

Contemplative Resources

Contemplatives are known for their intuitive, imaginative and mystical spirituality. They value peace, harmony, and inner silence. Mystics are nurtured by walking alone in the woods or sitting quietly with a trusted friend. They may also enjoy poetry, meditation, wordless prayer, candles, art, books, and anything else that helps they connect with God. Mystics experience God best through rich images and symbols. They are contemplative, introspective, intuitive, and focused on an inner world as real to them as the exterior one. Hearing from God is more important to them than speaking to God. Others may attribute human characteristics to God, but mystics tend see God as ineffable, unnamable, and more vast than any known category. They are intrigued by God's mystery. Mystics want to inspire and persuade others, and need to live lives of significance. At times they push the envelope of spirituality, helping the rest of us imagine who we might become if we followed their lead. Sometimes they may feel a bit guilty about your need for solitude and silence. Contemplatives push against the American myth that thinks about being alone and doing nothing as lazy, antisocial, or unproductive.

If you are a Contemplative, give yourself permission to retreat and be alone. It's essential for your well-being. On the other hand, don't get so carried away retreating that you become a recluse. That only deprives the world of your gifts and deprives you of the lessons that come from being with others. Some Mystics may have a true vocation for solitary prayer, but the rest may need to alternate retreat time with involvement and interaction.

Adapted from <http://www.upperroom.org/method/default.asp>

Websites

Website Links	Subject
http://www.upperroom.org/method/default.asp	General Resource
http://www.tyndale.ca/sem/mtsm modular/viewpage.php?pid=38	General Resource
http://www.worship.ca/sec6.html	General Resource
http://www.religion-online.org/	General Resource
http://www.touchstonemag.com/archives/	General Resource
http://www.spiritualityandpractice.com/practices/	General Resource
http://www.worshipmatters.com/	
http://www.matthewhenry.org/	Prayer

Books

Author	Title	Subject	Library?
Appleton, George	The Oxford Book of Prayer	Prayer	Yes
Baillie, John	A Diary of Private Prayer	Prayer	Yes
Barth, Karl	Prayer	Prayer	Yes
Berry, Wendell	A Timbered Choir. The Sabbath Poems 1979-1997		Yes
Bondi, Roberta C.	To Pray and to Love: Conversations on Prayer	Prayer	Yes

Brother Lawrence	The Practice of the Presence of God		Yes
Chambers, Oswald	My Utmost for His Highest- Selections for the Year		Yes
Clifford, Patricia Hart	Sitting Still: An Encounter with Christian Zen	Meditation	Yes
Dietrich, Bonhoeffer	Instructions in Daily Meditations	Lectio Divina	
Dyckman, Katherine	Inviting the Mystic, Supporting the Prophet. An Introduction to Spiritual Direction		Yes
Edwards, Tilden	Spiritual Direction, Spiritual Companion: Guide to tending the soul		Yes
Foster, Richard	Freedom of Simplicity	Simple Living	Yes
Foster, Richard J.	Celebration of Discipline: The Path to Spiritual Growth		Yes
Foster, Richard J.	Prayer: Finding Heart's True Home		Yes
Foster, Richard J.	Devotional Classics: Selected Readings for Individuals and Groups		Yes
Ganss, George E.	Ignatius of Loyola: Spiritual Exercises and Selected Works		Yes
Grenz, Stanley James	Prayer: The Cry for the Kingdom	Prayer	Yes
Hall, Thelma	Too Deep for Words: Rediscovering Lectio Divina	Lectio Divina	Yes
Harkness, Georgia E.	Prayer and the Common Life	Prayer; Social Justice	Yes
Johnstonk, William	The Inner Eye of Love: Mysticism and Religion		
Keating, Thomas	Open Mind, Open Heart		Yes
Kelsey, Morton T.	Dreams: A Way to Listen to God		Yes
Kelsey, Morton T.	Adventure Inward- Christian Growth through Personal Writing		Yes
Leech, Kenneth	True Prayer: An Invitation to Christian Spirituality		Yes
Manning, Brennan	The Ragamuffin Gospel		Yes
Merton, Thomas	Spiritual Direction and Mediation		Yes
Nouwen, Henri J.M.	The Inner Voice of Love: A Journey through Anguish to Freedom		Yes
Nouwen, Henri J.M.	The Way of the Heart: Desert Spirituality and Contemporary Ministry		Yes
Peterson, Eugene	Eat This Book: A Conversation in the Art of Spiritual Reading	Lectio Divina	Yes
Rolheiser, Ronald	The Holy Longing: The Search for Christian Spirituality		Yes

Runcorn, David	A Center of Quiet: Hearing God when Life is Noisy		Yes
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Famous Contemplative/Mystics

Thomas Merton

Anthony de Mello

John (the Gospel writer)

Brother Lawrence (*Practicing the Presence of God*)

Desert mothers and fathers

Charlie Brown

Sister Wendy

Julian of Norwich

Luke

Practices

- Lectio Divina