Catherine – Religious Life in the 21<sup>st</sup> Century: A Contemporary Journey into Canaan

Harmer defines some disturbing trends in current religious life which seems to have become very self-centered. She examines key cultural and religious paradigm shifts that are necessary if dedicated religious life is to flourish in our time. Using the metaphor of the Exodus, she sees the need for religious to venture boldly into new expressions of their charism.

Harris, Maria – Jubilee Time: Celebrating Women, Spirit, and the Advent of Age

Looking at the new possibilities and opportunities for service and self-expression open to older women, Harris offers guided meditations and exercises and the testimonies of contemporary older women to assist in spiritual transformation.

Hermes, Kathryn – Surviving Depression: A Catholic Approach

With encouraging accounts of others who have lived with depression and from her own experience, Hermes explores how to deal with depression from both a psychological/medical basis and a Christian one. There are suggestions for practical action by the sufferer and by those around them, prayers and meditations that can be used, and an eight-step program to gain inner peace.

Hume, Cardinal Basil – Cardinal Hume, A Spiritual Companion: Reflections through the Year

A selection of Scripture passages, thoughts and prayers, from sermons and writings of a much loved and admired English Catholic leader, organized by the seasons of the Church's liturgical year, beginning with Lent.

Hungering and Thirsting for Justice: Real-life Stories by Young Adult Catholics, edited by Louwagie and Ward

Moving stories by American Catholics about their personal conversion on controversial matters of Christian morality and action, such as the death penalty, race relations, and homosexuality.

\*Hunt, Allen and Matthew Kelly – The Fourth Quarter of Your Life: Embracing What Matters Most

A primarily workbook approach to developing clarity of direction and intentionality in the 60-80 age group. It asks the reader to consider a number of questions regarding life experience, values and hoped-for goals in order to let the reader develop for himself a successful completion of life. It is a companion to No Regrets.

I Like being Catholic: Treasured Traditions, Rituals, and Stories

A feel-good collection of personal experiences and memories from a wide variety of Catholic writers on their positive feelings of being Catholic.

Jampolsky, Gerald – Forgiveness: The Greatest Healer of All

An examination of the difficulties of forgiving and the effects of not forgiving.

Johnson, Richard – The 12 Keys to Spiritual Vitality: Powerful Lessons on Living Agelessly

Thoughts from a gerontological counsellor on necessary steps to a fullness of life and maturity in God: connection with others, forgiveness of self and others, living in the moment, letting go of anger, and so on.

Kane, Thomas – The Healing Touch of Affirmation

A book on the psychic/social need for affirmation from others through their love in order to offer life-giving affirmation to others in order that they can also grow as God intends.

Keane, Judy – Single and Catholic: Finding Meaning in Your State of Life

Singles make up 40% of the Church, but are a very diverse group in terms of the reason for their singleness and are little considered in the Church, given the traditional emphases on married, clerical or religious life. Keane looks at the challenges of singles in a secular world characterized by non-Christian values, and explores the role that singles have in the New Evangelization emphasis for Catholics.

Kelly, Elizabeth – Jesus Approaches: What Contemporary Women can learn about Healing, Freedom & Joy from the Women of the New Testament

Kelly looks at women like Mary Magdalene, Veronica and unnamed women like the woman with the continuous hemorrhaging, and relates imaginatively their relationship to Jesus to her own life experience. She suggests a similar giving of our brokenness to Jesus in return for greater fullness of life and healing.

Kelly, Matthew – The Biggest Lie in the History of Christianity

A popular analysis of the assumptions of modern North American culture. These present a challenge to Christians as they attack our basic beliefs in God's presence in history, our need for Christ, and our goal of holiness and union with God. Kelly writes of the effects of cultural absorption in our comfortable, though perhaps unconscious, refusal to allow God to transform our lives into "something beautiful" for Him.

