

## READING RESOURCES ON FAITH/SPIRITUALITY

### **Proof of Heaven**

Eben Alexander, M.D.

Thousands of people have had near-death experiences, but scientists have argued that they are impossible. Dr. Alexander was one of those scientists until his own brain was attacked by a rare illness. His recovery is a medical miracle. But the real miracle lies elsewhere, while his body lay in coma, he journeyed beyond this world and encountered an angelic being who guided him into the deepest realms of super-physical existence. **34.ALEX**

### **Seeds of the Word**

Robert Barron, 2015

Through an evocative collection of essays, Father Barron finds ‘seeds’ in today’s popular films, books and current events, that uncovers inklings of the Gospel. How do *Superman*, *Gran Torino* and *The Hobbit* illuminate the figure of Jesus? Where can we detect the ripple of original sin in politics, sports and the Internet culture? This book will train you to see. **34.BARR**

### **To Light a Fire on the Earth**

Robert Barron with John L. Allen Jr.

Robert Barron proclaims in vivid language the goodness and truth of the Catholic Tradition. Touching on a wide range of subjects, including Jesus, prayer, science, movies, atheism, the spiritual life, the fate of the Church in modern times, beauty, art, and social media. He reveals why the Church matters today and how Catholics can engage a sceptical world. **34.BARR**

### **Word on Fire**

Robert Barron

Based on specific Bible readings from the Old and the New Testament, Fr. Barron shares enthusiastically from the riches of Christian belief and tradition. His lively presentation of Catholicism uses art, music, painting, poetry, philosophy and saints’ lives to illustrate the Biblical message. **34.BARR**

### **Storytelling: Imagination and Faith**

William J. Bausch

The author taps a treasured wellspring of stories from masters of antiquity to anonymous authors of more recent days, within many religious and secular traditions. He celebrates the power of stories to capture and pass on from one generation to the next the wisdom, imagination, and faith of a people. **34.BAUS**

### **Telling Compelling Stories**

William J. Bausch

A collection of 35 wonderful stories that illuminate Scripture. Bausch demonstrates in these stories that God’s grace is not a quality given only to a select few. This idea-packed volume can be used as a springboard for homilies, and provides lively material for adult and teen religious formation. **34.BAUS**

### **Belief and Belonging**

Bishops of Belgium

A compact overview of the Catholic faith, a summary that responds to the contemporary issues of modern society. Readers will find themselves challenged to examine their hearts and to enter more deeply into the Church’s life of prayer and sacrament. As a permanent reference guide and study text, this book will prove invaluable to families, parishes and groups devoted to spirituality or social action. **34.BISH**

### **This Tremendous Lover**

M. Eugene Boylan

The Mercier Press, 1964

This is a book that takes the question of personal sanctity and relates it to a Pauline vision of the Church as the Mystical Body of Christ. It is a spiritual reading experience that is very old, ever new, a book which, when read again, remains remarkably fresh and inspiring. **34.BOYL**

### **The Catholic Church and Conversion**

G.K. Chesterton

The author explains his understanding of Catholicism and the Catholic Church, and how her appeal to reason and truth eventually won him over. **34.CHEST**

**Called: What Happens after saying Yes to God**

Casey Cole, OFM

This book reflects on realities that are common to anyone who is serious about living a sincere Christian life. **34.COLE**

**Why Catholics Are Right**

Michael Coren

McLelland & Stewart, 2011

In this perceptive and thought-provoking book, the author goes behind the headlines to explore some of Catholicism's essential questions and the controversies surrounding the Church. **34.COREN**

**The Holy Spirit and an Evolving Church**

James A. Coriden

In this book the author envisions change in the church's structure, teaching, ministry and sacraments. This book will be part of a sea change that already marks "the Francis revolution" which represents both challenge and renewal. **34.CORI**

**Lazarus! Come Out! Why Faith Needs Imagination**

Richard Cote

The author invites readers to discover how their imagination plays an important role in their spiritual development and faith. **34.COTE**

**Born Fundamentalist: Born Again Catholic**

David B. Currie

The author's whole upbringing was immersed in the life of fundamentalist Protestantism. This book was written as an explanation to his fundamentalist and evangelical friends and family about why he became a Roman Catholic. He gives a detailed discussion of the important theological and doctrinal beliefs Catholic and evangelicals hold in common as well as the key doctrines that separate us, particularly the Eucharist, the Pope, and Mary. **34.CURR**

**Divine Healing: The Power of Faith**

Timothy J. Dailey

This book will show you how belief can help defeat illness. It is full of true stories about ordinary people whose lives were transformed by their own faith and the prayers of others. It offers solid scientific proof that faith promotes health. **34.DAIL**

**Sharing Our Story: How Grandparents Today Pass on the Catholic Faith**

David Dayler

Grandparents can be mentors, heroes, nurturers, role models and catechists to their grandchildren – in many different ways. Using personal experience, questions, Scripture, prayers and poetry, this book explores practical, emotional and spiritual ways that grandparents can guide the faith journey of the younger generation through reflection and shared activities. **34.DAYL**

**Distinctively Catholic**

Daniel Donovan

Paulist Press, 1997

In this highly readable introduction to Catholicism, the author focuses on characteristic features of the Catholic experience of Christianity, on things that make being Catholic distinctive. This book explores Catholicism in light of such themes as community, history, the sacraments and liturgy, doctrine, and church structure. **34.DONO**

**Happy Are You Poor**

Thomas Dubay

Ignatius Press, 2003

This book explains the meaning of this beatitude lived and taught by Jesus himself. This book explains how material things are like extensions of our persons and thus of our love. **34.DUBAY**

**The New World of Faith**

Avery Dulles, S.J.

