

BREAD FOR THE JOURNEY – SUGGESTED BOOKS FOR LENT

The Bible tells us that Abraham went on a long journey at God's direction; Moses journeyed at God's direction for forty years. Of course, Jesus' journey to Jerusalem and his crucifixion is at the heart of our faith story. So, it seems "right and good" that we too should take a journey through Lent, listening for the Spirit's direction in our lives, deepening our connection to Jesus and finding God's presence in our world.

Below you will find books, suggested by clergy and Adult Education folks, that offer bread for that journey. Our church librarian, Elaine DeNiro, has also created a selection of books for Lent that you can find in our library. That list will be published separately so you can have two different sources for books. There are also many books of Lenten meditation that you can find through a search on the web. We offer in these suggestions in the hope that it will provide additional meaning and depth to your forty days of Lent.

What Makes You Come Alive: A Spiritual Walk with Howard Thurman. Lerita Coleman

(Howard Thurman - MLK's spiritual adviser - offers spiritual kinship and guidance for our contemporary life; he can awaken us to intimacy with God and to authentic action today. Each chapter ends with reflection questions and spiritual steps.)

Living an Examined Life: Wisdom for the Second Half of the Journey. James Hollis (The chapters are brief, succinct, and filled with opportunities to consider where we are, have been, and may be going.)

Poverty of Spirit, Johannes Metz. (Spiritual classic; a beautiful meditation on the incarnation, on what it means to be fully human, and on finding the face of God hidden in our neighbors).

Healing and Wholeness, John Sanford (Insights into healing using ancient and modern sources: ancient Greek healing mysteries, the lore of shamanism, the wisdom of the American Indian, the healing emphasis in early Christianity and the very modern perspective on healing furnished by C. G. Jung)

The Rise of Christianity: How the Obscure, Marginal Jesus Movement Became the Dominant Religious Force in the Western World in a Few Centuries, Rodney Stark (Stark, a sociologist, examines the rise of Christianity, from a small movement in Galilee and Judea at the time of Jesus to the majority religion of the Roman Empire a few centuries later.)

A Way Other Than Our Own: Devotions for Lent. Walter Bruggeman (A renowned theologian suggests that we are called to walk an alternative path--one of humility, justice, and peace in thought-provoking reflections for the season of Lent.)

Wondrous Encounters. Richard Rohr (Meditations on the readings for Lent, which guide us to transformation into our original "image and likeness," which is the very image of God. What always and finally matters for all of us is encounter!)

Living Lent: Meditations On These Forty Day. Barbara Crafton (An Episcopal priest takes the poetic words of our beautiful hymns, which have spoken to us of God, and uses them to find meditations for each day of Lent.)

Hope of Glory. John Meacham (The seven last sayings of Jesus as recorded in the Gospels are the basis for this book which combine both historical and theological insights to reflect on the true heart of the Christian story.)

Beginning to Pray. Anthony Bloom (Short spiritual work would be of value to any Christian looking to reflect on and deepen one's prayer; recommended by the Bishop of Georgia to their congregations)