Kelly, Matthew – Difficult Teachings: The 40 Most Challenging Teachings of Jesus

Designed as a meditation on one challenge a day for Lent, this book challenges the reader to examine closely one's tendency to avoid the often hard questions that Christ asks us, or the hard judgements passed on our behavior and our society's milieu.

\*Kelly, Matthew – The Generosity Habit

Very quick, easy reading on how daily giving, both monetarily and non-monetarily, can change one's life and transform the world. Well worth looking at during Advent or Lent.

Kelly, Matthew – Life is Messy

From his own experience, Kelly talks of the universal problem of life being messy, cracked, and not what we might have planned. He discusses how to embrace that messiness and use it to progress to a fuller life.

Kelly, Matthew – Rediscover Jesus: An Invitation

A collection of short stories or meditations that pose questions about Jesus and our relationship with Him. After each story, Kelly gives a point to ponder, a verse from the Bible to consider, a question about one's life, and a short prayer arising from these.

Kelly, Matthew – Resisting Happiness

This is a true story about why we sabotage ourselves, feel overwhelmed, set aside our dreams, and lack the courage simply to be ourselves, and how to start choosing happiness again.

Kelsey, Morton – Psychology, Medicine & Christian Healing

An examination by an Anglican minister, himself a healer, of the history and nature of Christian healing from Jesus to modern times, with reference to the supporting understanding of healing in the work of Jung.

Laney, Marti – The Introvert Advantage: How to Thrive in an Extrovert World

Tips, coping mechanisms, and tactics for energy management for introverts working with their temperament in areas such as relationships, parenting, socializing, and the working environment.

Leddy, Mary Jo – Say to the Darkness, We Beg to Differ

A selection of Leddy's writings in the late 70s and 80s about social justice matters that challenged the Church and humanity with choices between being overwhelmed in one's silence by the dark side of life or embracing fully the need to witness to the light.

Lepp, Ignace – Love Builds Mankind: A Great Psychiatrist's Final Testament to His Readers

Essays based on the principle of the need for taking adult individual responsibility for actions and decisions, particularly in an environment of rapid change and challenge to traditional morality.

Loder, Ted – The Haunt of Grace: Responses to the Mystery of God's Presence

Selections from sermons on the mystery in life's events that keeps us from mediocre settling, and keeps us restless for God in response to this manifestation of God's grace.

Lowery, Daniel – Following Christ: How to Live a Moral Life

Drawing on the Bible, documents from Vatican II and John Paul II, and from letters from the American Conference of Bishops, the author examines the basis of Christian morality. He looks at traditional themes, such as God's love for us and human freedom. He also deals with current problems like sexuality, medical ethics, and justice.

Lukefahr, Oscar – The Search for Happiness: Four Levels of Emotional and Spiritual Growth

Lukefahr examines four levels of happiness, all of which but the final one are inadequate to achieve the desire of humans for ongoing happiness. He looks at gratification of bodily sensations, the achievement of personal success, the approval of others, relationships and service of others, and finally the only one that is not vulnerable to change – friendship with God.

Lustiger, Jean-Marie, Cardinal – The Promise

A book growing out of the renewal of relations between Jews and Catholics, fostered by John Paul II. It explores the nature of the relationship of Jesus and the early Church towards their roots in Judaism and the fulfillment that Jesus is of God's promise to His chosen people.

MacFarlane-Barrow, Magnus – Gift: Charity and the Art of Living Generously

Illustrated with examples from his experience with Mary's Meals, the author examines charity and its centrality in Christianity both historically and today, with

insight into its relationship to social justice and its ongoing pressing need in our world.

Macomber, Debbie – One Simple Act: Discovering the Power of Generosity

Meditations on generosity with stories of acts of generosity and their consequences. A feel-good book.

\*Manning, Brennan – Abba's Child: The Cry of the Heart for Intimate Belonging

An exploration of unmasked, accepted brokenness as the premium avenue of entering a deep relationship with the Father through Christ. Unflinchingly realistic in its look at humankind and infinitely hopeful in the results of the prodigal returning wholeheartedly to God.