Our Sunday Visitor, 2000

In this confident, unified and unflinching assessment of the key elements of the Catholic Faith, the author illuminates the darkness of skepticism and unbelief that plague modern life, truly presenting apologetics without apology. **34.DULL**

**A Companion to the Summa**

Walter Farrell, O.P., S.T.D., S.T.M.

These books serve as an introduction of the series of lectures on the *Summa Theologica* of St. Thomas Aquinas and a defence of the truths, natural and divine, by which human life is lived. **34.FARR** (bottom cupboard, 4 volumes)

**Abraham: A Journey to the Heart of Three Faiths**

Bruce Feiler

This book tells the powerful story of one man's search for the shared ancestor of Judaism, Christianity, and Islam. Travelling through war zones, braving violence at religious sites, and seeking out faith leaders, the author uncovers the defining yet divisive role that Abraham plays for half the world's believers. **34.FEIL**

**The Virtue Driven Life**

Fr. Benedict J. Groeschel, C.F.R.

Our Sunday Visitor, 2006

Rediscover virtue as it should be understood in our lives. With wit, warmth, and wisdom Fr. Groeschel reintroduces the seven virtues of prudence, justice, fortitude, temperance, faith, hope and charity. One by one he makes them meaningful for modern men and women, shaking off the dusty mantle of pretentiousness and demonstrating how each has a real role in a whole and holy life. **34.GROE**

**What Makes Us Catholic**

Thomas H. Groome

Catholics share certain vital features of life and identity. This book explains and illuminates that character, and invites Catholics of all kinds to connect more deeply and imaginatively with their own culture and spirituality. **34.GROOM**

**Reasons to Believe**

Scott Hahn

Doubleday, 2007

This book unravels mysteries, corrects misunderstandings and offers thoughtful, straightforward responses to common objections about the Catholic faith. **34.HAHN**

**Proclaim Jubilee: A Spirituality for the Twenty-First Century**

Maria Harris

The author considers the implications of a living Jubilee for today and for the next century. **34.HARR**

**Living Like Jesus: Becoming everything God wants you to be**

Ken Horn

Onward Books, Inc., 2001

This book will inspire you to follow closely after our leader, Jesus Christ. **34.HORN**

**Why We're Catholic: Our Reasons for Faith, Hope and Love**

Trent Horn

The author assembled the clearest, friendliest, most helpful answers that he learned to give to people while trying to explain to friends, family and total strangers, the reasons for his faith. **34.HORN**

### **Evangelical Is Not Enough**

Thomas Howard

The author describes his pilgrimage from Evangelicalism to liturgical Christianity. **34.HOWA**

### **Mountains of Spices**

Hannah Hurnard

An allegorical comparison of the nine spices mentioned in Canticles and the nine fruits of the Spirit. The author skilfully shows that the characteristics and weaknesses of temperament which seem to be the greatest hindrances to the Christian life can be transformed into virtues when they are surrendered to the Saviour. **34.HURN**

### **Discover Your Divine Investment: The path to spiritual joy**

Stan Chu Ilo

A book of joy and hope to help us discover our divine investment and unravel God's unique plan for each of us, the key to true happiness. **34.ILO**

### **A Recipe for Faith: Choosing and Using the Best Ingredients**

Anne Jamieson

Novalis, 2017

This book celebrates the faith recipes we already have and leads us to explore ways to make them even better and more nourishing for our journey with God in our daily lives. **34.JAMIE**

### **Crossing the Threshold of Hope**

John Paul II

On the eve of the millennium, Pope John Paul II brings to an accessible level the profoundest theological concerns of our lives. He goes to the heart of his personal beliefs and speaks with passion about the existence of God; about the dignity of man; about pain, suffering and evil; about eternal life and the meaning of salvation; about hope; about the relationship of Christianity to other faiths and that of Catholicism to other branches of the Christian faith. **34.JOHN**

### **Fruits and Gifts of the Spirit**

Thomas Keating

Lantern Books, 2000

The author has spent over fifty years in sustained practice and devotion to the spiritual life. The results of this creative, humble activity are now summarized in this remarkable book. **34.KEAT**

### **Rediscover Catholicism**

Matthew Kelly

Beacon Publishing 2010

The author reveals the essence of authentic Catholic spirituality while addressing some of the most important questions we face today both as individuals and as a Church. **34.KELLY**

### **Rediscovering Catholicism**

Matthew Kelly

At a time when many Catholics are disillusioned, questioning their faith, and filled with doubts about the relevance of Catholicism in the modern world, the voice of one young man cries out to the world's largest faith community with a clarity that is rare and inspiring. **34.KELLY**

### **The Biggest Lie in the History of Christianity**

Matthew Kelly

People are disillusioned with what the world offers. The world is in desperate need of change, and no one is in a better position to effect that change than Christians. We have an incredible opportunity to dispel the lies and cut through the confusion and false promises around us. This book provides the practical tools necessary to help you regain your fervor and leave your mark on the world--and experience more happiness than you thought possible. Together we can change the course of history--with humility, generosity, kindness, and joy, one Holy Moment at a time. **34.KELLY**

**The Art of Theological Reflection**

Patricia O'Connell Killen and John De Beer

This book provides a way for all of us to experience greater meaning in life and a more tangible sense of God's creative presence. **34.KILLE**

