

Faith 360  
Spirituality Book Group

Join us for a lively discussion of books selected to guide us on our Spiritual Journey. Book Group meets the 1<sup>st</sup> Tuesday of the month at 7 PM>

Date	Book Selection	Description	Facilitator
Oct. 1	How to be Spiritual Without Being Religious by D. Patrick Miller	<i>How to Be Spiritual Without Being Religious</i> is a book for folks who seek a rich and authentic interior life but find formal religious affiliation unappealing.	David McTaggart
Nov. 5	Sabbath: Finding Rest, Renewal, and Delight in Our Busy Lives by Wayne Muller	In today's world, with its relentless emphasis on success and productivity, we have lost the necessary rhythm of life, the balance between work and rest. Wayne Muller shows us how to create a special time of rest, delight, and renewal--a refuge for our souls.	Diane Ullius
Dec. 3	Monastery of the Heart by Joan Chittister	Joan Chittister delivers a roadmap based on the ancient Rule of Benedict that stands as a practical model upon which to build a satisfying life, despite the seemingly limitless (and at times meaningless) supply of options in the modern world.	LeeAnn Williams
Jan. 7	Hallelujah Anyway by Anne Lamott	Lamott ventures to explore where to find meaning in life. We should begin, she suggests, by "facing a great big mess, especially the great big mess of ourselves." It's up to each of us to recognize the presence and importance of mercy everywhere.	Betsy Rosso
Feb. 4	Acedia & Me by Kathleen Norris	Kathleen Norris had written several much loved books, yet she couldn't drag herself out of bed in the morning, couldn't summon the energy for her daily tasks. Norris recognized her familiar battle with acedia, a word she had discovered in early Church text years earlier.	Betsy Rosso
March 3	Falling Upwards by Richard Rohr	In <i>Falling Upward</i> , Fr. Richard Rohr seeks to help readers understand the tasks of the two halves of life and to show them that those who have fallen, failed, or "gone down" are the only ones who understand "up."	Irv Lachow
April 7	Faith by Sharon Salsberg	In this beautifully written work, one of America's most beloved meditation teachers offers discerning wisdom on understanding faith as a healing quality.	Diane Ullius

May 5	TBD	TBD	Ashley Greve and Steven Minson