

Mapping Your Spiritual Journey:
A Creative Reflection Method By Sally Welch

Continued

Mapping your spiritual journey, for Welch, is not just about making the map, but also about cleaning our windows and improving parts of our journeys that have not been clear or necessarily pleasant. Instead, Welch suggests not letting our errors maim or deform our true selves, not holding onto them, but instead reflecting on how they have helped us arrive where we are today.

In the last section of the book, Welch uses Bible passages with her own personal reflections as an example of mapping your spiritual journey. Much less tangible than the hard copy maps she describes at the beginning and more exegetic, these themes represent roads from her journey and also from scripture including Cairns, Gardens, People and Pastures in which she braids scripture stories and her own story and stories of the people of God.

Welch's book is a good primer for people who are new to spiritual autobiography, but it is missing the key component of the sharing of the autobiography. The trust and understanding that can be built with a group when autobiographies are shared is as important as the making of them. This book would be well suited for people who are just doing their first spiritual autobiographies, and it is an excellent approach for those who long for creative and tangible ways to tell their stories.

The author of the book: *The Rev. Dr Sally Welch is the Diocesan Canon of the Diocese of Oxford and formerly Vicar of St Mary the Virgin Church, Charlbury, Oxfordshire.*