**The Journey: A Spiritual Roadmap for Modern Pilgrims**

Peter Kreeft

InterVarsity Press, 1996

Enjoy a delightful and imaginative allegory of timeless wisdom as you journey along the pathway of true knowledge. Socrates will accompany you much of the way with sharp questions and canny wit he will coach you past the winsome, the wily and the half-wise spin-doctors of error posted along these ancient byways. Every tempting path will be exposed as a road best not taken. **34.KREE**

**Why I am Still A Christian**

Hans Kung

With remarkable clarity and insight, Kung reveals the extraordinary power of the Christian faith to give meaning and the deepest spiritual nourishment to human life. **34.KUNG**

**Traveling Mercies: Some thoughts on Faith**

Anne Lamott

With sharp and bittersweet humor, the author recounts a past full of bad relationships with men, with food, with drugs, with alcohol, and worst of all, with herself. She battles her demons thanks to the love of her friends and family and her "lurch of faith" to embrace religion, that "puzzling thing inside me that had begun to tug on my sleeve from time to time, trying to get my attention." **34.LAMO**

**Soul Seeing: Light – Love – Forgiveness**

Michael Leach and Friends

A selection of the best columns from the award-winning series, *Soul Seeing*. **34.LEAC**

**Experts in Humanity**

Josephine Lombardi

The author explores a number of life skills integral to our spiritual life – knowing God; loving God, self and others; knowing God with the sacraments; self-knowledge; knowing the gift of salvation; managing righteous anger and conflict; forgiveness; and witnessing and revealing restoration. This book is for all those who seek to know themselves and understand others. **34.LOMB**

**A Gentle Thunder**

Max Lucado

God will touch. He will tug. He will whisper and shout. He will take away our burdens. He'll even take away our blessings. With pictures and parables from everyday life, Max Lucado call us to trust in tough times. God's goal is to get us home safely. God's thunder is gentle. And his gentleness never ends. **34.LUCA**

**We Believe...A Survey of the Catholic Faith**

Oscar Lukefahr, C.M.

The author provides an overview of the Catholic faith in an easy-to-understand format that touches on the important elements of belief and practice. Catholics and non-Catholics alike can learn how to be more faithful to Christ. **34.LUKE**

**The Urgency of the New Evangelization: Answering the Call**

Ralph Martin

Our Sunday Visitor Inc., 2013

With the encouragement of Pope John Paul II, Pope Benedict XVI, and now Pope Francis, discover a renewed urgency and growing enthusiasm for sharing the Gospel with those in your life, including both nonbelievers and those who are no longer practicing their faith. **34.MART**

### **Trust in God ... but tie your camel**

Sylvia McDonald, C.N.D.

A book that attempts to treat the subject of creative aging with a lightness that makes it both readable and stimulating. **34.MCDO**

### **The Ten(der) Commandments**

Ron Mehl

Multnomah Publishers, Inc., 1998

Rediscover the Ten Commandments as a tender message of love from a protective and affectionate Father God. Devoting a chapter to each Commandment, Ron shows how God uses them to remove the confusion about right and wrong in today's relativistic culture, protect us from the consequences of our own moral weakness, and guide our thinking and actions in every situation. **34.MEHL**

### **Ancient Secrets: Using the Stories of the Bible to Improve Our Everyday Lives**

Rabbi Levi Meier

Random House, 1996

The author takes a thoughtful, wise and fresh approach to showing us how to apply the stories of the Bible to our everyday lives. **23.MEIER**

### **The Seven Story Mountain**

Thomas Merton, 1976

One of the most famous books ever written on a man's search for faith and peace. Thomas Merton wrote this extraordinary testament in a Trappist monastery - a unique spiritual document of a man who withdrew from the world only after he had fully immersed himself in it. **34.MERT**

### **BE HOLY: A Catholic's Guide to the Spiritual Life**

Father Thomas G. Morrow

Servant Books, 2009

This handy manual not only presents all the elements of a successful life, it also helps you incorporate those elements into everyday practice. **34.MORR**

### **Tomorrow's Catholic**

Michael Morwood, MSC

This book offers a fascinating outline of contemporary cosmology that connects the message of Jesus and the Spirituality of Pentecost to the world we live in today. The suggested questions for discussion, the extensive bibliography and comprehensive index make this a valuable adult faith development resource. More importantly, it is a book that will inspire and give hope to readers because of its positive presentation of a religious world view and spirituality relevant to a new millennium. **34.MORW**

### **The Spirituality of Fasting**

Charles M. Murphy

Ave Maria Press, 2010

Pope Benedict XVI has placed great emphasis on "the value and meaning of fasting," observing that "this practice needs to be rediscovered and encouraged again in our day." This book draws on sources ancient and current - from Augustine to Michael Pollan - to consider anew how fasting informs the relationship between creator/creature, body/soul, and rich/poor. **34.MURP**

### **Confessions of an Ex-Feminist**

Lorraine V. Murray

A heartrending account of a woman who was born into a Catholic family and fully embraced the beliefs of her faith, but ran into major roadblocks in college when she lost her faith and jumped aboard the bandwagon of "free love." When she experiences a series of events in which it seemed that "someone" was inviting her back to God, she heeds this voice as a turning point in her life. **34.MURR**

### **34.NICH**

The Question of God

Dr. Armand M. Nicholi, Jr.

