Spiritual Enrichment Resources

**Daily Prayer**
The Episcopal Book of Common Prayer—page 37 (traditional language) and page 73 for contemporary language begins the Morning, Afternoon, Evening, and Bedtime (Compline) prayers.

Forward Day by Day—daily reflections on Scripture by Forward Movement
http://prayer.forwardmovement.org

Daily Office West—sign up to have morning and evening prayer emailed to you.
https://dailyoffice.wordpress.com

Mission St. Clare—daily office online, audio version available
http://www.missionstclare.com/english/spoken/morning.html

**The Daily Examen**
https://www.ignatianspirituality.com/ignatian-prayer/the-examen

**Daily Devotions via email**
Frederick Buechner–http://www.frederickbuechner.com/quote-of-the-day/
Henri Nouwen, http://henrinouwen.org/resources/daily-meditation/Forward
SSJE  Brother Give Us A Word—https://www.ssje.org/word/
Thistle Farms–https://thistlefarms.org  The Reverend Becca Stevens
Center for Contemplation and Action cac.org  Fr. Richard Rohr
Sr. Joan Chittister http://www.joanchittister.org daily meditations and books
Barbara Crafton—http://www.geraniumfarm.org

**Apps**
Pray As You Go- (podcasts)
Centering Prayer by Contemplative Outreach Ltd.
Examen
Super Soul Sunday (podcast)

**Retreat Centers**
Holy Cross Monastery, West Park, NY  https://holycrossmonastery.com/
Ignatius House, Atlanta, GA
Sacred Heart Monastery, Cullman, AL http://www.shmon.org/
Saint Mary’s Sewanee, Sewanee, TN http://www.stmaryssewanee.org/
The Order of Saint Helena, Augusta, GA https://www.osh.org

**Additional Resources**
Rule of Life
SSJE A rule of life allows us to clarify our deepest values, our most important relationships, our most authentic hopes and dreams, our most meaningful work, our highest priorities. It allows us to live with intention and purpose in the present moment.
https://www.ssje.org/category/rule-of-life/
Episcopal Church  http://www.episcopalchurch.org/68143_ENG HTM.htm


Contemplative Outreach  Birmingham—http://centeringprayeralabama.com

Spirituality and Practice online courses  http://www.spiritualityandpractice.com

Metagem Spiritual Direction and Dreamwork Training  http://metageminstitute.org

Visio Divina

Living Compass—“Outfitting individuals, families, congregations, and organizations with tools and training for the journey toward wellness and wholeness.”  http://www.livingcompass.org

Ignatian Spirituality  http://www.ignatianspirituality.com

Celtic Spirituality
http://www.johnodonohue.com  The Rev. John O’Donohue
http://heartbeatjourney.org  The Rev. Dr. John Philip Newell

Anglican Prayer Beads  www.kingofpeace.org


Evelyn Underhill  http://www.evelynunderhill.org/her_work/articles/john.shtml

Books
Cameron, Julia,  The Artist’s Way
Demaray, Donald E., editor,  The Practice of the Presence of God, Brother Lawrence of the Resurrection
Earle, Mary C.,  The Desert Mothers Spiritual Practices from the Women of the Wilderness
Foster, Richard,  Freedom of Simplicity
Green, Thomas H.,  When the Well Runs Dry Prayer Beyond the Beginnings
Jones, Alan,  Soulmaking The Desert Way of Spirituality
May, Gerald, G., *The Dark Night of the Soul*
Miller, Renee, *Strength For the Journey: A Guide To Spiritual Practices*
Mueller, Wayne, *How Then Shall We Live*
          *Sabbath Rest*
Nouwen, Henri, *With Open Hands*
Palmer, Parker J., *Let Your Life Speak Listening for the Voice of Vocation*
Rohr, Richard, *The Naked Now*
Rupp, Joyce, *Prayer Seeds*
Standing Commission on Liturgy Music, Episcopal Church, *Daily Prayer for all Seasons*
Stephen, Ellen and Doug Shadel, *Vessel of Peace A Guide for Pilgrims of the Spirit*
Sullivan, Mary Bea, *Living Awake: Forty Days Toward Renewal*
Underhill, Evelyn, *Practical Mysticism*, and *Mystics of the Church*