

**Contemplative Living: The Spirituality of Daily Life**  
a program of Oasis Ministries for Spiritual Development

**Themes with Bibliography**

**Opening Retreat**

**October 2-3, 2008**      **THE BEGINNING: PAYING ATTENTION AND BEING AWAKE**

**Themes:** Contemplative living as being attentive and awake  
Noticing and opening: in the natural world and in our selves  
Introduction to the program  
Introduction to contemplative practice

**Readings:** DeWaal, Esther, *Lost in Wonder*, Ch. 1, “The Starting Point”, Ch. 2,  
“Seeing with the Inner Eye”, Ch.3, “Silence”, Ch. 4, “Attention”.  
Norris, Gunilla, *Inviting Silence*. Pg. 1-70, or more.

Note: The Norris readings are listed for November also.

Dwell with these reflective readings over the next few months.

**Recommended:** Hanh, Thich Nhat. *The Miracle of Mindfulness*, especially Ch.  
1-4 and 7. Beacon Press, 1987. ISBN 0-8070-1201  
May, Gerald. *The Wisdom of Wilderness*. Harpercollins, 2006.  
ISBN13 978-0-06-084540-7  
Nepo, Mark. *The Exquisite Risk*. Crown Publishing, 2005.  
ISBN0-307-33584-4  
Newell, Philip. *The Book of Creation*. Paulist Press, 1999.  
ISBN 0-8091-3899-9  
Wuellner, Flora Slosson. *Prayer and Our Bodies*. Upper Room Books,  
1987. ISBN0-8358-0568-9

**Monthly Meetings**

**October 30, 2008**      **BEING WITH OUR SELVES, OUR LIVES**

**Themes:** Contemplation as the doorway to the true self  
Being with our longings

**Readings:** Continue with Norris’ *Inviting Silence*, 1-70.  
DeWaal, Esther. *Living with Contradiction*. Ch. 4, “Living with Myself”,  
Ch. 8, “Gift and Grace”  
Rohr, Richard. *Everything Belongs*, pgs. 13-43, Ch. 3, “Ego and Soul”, and  
pgs. 93-114.

**Recommended:** Kidd, Sue Monk. *When the Heart Waits*. HarperCollins, 1992.  
ISBN 0-06-064587-3  
Norris, Gunilla. *Being Home*. Bell Tower, 1991. ISBN  
0-517-58159-0  
Nouwen, Henri. *Can You Drink the Cup?* (see Biblio.)  
Finley, James. *The Contemplative Heart*, esp. Part One. (see Biblio.)

**December 11, 2008 DEEPENING IN THE DARKNESS**

**Themes:** Illusion and Dis-illusion  
Being in the Darkness  
Living with our Fears

**Readings:** DeWaal, Esther. *Lost in Wonder*, Ch. 6, "Dark and Light".  
Merton, Thomas. *Essential Writings*. Ch. 1, "A Call to Contemplation"  
Nouwen, Henri. *The Inner Voice of Love*.

Note: Begin the Nouwen meditations, but journey slowly with them over several months.

Rohr, Richard. *Everything Belongs*. pgs. 43-59, 114-121.

Note: If you're not familiar with *The Awakened Heart* (Gerald May), read Ch. 1-3.

**Recommended:** Kidd, Sue Monk. *When the Heart Waits*. (see previous month)  
Lane, Beldon. *The Solace of Fierce Landscapes*. Oxford University Press, 1998. ISBN0-19-511682-8  
May Gerald. *Dark Night of the Soul*. HarperCollins, 2004 ISBN 0-06-055423-1  
Nouwen, Henri. *The Dance of Life Weaving Sorrows and Blessings Into one Joyful Step*. Ave Maria Press, 2005. ISBN 978-1-59471- 0872

**January 15, 2009 WILLING TO BEING SHAPED**

**NOTE:** Paper is due this month.

**Themes:** Yielding and trusting  
The Fruits of our Willingness  
Hope as a Spiritual Practice

**Readings:** Continue with Nouwen's *The Inner Voice of Love*.  
DeWaal, Esther. *Lost in Wonder*. Ch. 5, "Change".  
May, Gerald. *The Awakened Heart*. Ch. 4, "The Consecration of Hope"  
Ch. 5. "Entering the Emptiness", Ch. 6, "Practice"