Free Press, 2002

The arguments of Sigmund Freud and C.S. Lewis on the subject of belief and disbelief are placed side by side for the very first time. They both consider the problem of pain and suffering, the nature of love and sex, and the ultimate meaning of life and death. **34.NICH**

### **The Inner Voice of Love**

Henri Nouwen

Random House Inc, 1996

This is Henri Nouwen's "secret journal." It was written during the most difficult period of his life, when he suddenly lost his self-esteem, his energy to live and work, his sense of being loved, even his hope in God. Although he experienced excruciating anguish and despair, he was still able to keep a journal in which he wrote each day a spiritual imperative to himself, which emerged from his conversations with friends and supporters. Four countless men and women who suffer from the loss of a loved one, this book offers new courage, new hope, even new life. **34.NO UW**

### **Letters to Marc About Jesus**

Henri J.M. Nouwen

Darton, Longman and Todd, Ltd., 1989

In this book the author writes from the conviction that Jesus is the centre of his own life. From that perspective he shares the joys and sufferings of his own spiritual journey with his nineteen year old nephew in Holland. The letters deal with deep questions of the twentieth century in the light of the Gospel message, and with the spiritual search as experienced by a young adult today. **34.NO UW**

### **Life of the Beloved**

Henri J.M. Nouwen

A book explaining the spiritual life in terms that the author and his friends could understand, avoiding theology and technical language. **34.NO UW**

### **Making All Things New**

Henri J.M. Nouwen

The author has written a little book on helping people to walk quietly into the presence of God and begin to hear with a more sensitive part of their ears. **34.NO UW**

### **The Wounded Healer**

Henri J.M. Nouwen

In this hope-filled and profoundly simple book, Nouwen offers a radically fresh interpretation of modern ministry. Here he inspires devoted men and women who want to be of service in their church or community, but have found the traditional ways of ministry alienating and ineffective. **34.NO UW**

### **With Burning Hearts: A Meditation on the Eucharistic Life**

Henri J.M. Nouwen

Orbus Books, 1994

This book seeks a fuller understanding of Eucharist through the story of the disciples on their way to Emmaus from Jerusalem after the crucifixion. The author shows us how the eucharistic event is intensely human, from mourning to discernment, from invitation to intimacy, this book calls us to experience all of the journey, to know that what we celebrate and what we are called to live are one and the same. **34.NO UW**

### **The Return of the Prodigal Son: A Story of Homecoming**

Henri J.M. Nouwen

The author shares the deeply personal and resonant meditation that led him to discover the place within where God has chosen to dwell. **34.NO UW**

### **The Genesee Diary: Report from a Trappist Monastery**

Henri J.M. Nouwen

A touching observation, central to the probing spiritual journal of Henri Nouwen recorded during his seven-month stay in a Trappist monastery. An inspiration and a challenge to those who are in search of

themselves. **34.NOUW**

### **Walking in Wonder: External Wisdom for A Modern World**

John O'Donohue

A poignant and beautiful collection of conversations and presentations from O'Donohue's work with close friend John Quinn. These timeless exchanges, collated and introduced by Quinn, span a number of years and explore themes such as wonder, landscape, the medieval mystic Meister Eckhart, aging and death.

**34.ODONO**

### **Poverty, Celibacy, and Obedience**

Diarmuid O'Murchu

The author offers a very different understanding of the vows, based on a much more ancient tradition.

**34.OMUR**

### **Under the Influence of Jesus**

Joe Paprocki

This book is an invitation to encounter Christ in a whole new way, to thrive under his lordship, and to use our own transformed hearts and lives to help bring others into a life-changing relationship with Jesus.

**34.PAPR**

### **Light, Happiness & Peace**

Fr. John Pasquini

Alba House

This book summarizes and explains the tried and true in Roman Catholic tradition in the areas of prayer and spiritual development. It is a blueprint in which everyday Catholics can find their way to the sanctity for which we should all aspire. **34.PASQ**

### **Hope for the Flowers**

Words and pictures by Trina Paulus

A tale – partly about life – partly about revolution and lots about hope for adults and others (including caterpillars who can read). **34.PAUL**

### **The Essential Catholic Handbook**

Redemptorist Publications, 1997

A compact guide to the basic tenets of the Catholic faith. This book covers fundamental Catholic doctrine, details the Church's practices including the commandments and Precepts of the Church, confession of sins, the corporal and spiritual works of mercy, and an outline of the liturgical seasons of the year. Also covered are significant prayers, living the Catholic faith in the spirit of Vatican II and an overview of the documents of Vatican II. Included is a dictionary of essential Catholic terms and a daily calendar of Catholic saints.

**34.REDE**

### **Why Be Catholic? Understanding Our Experience and Tradition**

Richard Rohr and Joseph Martos

What does it mean to be Catholic in a world of numerous competing and contradictory beliefs? After reading this book, you will appreciate more fully the unique heritage of the Catholic Church and understand how its magnificent tradition enriches the lives of Catholic today and propels the ever-changing Church into the 21<sup>st</sup> century and third millennium. **34.ROHR**

### **Essential Teachings on Love**

Richard Rohr

This volume, drawn from the author's many books and interwoven with a probing new personal interview, illuminates a lifelong journey of growing in love – a journey open to all who are willing. **34.ROHR**

### **Forgotten Among the Lilies**

Ronald Rolheiser

The author explores the debilitating obsessions that often dominate our lives and offers down-to-earth guidance for learning to leave our fears, anxieties and guilt “forgotten among the lilies.” **34.ROLH**

### **The Restless Heart**

Ronald Rolheiser

In this book, the author identifies different types of loneliness and discusses the dangers and opportunities they represent in our lives. He shows that loneliness can be a tremendously creative and even valuable force when it is recognized, accepted, and used as a dynamic catalyst. The author offers a distinctly Christian approach to living an examined, involved life and presents suggestions that will free readers to discover greater meaning and fulfillment in their own lives. **34.ROLH**

