

Books and Resources

Prayer, Meditation, Reflection, Inspirational

Note: Some books may no longer be available, ask your bookshop or library.

Prayer and Reflection...

101 Ways to Talk to God *Dandi Daley Mackall*

Book (hardcover) ISBN 1-57071-636-6

Drawing on everyday events, this book inspires us to commune with God.

Australians at Prayer: personal and community prayers *Bruce David Prewer*

Book (paperback) ISBN 0-85910-976-3

Bruce Prewer taps into our unique Australian experience to provide Christian prayers that Australians can particularly identify with and appreciate.

Australian Prayers (revised and expanded)

Bruce David Prewer

Book (paperback) ISBN 0-85910-946-1

The thoughts and themes of the prayers relate directly to this land and the spiritual needs and concerns of its people.

Australian Psalms (revised and expanded) *Bruce David Prewer*

Book (paperback) ISBN 0-85910-912-7

Used for private reflection, meditation and prayer and also for group devotions and public worship.

God Calling: a daily devotional

Edited: A. J. Russell

Book (paperback) ISBN 0-949925-00-4

An inspirational book used for daily reflection.

God is With Us: reflections for Sundays (Years A B & C) *Michael Morwood MSC*

Book (paperback) ISBN 0-86786-342-0

This book presents the richness and the challenges of the Gospel in simple language. Can be used for private or group reflection.

He Touched Me: my pilgrimage of prayer

John Powell SJ

Book (paperback) ISBN 0-913592-47-1

A unique and intimate revelation of John's personal experience of God in prayer.

Listen to the Music: poetry, prose and prayer inspired by the Gospel of St Luke *Elizabeth Brown*

Book (paperback) To order: phone Elizabeth Brown on (02) 4384 3756.

A way of praying and reflecting on the gospel of Luke.

Listen to the Word: poetry, prose and prayer inspired by the Gospel of St John *Elizabeth Brown*

Book (paperback) To order: as previous listing.

A way of praying and reflecting on the gospel of John.

Pope John Paul II: in my own words

Compiled and edited by Anthony F Chiffolo

Book (Hardcover) ISBN 0-340-72240-1

A collection of quotations and prayers in the words of Pope John Paul II compiled from material from every area of his work and every international context.

Prayers at 3 am: poems, songs, chants and prayers for the middle of the night

Edited by Phil Cousineau

Book (paperback) ISBN 0-06-2501200-5

For those quiet, sleepless times during the night.

Thankfully *Helen Steiner Rice*

Book (hardcover) ISBN 0-09-1793599

A collection of poems of faith and prayer.

The Healing Power of Prayer

Bridget Meehan SSC

Book (paperback) ISBN 0-89243-288-8

A wonderful guide to the healing power of prayer. Includes six helpful ways to pray.

Through Seasons of the Heart: readings for every day of your year *John Powell SJ*

Book (paperback) ISBN 0-85924-579-91

A book to be tapped into daily for inspiring messages of hope and help.

Meditation...

Each Day a New Beginning: daily meditations for women

Hazelden Educational Materials

Book (small paperback) ISBN 0-89486-161-1

365 daily meditations that draw on the common experiences, shared struggles and unique strengths of women.

Eliminating Stress, Finding Inner Peace

Brian L Weiss MD

Book & Meditation CD ISBN 1-4019-0244-8

Great reading guide to understanding and eliminating stress. CD offers a gentle and peaceful meditation.

Meditation: achieving inner peace and tranquillity in your life *Brian L Weiss MD*

Book & Meditation CD ISBN 1-56170-930-1

Great reading guide to meditation. CD offers a gentle and relaxing meditation.

Relaxation for Healing

Dr Gillian Ross

CD (ABC Audio) ISBN 0-642-58995-X

This CD helps you to release stress, revitalise your whole body and let go of tension.

Symphony of Senses: relaxation and meditation

Deborah Powell (Australian)

CD (Available at Jopo, Revesby)

Offering a gentle space of reflectiveness.

Personal growth...

Meditations *Marcus Aurelius – Translated by Maxwell Staniforth*

Book (paperback) ISBN 0-14-044140-9

Meditations to live by!

The Art of Living: the classical manual on virtue, happiness and effectiveness *Epictetus A New Interpretation by Sharon Lebell*

Book (paperback) ISBN 0-06-251346-X

A book filled with practical wisdom!

The Essence of Happiness – A guidebook for living

Dalai Lama and Howard C Cutler

Book (small paperback) ISBN 0-7336-1379-9

Inspirational words and spiritual wisdom.

The Four Agreements: a practical guide to personal freedom *Don Miguel Ruiz*

Book (paperback) ISBN 1-878424-31-9

A book to enable self-growth and understanding.

The Little Book of Blessings: for a peaceful world

Roger Cole (Australian)

Book (paperback) ISBN 0-7344-0280-5

A best-selling author and cancer specialist, Roger's inspirational words will touch your heart, mind and soul.

The Little Book of Calm *Paul Wilson*

Book (paperback) ISBN 0-14-026065-X

A pocket-sized book filled with calming thoughts.

The Path to Inner Peace: inspirational thoughts for everyday living

Compiled by Maggie Pinkney

Book (hard cover) ISBN 1-86503-325-1

Filled with profound and inspirational thoughts.

Inspiring...

Australian Stories of Life: over fifty inspirational stories

Book (paperback) ISBN 187-682-5715

Stories that celebrate and illuminate the endless possibilities of everyday life.

Australian Stories for the Spirit: sixty inspirational stories

Book (paperback) ISBN 187-682-5103

Includes heartfelt and humorous stories about faith, hope, courage, love and finding God in everyday life.

Dying Was the Best Thing That Ever Happened to Me: stories of healing and wisdom along life's journey

William E Hablitzel MD

Book (paperback) ISBN 978-0-7336-2183-3

Stories to heal your life – from the heart of a caring physician.

Seeds of Hope: a Henri Nouwen reader

Edited by Robert Durback

Book (paperback) ISBN 0-385-49049-6

Inspirational selections from the full spectrum of Henri Nouwen's work.

Too Soon Old, Too Late Smart: thirty true things you need to know now

Gordon Livingston MD

Book (paperback) ISBN 0-7336-1992-4

Dr Livingston, a psychiatrist, offers the reader solace, guidance and hope.

Tuesdays with Morrie: an old man, a young man and life's greatest lesson *Mitch Albom*

Book (paperback) ISBN 978-0-733609-55-8

Mitch rediscovers his old college professor and mentor who is dying. Their final "class": lessons in how to live.

Walking One Another Home: moments of grace and possibility in the midst of Alzheimer's *Rita Bresnahan*

Rita Bresnahan

Book (hardcover) ISBN 0-7648-0936-9

A series of stories that portray day-to-day exchanges with moments of healing grace found even in the midst of this heartrending disease. It shifts the emphasis away from fear and horror to love and possibility.