

SACRED READING - Selected resources

BOOKS

The Song of the Seed: A Monastic Way of Tending the Soul by Macrina Widerkehr

A “retreat in a book” structured around three ten-day sequences of scripture excerpts, with guidance for sacred reading as an individual or in groups.

The Return of the Prodigal Son by Henri Nouwen

Nouwen ponders Rembrandt’s painting and the parable of the Prodigal Son, showing how deeply one can enter into a sacred work of art.

Praying with Jane Eyre by Vanessa Zoltan

(Suggested by Lisa of lisanotes.com)

An “atheist chaplain” and divinity school graduate relates how life lessons learned from her favorite book led her toward techniques for seeing any book as a sacred text.

Open Mind, Open Heart by Thomas Keating

If you’d like to learn more about silent prayer (the “rest” part of the practice), and about contemplative practice in general, this classic book is a wonderful resource.

AUDIO

Singing the Psalms by Cynthia Bourgeault

Chanting the psalms is another ancient tradition that breathes life into Scripture, helping us connect with our bodies and form community. Bourgeault shares simple and beautiful ways of tapping into this treasured practice today.

WEBSITE

Resources of Contemplative Outreach <https://contemplativeoutreach.org/>

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