“Stay with us...” Encounters with the Risen Lord

Fr. Thomas Rosica, CSB

A collection of reflections that explain the Scriptures and help us to understand the Resurrection of Jesus. **34.ROSI**

### **The Seven Last Words of Christ**

Fr. Thomas Rosica, CSB

The final seven phrases that Christ spoke from the cross lead us deeper into our relationship with the Lord. In this thoughtful and faith-filled reflection, the author guides us through the words of Christ on the cross. He explores what they meant for those who witnessed this event, and how those words can shape our lives today. **34.ROSI**

### **Fresh Bread and other Gifts of Spiritual Nourishment**

Joyce Rupp

Every day is an opportunity to turn to the pages of this book and find refreshment and solace for the spirit. **34.RUPP**

### **Introduction to the Devout Life**

Francis de Sales (Translated by John K. Ryan)

Doubleday, 2003

Revised for Christians in every walk of life and for every age, Francis de Sales's compassionate message transcends secular lines and provides a unique handbook of spiritual reflection for people throughout the world. **34.SALES**

### **God or Nothing**

Robert Cardinal Sarah

In this autobiographical interview, Robert Cardinal Sarah gives witness to his Christian faith and comments on many current controversial issues. **34.SARAH**

### **Peace of Soul**

Fulton Sheen

Bishop Sheen asks readers to stop blaming their subconscious for their ills and examine instead their conscience, to turn away from the psychoanalyst and turn to God. He shows readers that peace of soul cannot come from humankind, but must come through Divine help. **34.SHEEN**

### **The Untethered Soul**

Michael A. Singer

What would it be like to be free from limitations and soar beyond your boundaries? What can you do each day to find this kind of inner peace and freedom? This book offers a simple, profoundly intuitive answer to these questions. Whether this is your first exploration of inner space or you've devoted your life to the inward journey, this book will transform your relationship with yourself and the world around you. **34.SING**

### **The God of All Comfort**

Hannah Whitall Smith

Moody Press, 1997

The object of this book is to reveal the secret of an abundant life and victory over defeat; to bring genuine and enduring joy into the lives of troubled Christians; to show that everything Christ promised is available today to all believers; to put within reach of every Christian that deep and lasting peace and comfort of soul that nothing earthly can disturb. **34.SMIT**

### **Chosen: How Christ Sent Twenty-three Surprised Converts to Replant His Vineyard**

Edited by Donna Steichen

Ignatius Press, 2009

The twenty-three men and women who tell their conversion stories were not drawn to the Church by sound evangelization programs, beautiful buildings and liturgies, or saintly witnesses among the clergy. On the contrary, many of them were attracted to Catholicism in spite of a now decades-long stretch of deficient catechesis, mediocre Masses, and uninspiring leadership. Christ himself led these souls to his Church and it is the Lord who set them to work replanting his devastated vineyard. **34.STEI**

### **The Jesus Path: 7 Steps to a Cosmic Awakening**

Vicky Thompson

Red Wheel, 2003

The author shares the wisdom revealed to her about Jesus' own 7-step divine model of awakening, by releasing fear and doubt and reconnecting with the wisdom of the higher spirit-self. Divinely inspired exercises, meditations and affirmations provide us with ways to reawaken our connection with God and practice divine living every day of our lives. **34.THOM**

### **The Catholic Hipster Handbook**

Tommy Tighe

You might be a Catholic Hipster if... your idea of "Catholic cool" is overlooked saints and forgotten prayers and feast days; you believe that God is present in all things – including food, sports and craft beer; or you hand out on social media with other hip and holy Catholics. In this book of all things faith-filled and countercultural, *The Catholic Hipster* podcaster Tommy Tighe will help readers rediscover everything awesome about the Catholic faith. **34.TIGH**

### **Heart Wide Open**

Shellie Rushing Tomlinson

In this book the author invites you to answer the call of your restless heart and refuse to settle for anything else than the intimate friendship of God. Are you ready to stop struggling to make time for God and instead live every moment with God? Discover how to live with your heart wide open. **34.TOMLI**

### **Catholic Quick View (2<sup>nd</sup> Edition)**

Brian Singer-Towns, Marilyn Kielbasa, Robert Feduccia Jr.

A handy, concise book that offers speedy access to some of the core elements of Catholicism including: beliefs, prayers, common practices, symbols, saints. This book also includes an extra introductory section on Catholicism. **34.TOWNS**

### **Signs: Seven Words of Hope**

Jean Vanier

An essential reading for all who seek to bring a sense of hope and renewal into their own lives. **34.VANI**

### **We Need Each Other**

Jean Vanier

With frequent reference to the life and teachings of Jesus, Vanier asks: what are you seeking? Do you see that the feast is ready? Are you willing to be open? Do you realize how much you need other people? The author's powerful message and practice of love has the potential to change the world. **34.VANI**

### **At That Time**

Various

Cycles and seasons in the life of a Christian presented by various authors. **34.VARI**

### **How to Be a Mindful Christian**

Sally Welch

A practical and insightful book which you can learn to practice “Christian mindfulness” – learn to engage all your senses in the action of stepping back from the frenzy of everyday life, stepping into the present moment, and seeing the world and ourselves as God sees us – with truthfulness, compassion, and love.