\*McKenna, Megan – A Bowl of Perfect Light: Stories of Forgiveness, Reconciliation, and Repairing the World

From Scripture and a variety of spiritual traditions, McKenna brings insights and practices of reconciliation which are challenging to most of us who, in conflict and situations of wrong inflicted on us, are usually sure of the rightness of our position and the unyielding, unforgiving justifications of our actions.

\*McLaren, Brian – We Make the Road by Walking: A Year-long Quest for Spiritual Formation, Reorientation and Activation

Organized around the liturgical calendar, this is a year's worth of fresh look at the whole Bible, applying the lessons contained there to Christian action in the world. Each reading comes with questions for thought, including some specifically for children.

McGeady, Mary – Sometimes God has a Kid's Face

Moving stories of the street children that were rescued by the Covenant House movement, led for some years by the author.

\*Mills, Lia – An Inconvenient Life

The autobiographical story of an Ontarian girl who has felt called by God to oppose abortion and the effect that that has had on her life so far. A good read for teenagers to see what is involved in taking Christian values to the marketplace.

Muldoon, Tim – Living against the Grain: How to Make Decisions that Lead to an Authentic Life

A useful book for people facing a time of transition, a guide on how to proceed in discerning what really matters to one, defining one's purpose in life, and living in freedom of spirit to be the person intended by God, despite worldly pressures.

Muller, Wayne – Sabbath: Finding Rest, Renewal, and Delight in our Busy Lives

An interesting exploration of the need for rest, for non-busyness, in order to be truly human, humane and centered in God, summed up in observance of the Sabbath.

Murphy, James – 17 Steps toward Better Communication with Your Teen

Short tips on making matters between family members clearer and more open to positive growth. Self-tests help parents to see better where they are coming from and how they can influence the reactions of others.

Muto, Susan – Late Have I Loved Thee: The Recovery of Intimacy

An exploration of everyday intimacy that gives us a deeper meaning to life and enables our relationship with God, helping us to move beyond a lonely sterile individualism.

Naughton, Michael – Getting Work Right: Labor and Leisure in a Fragmented World

A very interesting book on the need to transform our work world from an emphasis on profit to an emphasis on human dignity, based on a balance between the revivifying observance of Sunday as rest in God and work that promotes the good development of both the worker and the world.

Nouwen, Henri – Community

A selection of both unpublished writing and published articles giving Nouwen's understanding of community as a necessary part of one's spiritual life, requiring much effort on the part of the participants in response to God's call to live together.

O'Malley, Timothy – Becoming Eucharistic People: The Hope and Promise of Parish Life

An American book, conservative in tone, about the revitalization of Catholic devotion to, understanding of, the Eucharist, and the implementing of the essence of the Eucharistic sacrifice to everyday family and societal life.

Parsons, Rob – The Sixty Minute Marriage Builder

A selection of short essays, all readable in an hour total, on aspects of marriage such as communication, finances, and warming up one's love life.

\*Pennington, Basil – Called: New Thinking on Christian Vocation

As we now live in a continuing state of crisis in regards to vocation in all areas-clerical and lay, it is useful to look at this older book. Pennington offers some wise analysis on what is meant by call, how it can be fostered by others so one can hear the unique call God makes to each of us.

Philippe, Jacques – Searching for and Maintaining Peace: A Small Treatise on Peace of Heart

The book explores the nature of inner peace, the challenges to it, and what the saints tell us about it.

Popcak, Gregory – For Better...Forever: A Catholic Guide to Lifelong Marriage

Based on a combination of clinical counselling and personal experience with Christianity, the author describes exceptional marriages built on relationship skills and life experience, both of which can be taught.

