

Spirituality Menu



Starters

- Take Time: Short guided meditations www.taketime.org.uk
- Wonder, Fear and Longing by Mike Yaconelli <http://www.zondervan.com/wonder-fear-and-longing-1>
- Help, Thanks, Wow by Anne Lamott <https://www.bookdepository.com/Help-Thanks-Wow-Anne-Lamott/9781594631290>
- Try Praying: An introduction to prayer for 'those who don't do church' www.trypraying.org.uk
- Living Spirituality Connections: Resources for the Spiritual Journey <http://www.livingspirit.org.uk/>

Something More Substantial

- Methodist Church in Britain website: Resources for deepening prayer and faith www.methodist.org.uk/prayer-and-worship
- Prayasyougo: 15 minute audio prayers based on the daily lectionary www.prayasyougo.org.uk
- Sacred Space: Guided reflection on the daily lectionary www.sacredspace.ie
- Just Pray: Resources to support growth in prayer www.justpray.uk
- Christian Meditation: Resources from the World Community for Christian Meditation www.christianmeditation.org.uk
- Iona: A Christian Ecumenical Community with resources for prayer and worship www.iona.org.uk
- Northumbria Community: Ecumenical Community with popular resources for daily prayer www.northumbriacommunity.org/offices
- London Institute for Contemporary Christianity: Word For the Week blog posts on prayer <https://www.licc.org.uk/resources/category/prayer/>
- Wordlive: Resources for prayer and reflection <https://www.wordlive.org/session/lectio>

Sharing Plate

- Methodist Prayer Handbook <https://www.methodistpublishing.org.uk/features/methodist-prayer-handbook-20172018>
- Creative Praying in Groups by Julia McGuiness <https://www.ltp.org/p-564-creative-praying-in-groups.aspx>
- A Wee Worship Book by Wild Goose Publications <http://www.ionabooks.com/a-wee-worship-book-fifth-incarnation.html>
- Shoreline Conversations: Resources to Support Spiritual Conversations in Groups <http://www.shorelineconversations.com/>
- The Renovare Programme <https://renovare.org/>
- Foundations of Christian Spirituality (in 22 episodes) by Dr Christopher Hall <https://renovare.org/messages/foundations-lesson-1-the-call-to-discipleship>
- Centre for Contemporary Spirituality at Sarum College <http://www.sarum.ac.uk/learning/christian-spirituality>
- PREGO: A weekly resource for group prayer and reflection on Lectionary readings <https://stbeunosoutreach.wordpress.com/>
- Community For Spiritual Formation: A programme of teaching, silence, worship and reflection based on a Benedictine monastic pattern <https://5daycommunity.com/>

Classics

- How to Pray: A Practical Handbook by John Pritchard <https://www.bookdepository.com/How-Pray-John-Pritchard/9780281064304>
- God of Surprises by Gerard W. Hughes <http://dltbooks.com/titles/1320-9780232523539-god-of-surprises>
- Daily Meditations by Richard Rohr (online, or emailed to your inbox) www.cac.org
- The Practice of the Presence of God by Brother Lawrence <http://thepracticeofthepresenceofgod.com/onlinetext/>
- Streams of Living Water by Richard Foster <https://www.hodder.co.uk/books/detail.page?isbn=9781473662100>
- The Hope: A Guide to Sacred Activism by Andrew Harvey <http://www.andrewharvey.net/shop/hope-guide-sacred-activism/>

To Sustain You for Longer

- Spiritual Exercises Network http://www.spiritualexercisesnetwork.uk/?page_id=125
- Cumbria Ecumenical Spirituality Group <http://www.churchestogethercumbria.co.uk/spirituality.html>
- Retreat Association <http://www.retreats.org.uk/index.php>
- Spiritual Directors International <http://www.sdiworld.org/>
- Ask your presbyter, deacon or DMLN team
- Local Anglican Diocesan Register

Refreshments

(Retreat houses with spirituality programme)

- Rydal Hall, Cumbria <http://www.rydallhall.org/>
- Glenthorne Guest House, Cumbria <http://glenthorne.org/>
- Whalley Abbey, Lancashire <http://www.whalleyabbey.org/>
- Wistaston Hall, Crewe <https://www.orc-crewe.org/>
- Reflect: Methodist Retreat association <http://www.reflectretreats.co.uk/index.php>
- Sheldon:The Society of Martha and Mary, Exeter <https://www.sheldon.uk.com/>
- Breathing Space Retreat Centre Hope, Derbyshire contact Jill on 01433620350
- Chapel in the Fields, South Manchester <http://www.chapelinthefields.org.uk/>
- St Beuno's, North Wales <http://www.pathwaystogod.org/org/st-beunos>

Children's Menu

- www.GodVenture.co.uk
- www.godlyplay.uk
- The Soul Bird by Michael Snunit <https://www.bookdepository.com/Soul-Bird-Michael-Snunit/9781849010320>
- I Can Feel My Toes Breathe by The Sanctuary <http://www.sanctuary.ie/product/sanctuary-for-young-people-book-on-practices/>
- Praying in Colour: Kids Edition by Sybil Macbeth <https://www.paracletepress.com/Products/Default.aspx?bookid=5952>
- Messy Prayer: Developing the Prayer Life of Your Messy Church by Jane Leadbetter, Martyn Payne, Lucy Moore <https://www.messychurch.org.uk/resource/messy-prayer-developing-prayer-life-your-messy-church>
- International Association for Children's Spirituality <http://www.childrenspirituality.org/>
- Patheos: Spirituality of Children <http://www.patheos.com/Topics/Spirituality-of-Children>

For Older People

- Falling Upwards by Richard Rohr https://store.cac.org/Falling-Upward_p_18.html
- Seasons of my Soul: Conversations for the Second Half of Life A joint publication of The Methodist Church and The Church of England <https://www.methodistpublishing.org.uk/books/9781858523989/seasons-of-my-soul>
- Creative Ideas for Ministry With the Aged by Sue Pickering <https://canterburypress.hymnsam.co.uk/books/9781848256484/creative-ideas-for-ministry-with-the-aged>
- MHA Resources for the Second Half of Life <http://www.mha.org.uk/about-mha/publications/>
- The Gift of Years: Growing Older Gracefully by Joan Chittister <https://www.bookdepository.com/Gift-Years-Osb-Sister-Joan-Chittister/9780232527506>
- The Spirituality of Grandparenting by Ralph Milton <https://www.woodlakebooks.com/search/results/inventory/All-Products/Family-Parenting/The-Spirituality-of-Grandparenting>
- Bible Reading Fellowship: Bible Reflections for Older People <https://www.biblereadingnotes.org.uk/biblereflectionsforolderpeople/>

Something Different

- Praying in Colour: Drawing A New Pathway to God <http://prayingincolor.com/>
- Seeing More: Exploring the Spirituality of youtube Seeingmore.org
- Abbey of the Arts: Transformative Living Through Contemplative and Expressive Arts <http://www.sarum.ac.uk/learning/christian-spirituality>
- Spirituality in Photography: Taking Pictures With Deeper Vision by Philip Richter <http://dltbooks.com/titles/2190-9780232532937-photography-in-spirituality>



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- Website: www.discipleshaped.org
- Facebook: www.facebook.com/Discipleshaped
- Twitter (search for): @NWMannDMLN
- Pinterest (search for): @MethodistChurchDMLN
- YouTube (search for): discipleshaped.tv
- Instagram (search for): dmlnwm