**34.WELCH**

### **A Search for the Spiritual**

James Every White

Baker Books, 1998

For those who seek God and are willing to come to that search with an open mind and a listen heart, *A Search for the Spiritual* will prove to be an invaluable traveller’s companion for the journey that includes an exploration of the Christian faith. **34.WHITE**

### **Christ Among Us**

A Modern Presentation of the Catholic Faith for Adults

Anthony Wilhelm

Harper Collins Publishers, 1990

Newly revised and updated, this edition offers the clearest, most broadly based and accessible presentation of Roman Catholic faith and life available. This book addresses the questions of doctrine, traditions and contemporary practice that are of concern to all adult inquirers - including those re-examining their Catholic faith. **34.WILH**

### **The Good Enough Catholic**

Paul Wilkes, 1996

In this book the author addresses the basic dilemma of how Catholics can at once be faithful to their traditions - drawing upon the wellspring of Catholic teaching, spirituality, and practice - yet still remain open to new discoveries about Catholicism and themselves as well. **34.WILK**

### **The Life of the Mind**

Clifford Williams

Baker Academic, 2002

What purpose do purely intellectual pursuits have in the lives of Christians? Why should Christians study subjects that have little bearing on their future careers and ministry? Veteran professor of philosophy Clifford Williams addresses these issues and more in this succinct and accessible examination of the life of the mind. Christians cultivating the life of the mind actively pursue situations and discussions that require experimentation, reflection, and perseverance. They are interested in the acquisition of knowledge that is both unrelated and directly related to their faith. Williams answers common Christian objections to such activities, describes the virtues of the person who engages in the life of the mind, and asserts that the life of the mind is justifiably a Christian calling. **34.WILL**

## VIDEO RESOURCES ON HUMAN DEVELOPMENT & FAITH

### UNLIMITED FAITH

Discover the faith that moves mountains every time. Includes: Jesus' Faith in You; The Only Faith that Works; Your Faith is Closer Than you Think; and Two with Great Faith. **DVD #24.700**

### THE CHURCH ALIVE

Pilot Episode: Celebrating the Year of Faith

A fast-paced, segmented and interactive show hosted by Salt+Light. The goal: to inspire people and get them talking about the faith, to share stories of the New Evangelization, and to highlight the broad and inclusive nature of Catholicism and its rich tradition. **24.701**

### SURVIVING LIFE TRANSITIONS

**SPEAKER:** Clayton Barbeau **PUBLISHED:** Franciscan Communications (1988)  
Our ways of thinking, feeling, and being are constantly changing. Change can also be very threatening because of fear of the unknown. Clayton guides us through the process of change and offers stories and strategies for healthy personal growth. Level: high school - adult. **LENGTH:** 30 min. **DVD#:** 24.715

### SURVIVING FAILURE, REJECTION

**SPEAKER:** Clayton Barbeau **PUBLISHED:** Franciscan Communications (1989)  
The fear of rejection, for most people, flows out of self-rejection. If we have a low opinion of ourselves and find it hard to accept ourselves, we even expect others to reject us. In this program, Clayton discusses the need to increase our awareness of our strengths. Level: high school - adult. **LENGTH:** 34 min. **DVD#:** 24.716

### SURVIVING BROKEN RELATIONSHIPS

**SPEAKER:** Clayton Barbeau **PUBLISHED:** Franciscan Communications (1988)  
Clayton talks about the anger and pain that follow a broken relationship. He assures us that the feelings we experience at this time are natural. Broken hearts do mend and when they do, they are often more loving and compassionate. Level: high school - adult. **LENGTH:** 24 min. **DVD#:** 24.717

### SURVIVING DEPRESSION

**SPEAKER:** Clayton Barbeau **PUBLISHED:** Franciscan Communications (1988)  
Clayton helps us come to terms with some signs of depression -- from changes in eating and sleeping habits to inattentiveness, a sense of alienation and even thoughts of suicide. Clayton also offers some practical tactics for survival, all enriched by his use of personal stories and true-life examples. Level: high school - adult. **LENGTH:** 23 min. **DVD#:** 24.727

### SURVIVING LONELINESS

**SPEAKER:** Clayton Barbeau **PUBLISHED:** Franciscan Communications (1988)  
In this program, Clayton examines loneliness as part of everyone's life, especially in today's competitive society. He then offers many concrete strategies to counteract those moments when we experience loneliness. Level: high school - adult. **LENGTH:** 25 min. **VID#:** 24.728

### THEY LIED TO US

**PUBLISHER:** Gospel Films, Inc.  
In our search for answers to questions about values, relationships and spirituality, are we listening more to what society says than what God says? We want to fit in. We want to be happy. Society tells us how we

should look, what we should do, and where we should go to have it all. But does society really know? This emotional and moving video poignantly explores the lives of several young people, including Rick Stanley, younger brother of Elvis Presley, who bought the lies purveyed on television, movies, music and in print... and suffered the consequences. This video provides a direct and honest approach for young people, showing them how they can distinguish between the world's lies and God's truth. **LENGTH:** 45 min. **VID#:** 24.759

## **COPING SERIES**

**SPEAKER:** Clayton Barbeau **PUBLISHER:** St. Anthony/Franciscan Comm.  
Clayton Barbeau is one of America's most popular and entertaining speakers. His perceptions derive from a tremendous sensitivity to his own family's experiences and to his many years of involvement as a family therapist.

### **Tape One: Coping with Self** (Guide/60 min.)

Beginning with stresses surrounding birth, Clayton humourously describes how coping with ourselves depends on our abilities to react creatively to stress. He explains how stress on individuals can bring about either good or bad results.

### **Tape Two: Coping with Others** (Guide/60 min.)

Using a variety of anecdotes from his family experiences and the lives of his counselling clients, therapist Clayton keeps his audience chuckling as he shares insights about coping with others.