Powell, John – Why am I Afraid to Tell You Who I am

Powell looks at the different levels of communication between people and how they help define the depth of relationship that we are willing to commit to in that relationship. He discusses the various personae that we adopt to show the world and their effects on our authenticity and personal growth.

Reilly, Christopher – Making Your Marriage Work: Growing in Love after Falling in Love

Part one deals with our beliefs about marriage and Part two with basic skills of communication, accommodation and acceptance that enable growth in a marriage.

Richo, David – Coming Home to Who You are: Discovering Your Natural Capacity for Love, Integrity, and Compassion

Based on Jungian psychology and Buddhist philosophy, Richo writes on how to nurture the best in ourselves and our relationships.

\*Rolheiser, Ronald – Chastity and the Soul: You are Holy Ground

A short but penetrating examination of the lack of, and the need for, chastity in the modern world. Recapping some past themes like the energizing presence of God deep in our souls, which works in tension with the circumstances of our lives, the author defines chastity not simply in negative terms as the world sees it but as the energy spring of successful Christian living.

\*Rupp, Joyce – Jesus, Companion in My Suffering: Reflections for the Lenten Journey

Arranged on a day-by-day journey through Lent to Easter Sunday, these are short meditations on our suffering and the presence of Christ Who leads us to a greater wisdom through our pain. There is a short Bible passage, followed by a gentle exploration of the theme with a short prayer to Christ. The day's selection ends with a small resolution for action on the specific theme of the day.

Rusk, Tom – Mind Traps: Change Your Mind Change Your Life

Rusk offers a self-help change program to correct several mental habits, like fear of change, failure and rejection, self-blame and perfectionism, that sabotage people's development and happiness.

St. Romain, Philip and Lisa Bellecci-St. Romain – Living Together, Loving Together: A Spiritual Guide to Marriage

A waterfront coverage of all aspects of marriage from premarital communication on values and expectations to marriage's sacramental nature, and dealing with challenges around money, children, and stress.

Scanlan, Michael – What Does God Want? A Practical Guide to Making Decisions

Guidance for making both small and large decisions, judging options on the basis of five characteristics: conformity with God's known will, contribution to the ongoing conversion of one's heart, the consistency of the decisions with past

events in one's life, confirmation by ensuing events, and the level of conviction one has about the rightness of the decision.

Schmitz, Michael – Made for Love: Same-sex Attractions and the Catholic Church

A book written in the same clear, down-to-earth style of Fr. Schmitz' Internet videos, this is a very approachable look at a topic of current interest. With compassion for the person, but also a clear understanding of the call for all Christians to chastity, Schmitz lays out the Church's position on orientation to, and practice of, homosexuality.

Schumacher, E.F. – A Guide for the Perplexed

The author of *Small is Beautiful* presents a critique of the "materialistic scientism," that he sees prevailing today, and which diminishes man to a collection of mindless mechanistic atoms. He suggests a larger Christian view which inspires us to develop out goals and a life of higher significance.

Shannon, William – Seeds of Peace: Contemplation and Non-violence

Shannon looks at the difficulties that people have bringing peace to their lives, relationships and their society. He suggests that a deep interiority of life is necessary to achieve peace. Contemplation, he suggests, can produce a oneness with God that will, as a by-product, create love and non-violence.

Smith, Janet and Christopher Kaczor – Life Issues, Medical Choices: Questions and Answers for Catholics

A useful book informing Catholics in clear language on where the lines are drawn for Catholics on beginning-of-life issues, such as reproductive technologies and family planning, and on end-of-life issues. It also looks at wider matters such as respect for the human body, the authority of the Church, and co-operation with evil.

Snyder, John – Marrying for Life: The Challenge of Creating a Lasting Friendship

Written by a local author, this book stresses the need for serious premarital work in communicating between each partner on values and expectations, and then ongoing need for communication in dealing with problems that normally arise in marriage, such as resolving conflicts, money and raising children.

