

Monday, February 12, 2024

Resources for Rhythm of Life

Books

- Joan Chittester, *The Rule of Benedict*
- Esther de Waal, *Seeking God the Way of St. Benedict*
- Patrick Henry, *Benedict's Dharma*
- John McQuiston, II, *Always We Begin Again*
- Mary Bea Sullivan, *Living the Way of Love*

Prayers

- Centering Prayer. <https://www.contemplativeoutreach.org/centering-prayer-method/>
- Ignatian Examen, <https://www.ignatianspirituality.com/ignatian-prayer/the-examen/>. Also handout in Resource Section
- Lectio Divina, <https://www.contemplativeoutreach.org/lectio-divina-contemplation/>
- Online Book of Common Prayer, <https://www.bcponline.org/>

Apps

- Centering Prayer
- Pray as You Go—Daily Meditations
- eCP —Episcopal Lectionary and Daily Offices
- Reimagining the Examen
- Forward Day by Day (also in booklets in the church)

Podcasts

- Living Compass Spirituality and Wellness Podcast

- The Wellness Compass, Scott and Holly Hughes Stoner
- Opening Minds and Opening Hearts, Contemplative Outreach
- Now and Then Podcast, Henry Nouwen
- Everything Happens, Kate Bowler
- On Being, Krista Tippett
- Ten Percent Happier, Dan Harris

Rules of Life and Misc.

- The Way of Love The Episcopal Church. <https://www.episcopalchurch.org/way-of-love/>
- Society of Saint John the Evangelist (SSJE) <https://www.ssje.org/growrule/>
- Center for Spiritual Imagination (Rev. Adam Bucko) <https://www.spiritualimagination.org/rule-of-life/>
- Retreat on 2 Feet Facebook page— <https://www.facebook.com/groups/453669210049678/>