



Resources for Seeking the Sacred in the Everyday

offered by Karen Wright Marsh, CoDirector, **Theological Horizons**
1841 University Circle, Charlottesville, VA 22903 434.244.2839
www.theologicalhorizons.org karen@theologicalhorizons.org

Barton, Ruth Haley. Sacred Rhythms: Arranging Our Lives for Spiritual Transformation. IVP Books. Downers Grove, IL. 2006.

✠ An warm, thoughtful book about weaving Christian disciplines into everyday life

Calhoun, Adele Ahlberg. Spiritual Disciplines Handbook: Practices That Transform Us. IVP Books. Downers Grove, IL. 2005.

✠ Practical guidance, this is a detailed resource on a wide range of Christian practices

Chittister, Joan. Wisdom Distilled From The Daily: Living the Rule of St. Benedict Today. HarperSanFrancisco. San Francisco, CA. 1990.

✠ Written by a Benedictine nun, a book for busy people from every walk of life

Crenshaw, Kitty, and Catherine Snapp. The Hidden Life: Revelations from a Holy Journey. NavPress. Colorado Springs, CO. 2006.

✠ A moving biography of a woman who relied on God in the midst of depression

Guenther, Margaret. The Practice of Prayer. Cowley Publications. Cambridge, MA. 1998.

✠ In-depth teaching on prayer in the midst of life, by an Episcopal retreat leader

Hess, Valerie E. and Marti Watson Garlett. Habits of a Child's Heart: Raising Your Kids with the Spiritual Disciplines. NavPress. Colorado Springs, CO. 2004

✠ Bringing spiritual habits into your family with practical, age-specific exercises

McGuirk, Nancy. Rest Assured: Devotions for Souls in a Restless World. B&H Publishing Group. Nashville, TN. 2007.

✠ Ninety soul-soothing readings based on Scripture

Newell, J. Philip. Celtic Prayers from Iona. Paulist Press. New York / Mahwah, NJ. 1997

✠ From the ancient stream of Celtic Christianity, a lovely little book of daily prayers

Norris, Gunilla. Being Home: A Book of Meditations. Bell Tower. New York. 1991

✠ Praying through the day moment-by-moment with meditations on the most commonplace actions: Awakening, Breakfast, Reading the Paper, Doing Dishes & more

Norris, Kathleen. The Quotidian Mysteries: Laundry, Liturgy, and "Women's Work." Paulist Press. New York/Mahwah, NJ. 1998

✠ On how the daily or "quotidian" can open us to the transforming presence of God

Peterson, Eugene H. The Wisdom of Each Other: A Conversation Between Spiritual Friends. Zondervan. Grand Rapids, MI. 1998.

✠ Letters between two friends who share a transparent, Christ-centered relationship

Peterson, Margaret Kim. Keeping House: The Litany of Everyday Life. John Wiley & Sons. San Francisco, CA. 2007.

✠ A theology of housekeeping! Biblical insights into why our routines have meaning

Ward, Hannah, ed. and Jennifer Wild, ed. The Monastic Way: Ancient Wisdom for Contemporary Living: A book of daily readings. William B. Eerdmans Publishing Company. Grand Rapids, MI/Cambridge, UK. 2006.

✠ A short reading for each day of the year from monastics from the past and present

Wiederkehr, Macrina. A Tree Full of Angels: Seeing the Holy in the Ordinary. HarperSanFrancisco. San Francisco. 1988.

✠ The Benedictine tradition and practice of diving reading made accessible for everyone

Setting the Table

As I lay the fork near the plate,
Let me remember this is Your table,
not mine.

As I set the water glasses down
And fold the napkins, let me be reminded
That every setting at this table
is Yours, not mine.

Each one who will partake of this meal
Is a particular someone You love,
a someone
You have made and whom You sustain.
In You nothing and no one is forgotten.
How vast and providential is the memory
With which You keep us all.

It is only we who forget You
And then one another.
It is we who starve each other
And exclude each other.
Give me new eyes.
When the glass is raised by my friend
Let me see You drinking.
When the fork is lifted by my child,
Let me recognize You eating.

You are the hidden joy which feeds
And keeps everything. You are the table,
The guest, the meal,
and the commemoration.

Make in my person a place setting for You.
Remind me of my true nature
Which is recalled only in you.

✠ Gunilla Norris from Being Home: A Book of Meditations

On the Incarnation

Christ has no body but yours,
No hands, no feet on earth but yours,
Yours are the eyes with which he looks
Compassion on this world,
Yours are the feet
with which he walks to do good,
Yours are the hands,
with which he blesses all the world.
Yours are the hands, yours are the feet,
Yours are the eyes, you are his body.

✠ Teresa of Avila