Stepien, Chris – Dying to be Happy: Discovering the Truth about Life

An easy-reading exploration of how to respond to our uncertain in timing but certain in happening death. In preparation, Stepien suggests living like Christ, showing mercy and using earthly possessions in love in order to secure real wealth in heaven.

Stewart, Haley – The Grace of Enough: Pursuing Less and Living More in a Throwaway Culture

Thoroughly steeped in Catholic tradition and the latest Statements of Pope Francis about stewardship and care for both the planet and each other, the author offers from her own life examples of living with restraint and intention. Easy reading.

Ternier-Gommers, Marie Louise – Finding the Treasure Within: A Woman's Journey into Preaching

The autobiography of a Catholic woman, trained in a Lutheran seminary, who expresses her call to liturgical preaching.

Tushnet, Eve – Gay and Catholic: Accepting My Sexuality, Finding Community, Living My Faith

An interesting read that is, in part, the autobiography of Tushnet, defining herself as gay, converting to Catholicism, and living her vocation as a celibate single. In part the book is a series of suggestions for homosexuals in living as Catholics, and for the rest of us on how to encourage and support people in that position.

Tyrrell, Thomas – The Adventure of Intimacy: A Journey through Broken Circles

Based on the example of the lives of his grandparents and the witness of many correspondents, both lay and religious, Tyrrell examines the universal search for simplicity and a loving response from another human being and God. Relational intimacy can be the basis for a oneness that can lead to a deep spirituality.

Vanstone, W.H. – Fare Well in Christ

A well-known Anglican writer explores the anxieties and fears prevalent in our world despite technological progress and relative security, and invites the reader to delve deeply into various “mysteries,” like the fact of existence, the meaning of existence, and of one's particularities.

Vogels, Walter – Becoming Fully Human: A Biblical Perspective

Rather than reading the Bible as a series of disconnected quotations to support a particular viewpoint, Vogels suggests a broader view in which the whole Bible becomes normative for the believer. The basic message is that we are called to be open to God, to have solidarity with others, and to have respect for nature.

Vogt, Brandon – Return: How to Draw Your Child back to the Church

Although based on American statistics on the dropping away of Catholics from the Church, there is much here that would be helpful to Canadian parents. Vogt looks at the reasons given for dropping and creates an action plan for reconnection with answers to the reasons given.

Vost, Kevin – The Catholic Guide to Loneliness: How Science and Faith can help us to understand it, grow from it, and conquer it.

Based on ancient philosophy and Biblical wisdom, supported by modern psychological theory, this book analyzes the causes of our growing problem of loneliness, and suggests both secular and religious remedies. Vost suggests how to use loneliness in the service of God and our neighbour, and how to deal with any residual loneliness.

\*Warren, Tish – Liturgy of the Ordinary: Sacred Practices in Everyday Life

Warren, an Anglican priest, recounts a typical day in her life, connecting episodes in it with the liturgy of daily prayers and the Eucharist, showing an unbreakable melding of the apparently secular and the sacred.

Weaver, Joanna – Having a Mary Heart in a Martha World: Finding Intimacy with God in the Busyness of Life

Helpful hints for today's busy women on the integration of both intimacy with God and accomplishment of what is needed for daily life in a family to continue. A study guide is included for use either alone or in a group.

Wells, David – The Reluctant Disciple: Daring to Believe

A good read on one man's discovery of his discipleship and God.

West, Christopher – Good News about Sex and Marriage: Answers to Your Honest Questions about Catholic Teaching

A traditionally based examination of such issues as chastity inside and outside of marriage, contraception, reproductive technologies, same-sex attraction, celibacy, and the Church's authority in such matters.

West, Christopher – Theology of the Body for Beginners: Rediscovering the Meaning of Life, Love, Sex, and Gender

A revised and enlarged edition of West's book giving a Biblical response to the present sexual revolution, family disfunction, and confusion on what it means to be human. Includes material from John Paul II, Benedict XVI, and Francis.