

BUSY PERSONS' PRAYER —RESOURCES

BE STILL AND KNOW THAT I AM GOD***BE STILL AND KNOW THAT I AM***
BE STILL AND KNOW*** BE STILL*** BE

Taize Community in France (website)

Taize Community in France, attracts thousands of young people annually. Brother Roger was murdered a few years ago. He started the community in 1940, hiding Jews from the Nazi's. Today it is a place of ecumenical prayer and simplicity of life. Taize music: Ubi Caritas, Jesus Remember Me, Veni Sancte Spiritus. Music available at Amazon

The World Community for Christian Meditation (Lawrence Freeman, British Benedictine monk) (website)

Meditation for all ages (website)

Preschool children are taught to mediate for 5 min. advancing to 15 min. for gr. 10. They choose a mantra and repeat it in their minds while remaining very still. "Ma ra na tha." (Come Lord Jesus) Website very good.

Sacred Space: by the Irish Jesuits (website)

The website begins:

"We invite you to make a "sacred space" in your day and spend 10 min. praying here and now as you sit at your computer, with the help of the onscreen guidance and scripture chosen specially every day." Very well done.

LIVING WITH CHRIST: missalette for the liturgical readings for the month
www.livingwithchrist.us

Anne Lamott: Traveling Mercies and other works

Morning Prayer: Help me, help me, help me.

Evening Prayer: thank you, thank you, thank you.

Ruth Burrows, OCD: Essence of Prayer

Joyce Rupp: Walk in a Relaxed Manner and other works

Joseph Schmidt, FSC: Praying Our Experiences

Good chapter on healing: "Healing the Past: Naming, Accepting, and Forgiving"

Robert Faricy, SJ and Robert Wicks, SJ : Contemplating Jesus

(good explanation of praying in tongues) "Prayer in tongues is not a real language like, say, English or Italian; it is a language the way dancing and painting are languages. Praying in tongues is "vocalized contemplation."

Eilenn O’Hea, CSJ: Woman: Her intuition for Otherness, the Path of Christian Meditation. (She deals with good old Catholic guilt and shame.)

Richard Rohr (all of his works, as well as his website)

Ronald Rolheiser (all of his works, as well as his website)

Thomas Lewis: Finding God, Praying the Psalms in Times of Depression.

Walter Brueggemann: Spirituality of the Psalms

Eckhart Tolle: The Power of Now; and A New Earth

Personality Inventories: The Myers Briggs; The Enneagram

Guided imagery using a CD or a tape.

Newspaper reflection (sitting with the newspaper and bring to prayer the current sufferings of the world.)

Taking a walk, body gestures, yoga (Native American custom of honoring the Great Spirit of the four winds each day,)

Dance, art, music

Walking the Labyrinth (Praying at Every Turn: meditations for walking the labyrinth. Carole Ann Camp)

The Rosary