### **Tape Three: Coping with Loss** (Guide/60 min.)

No human being escapes coping with loss in life. Failing to cope with loss, both great and small is to wound ourselves. Clayton leads his audience to examine healthy coping from death of a loved one to simple losses in daily living.

### **Tape Four: Coping with Feelings** (Guide/60 min.)

A lively and insightful presentation on just how to cope creatively with personal feelings like anger, fear, disappointment and depression. **DVD#:** 24.761

## **SURVIVING ANGER**

**SPEAKER:** Clayton Barbeau **PUBLISHER:** St. Anthony/Franciscan Comm.  
In this program, Clayton talks about the different causes of anger and the various guises that anger often takes. He also points out that we face anger from both ourselves and others, and that any number of experiences can trigger it. With the help of anecdotes based in personal experiences, Mr. Barbeau shows how important it is to understand the source and destructiveness of one's anger and to face up to it. He proposes strategies for analysing and dealing with one's own anger and with the anger of others. **LENGTH:** 32 min. **VID#:** 24.765

## **SURVIVING DIFFICULT PEOPLE**

**SPEAKER:** Clayton Barbeau **PUBLISHER:** St. Anthony/Franciscan Comm.  
In this program, Clayton gives special attention to the problem individuals who can make day to day living difficult at work or at home. He suggests ways to approach people who tend to bully or to criticize constantly, or those who demand inordinate attention or wish to be always in control. And he profiles those who can't make a decision or simply won't communicate. He states that it is very important to realize that one's response to a difficult person is more important than that person's behaviour. **LENGTH:** 40 min. **DVD#:** 24.766

## **FORMING ADULT DISCIPLES**

**PUBLISHER:** St. Anthony Messenger Press  
This video stimulates enthusiasm and commitment to adult faith formation. The *story segment* retells Luke's account of the disciples on the road to Emmaus in a contemporary drama. The *witness segment*

shows adult Catholics sharing five approaches to adult faith formation. The *teaching segment* shows Dr. Matthew J. Hayes talking about the importance of nurturing adult faith and the pivotal role of the parish in this effort. **LENGTH:** 41 min. **VID#** 24.772

## **PASTORAL CARE TRAINING VIDEOS (Available on one DVD #24.770)**

### **AN OVERVIEW OF PASTORAL CARE**

This program is a general look at what pastoral care is all about. Beginning with the historical connection between care of the sick and religious institutions, it supports the relationship between medical and spiritual healing, and the part pastoral care givers play in bridging the two.

### **BUILDING SKILLS**

Topics include: listening, uncovering the meta-story, assessing a person's spiritual state, knowing when to make referrals and the importance of self-care. **VID#:** 27.773-2

### **ASSESSING AND DISCERNING**

This program builds on the insights of Building Skills and gives the pastoral care volunteer the skills to be a compassionate presence to a person in need. **VID#:** 24.773-3

### **PASTORAL CARE FOR THOSE LIVING WITH HIV/AIDS**

Here is an overview of the 18 year progression of the disease and how its evolution and current drug therapies have changed the focus of pastoral care in North America. This program provides an awareness of some of the sensitive issues people living with HIV/AIDS face everyday, and outlines the do's and don't's of ministering to those infected. **VID#:** 24.773-4

### **PASTORAL CARE FOR PEOPLE WITH CANCER**

People with cancer have special needs. This program helps the pastoral care provider understand the experience and how to "be there" for someone enduring it. **VID#:** 24.773-5

### **PASTORAL CARE OF THE DYING**

There is perhaps no greater challenge to the pastoral care provider than taking part in a person's journey toward death. This video provides practical insight as well as inspiration to encourage the pastoral care provider to stay in the tension of this time as a person of faith. **VID#:** 24.773-6

## **BEING CATHOLIC**

The fundamentals of our Catholic faith in four concise, engaging and informative segments. Based entirely on the four pillars of the Catholic Catechism, this program will allow young people who've missed out on religious education opportunities to "catch up" with their peers, prepare for the sacraments of Baptism, Confirmation and Eucharist, and to better participate in parish life. Aimed primarily at young persons, the information contained in this program could also be helpful in RCIA. **DVD#24.779**

## **NO EASY TARGETS**

Safety instructor and *safetyNETkids* founder, Glenn Olson leads you through the following lessons, showing exact responses to real threats without ever instilling fear:

Lesson 1: Saying "NO"

Lesson 2: Unwanted Touches

Lesson 3: Strangers and People You Know

Lesson 4: Home Safety

Lesson 5: Passwords

**STAND TALL, BE STRONG!**

Safety instructor and *safteyNETkids* founder, Glenn Olson leads you through the following lessons, showing exact responses to real threats without ever instilling fear:

Lesson 1: Be a Builder

Lesson 2: Power in Numbers

Lesson 3: Waling and Talking with Confidence

Lesson 4: Name Calling

Lesson 5: Being Threatened

Lesson 6: Easy Defense

#24.781

**THE ULTIMATE GIFT**

Based on Jim Stovall's best-selling novel, this movie sends a young man of privilege on an improbable journey. Jason Stevens loves all of life's gifts, as long as they're bankable. But when his wealthy grandfather dies, Jason receives a most unusual inheritance: twelve tasks, which his grandfather calls "gifts," to challenge Jason to grow as a man. If he succeeds, the experience will not only change Jason forever, but he will discover the real meaning of wealth. **24.782**

