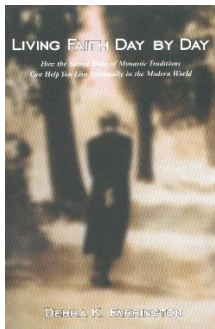
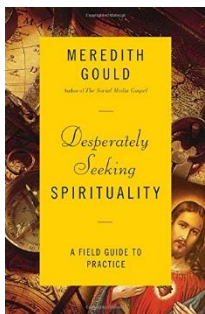


Required Textbooks



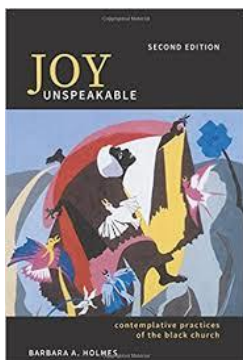
Farrington, Debra K. *Living Faith Day by Day: How the Sacred Rules of Monastic Traditions Can Help You Live Spiritually in the Modern World*. New York: Penguin Putnam, Inc. 2000. ISBN: 978-0399526206 Paperback: \$19.00

This book will serve as our guide throughout the course. We will follow Farrington's categories as the main categories of your personal Rule. **Ideally, try to read the first two chapters (about thirty pages) before our first class.**



Gould, Meredith. *Desperately Seeking Spirituality: A Field Guide to Practice*. Collegeville, MN: Liturgical Press, 2016. ISBN: 978-0814648506 \$16.95

This is a fun, accessible, and refreshingly insightful take on incorporating spiritual practices into our daily lives. Gould has a no-nonsense and occasionally irreverent tone as she acknowledges common pitfalls and offers practical advice for helping seekers face spiritual burnout.



Holmes, Barbara A. *Joy Unspeakable: Contemplative Practices of the Black Church. Second Edition*. Minneapolis: Augsburg Fortress, 2017. ISBN: 978-1506421612 Paperback: \$24.65.

This newly updated book will help us expand our understanding of contemplative practices and make clear the African roots in Christian monasticism. We will draw especially from Holmes' work when we think about the history of monastic practices, imagine the kinds of regular practices you may want to incorporate into your Rules, and discuss the communal and justice-oriented aspects embedded even in a personal Rule. NOTE: It is important to order the second edition of this book, because we will be reading some of her updated chapters.