**Recommended:** DeMello, Anthony. *The Way to Love*. Doubleday, 1995. ISBN 0-385-24939-x  
Kelly, Thomas. *A Testament of Devotion*, esp. "The Light Within" and "Holy Obedience". Harper, 1991.  
Kidd, Sue Monk. *When the Heart Waits*. (see previous month)

**February 12, 2009 THE RHYTHMS OF OUR LIVES**

**Themes:** The Rhythm of Work and Play  
Contemplative Creativity  
The Rhythm of Solitude and Community

**Readings:** Continue with Nouwen's *The Inner Voice of Love*.  
DeWaal, Esther. *Living with Contradiction*. Ch. 6, "Living with the World", Ch. 9, "Desert and Marketplace"  
May, Gerald. *The Awakened Heart*. Ch. 7, "The Little Interior Glimpse", 8, "The Prayer of the Heart"

**Recommended:** Chittister, Joan. *Wisdom Distilled from the Daily*, especially Ch.7 and 8. (see bibliography)  
 Kelly, Thomas. *A Testament of Devotion*, especially “The Simplification of our Lives”. (see previous month)  
 McDaniel, Jay. *Living from the Center Spirituality in an Age of Consumerism*. Chalice Press, 2000. ISBN0-8272-2130-4  
 Merton Thomas. *Thoughts in Solitude*, especially “The Love of Solitude” Farrar, Straus and Giroux, 1999. ISBN 10 0-374-5325-2  
 Muller, Wayne. *Sabbath Finding Rest, Renewal and Delight in Our Busy Lives*. (see bibliography)

**March 12, 2009      CONTEMPLATIVE ATTENTION IN DAILY RELATIONSHIPS**

**Themes:** Loving God within the Other  
 Daily Relationships in Harmony and Conflict  
 Family as School for the Spirit

**Readings:** DeWaal, Esther. *Living with Contradiction*. Ch. 7, “Together and Apart” and Ch. 11, “Praying the Conflicts”  
 May, Gerald. *The Awakened Heart*. Ch. 10. “Contemplative Presence”  
 Rohr, Richard. *Everything Belongs*. Ch. 5, “Don’t Push the River”.

**Recommended:** Boyer, Ernest. *Finding God at Home: Family Life as Spiritual Discipline*.

Harper and Row, 1988. ISBN 0-06-061054-4  
 Chittister, Joan. *Wisdom Distilled from the Daily*, especially Ch. 4 and 9. (see bibliography)  
 Muller, Wayne. *Sabbath Finding Rest, Renewal and Delight in our Busy Lives*. (see previous month)  
 Norris, Gunilla. *Being Home*. Bell Tower, 1991. ISBN 0-517-58159-0

**April 16, 2009      COMPASSION: THE OVERFLOW OF CONTEMPLATION**

**Themes:** Loving for the World  
 Discernment of the Call

**Readings:** May, Gerald. *The Awakened Heart*. Ch. 11, “Loving in the World”, Ch. 12, “Loving for the World”.

Merton, Thomas. *Essential Writings*. Pg. 89-94, 135-136.

**Recommended:** Chittister, Joan. *Wisdom Distilled from the Daily*, especially Ch. 14 and 15. (see bibliography)

Kelly, Thomas. *The Testament of Devotion*, especially “Eternal Now And Social Concerns. (see January listing)

**Closing Retreat**

**May 14-15, 2009      THE OPENED HEART**

**Themes:** Grounded in gratitude  
 Integration for the journey

**Readings:** DeWaal, Esther. *Lost in Wonder*. Ch.7, “Mystery”, Ch.8, “Gift”, Ch. 9, “Epilogue”  
Steindl-Rast, David. *Gratefulness, the Heart of Prayer*. Ch. 1, “Aliveness and Wakefulness”, Ch 2, “Surprise and Gratefulness”, Ch 3, “Heart and Mind”, Ch. 4, “Prayers and Prayerfulness”