**COME FOLLOW ME**

Down through the ages, people have responded in various ways to the call of Jesus to follow him. On this DVD, Albert Haase, scholar of Christian spirituality, highlights six of the most vital spiritual traditions in the history of the Church: the Benedictines, Cistercians, Carmelites, Dominicans, Franciscans and Jesuits. Each 30-minute presentation offers insights into the founder, the characteristics and famous followers of that tradition. **DVD# 24.783**

**A LIVING FAITH: Themes from the Catechism of the Catholic Church (DVD)**

A thought provoking series of presentations and discussions of essential Roman Catholic themes taken from the new Catechism. The Sacraments, Ethics, Morality, Prayer and other major themes are brought to life by the distinguished faculty members of the Boston College School of Theology and Ministry. Meaningful for Catholics and people of all faiths who want to gain a better understanding of the fundamental concepts and beliefs of the Catholic Church. **24.784**

**THE WHY? COURSE (DVD)**

A three-part introduction to the Catholic Faith that is ideal for parishes, schools, study groups, colleges or personal study. In three 25-minute episodes, it looks at some of the most important and intriguing questions human beings have ever asked, and explores the three vital questions the course is built on: Why God? Why Christ? And Why the Church? **24.785**

**APOSTOLIC FATHERS: Handing on the Faith**

The story of salvation from Abraham to Augustine. They faced Emperors, heretics and lions but these heroes of the Catholic faith never lost courage. Chains, prisons and blood-soaked arenas did not stop the early Christians from witnessing for Christ. **24.786**

**NATIONAL CATHOLIC MISSION on DVD**

2018: The Mass: Mystery at the Centre of Salvation

2017: Part 1: Our Final Gift

Part 2: The Promise of Life Everlasting

2011: "The Heart of the Matter" Fr. Jack Lynch s.f.m., Fr. Donald Senior C.P., Sr. Melanie Svoboda SND  
Show 1: Reconciliation  
Show 2: Spirituality

**SEE ALSO:**

**WORD ON FIRE: BISHOP ROBERT BARRON'S DVD COLLECTION 10.805**

***Untold Blessing: The Three Paths to Holiness***

The greatest calling for each of us is to become a saint, and the journey toward holiness is full of untold blessing. Bishop Barron describes this journey in three paths: Finding the Centre of Christ; Knowing You Are a Sinner; and Realizing Your Life is Not About You.

***Conversion: Following the Call of Christ***

Using six stories from the Bible, Bishop Barron demonstrates how ordinary, sinful people are met by Jesus and called to a better life through him. Conversion is not so much a one-time event, but a life-long process of focusing our attention and energy toward an ever-deepening relationship with Christ.

***Seven Deadly Sins/Seven Lively Virtues***

The seven deadly sins are patterns of dysfunction that lead us to unhappiness. Bishop Barron explains the pervasiveness of pride, envy, anger, sloth, greed, gluttony, and lust and shows us how to counteract these sinful patterns through a conscious focus on a specific virtue for each sin.

***Eucharist: Sacred Meal, Sacrifice, Real Presence***

Take a deeper look at the "source and summit" of our Faith, the Eucharist. Bishop Barron brings to light the Blessed Sacrament's reality as a sacred meal, the sacrifice necessary for communion with God, and as the Real Presence of Christ.

***Priest, Prophet, King***

In this deeply biblical presentation, Bishop Barron brings us closer to Christ not only as our Saviour, but also as the consummate Priest, Prophet, and King as foreshadowed in the Old Testament. These divinely-ordained roles become our calling as well once we are baptized into Christ.

***The Mystery of God: Who God Is and Why He Matters***

Bishop Barron provides a comprehensive look at what Christians mean by "God" and clarifies our understanding of God and the Trinity as "Being itself," not one being among many. Bishop Barron specifically engages the claims of modern atheists and shows how Catholics can refute them.

**CATHOLICISM**

**A Journey Around the World and Deep Into the Faith**

The beauty and truth of the Catholic Faith is illustrated in a rich, multimedia experience.

Episode Guide (2 Episodes per DVD):

1. Amazed and Afraid: The Revelation of God Become Man
2. Happy Are We: The Teachings of Jesus
3. The Ineffable Mystery of God: That Than Which Nothing Greater can be Thought
4. Our Tainted Nature's Solitary Boast: Mary, the Mother of God
5. The Indispensable Men: Peter, Paul and the Missionary Adventure
6. A Body Both Suffering and Glorious: The Mystical Union of Christ and the Church
7. Word Made Flesh, True Bread of Heaven: The Mystery of the Liturgy and the Eucharist
8. A Vast Company of Witnesses: The Communion of Saints
9. The Fire of His Love: Prayer and the Life of the spirit
10. World Without End: The Last Things

**12.701**

**WHEN BAD THINGS HAPPEN TO GOOD PEOPLE (DVD)**

**PUBLISHED:** Atlas Video, Inc., 1992

For the first time on home video, Dr. Harold S. Kushner powerfully presents the thinking and faith behind

his best-selling book, *When Bad Things Happen to Good People*, a source of comfort and insight for anyone confronted by tragedy and suffering. Kushner speaks from his own painful experience, the loss of his young son, Aaron, to a rare illness. He recounts his own realization that the traditional words of consolation we so often speak - words that Kushner so often spoke to others - are far from adequate. His search for a better response leads to the Book of Job and that most profound question of faith: If God is all powerful and all good, why do good people suffer? Kushner's answer is as practical as it is theological. It provides a reaffirmation of a belief in God, and offers compassionate direction for those in pain. **LENGTH:** 1 hour  
**DVD#:** 16.705 (*Grief Section*)