

SPIRITUAL BOOK NEWS

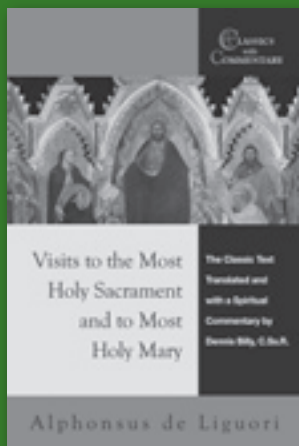
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www.spiritualbookassoc.org



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SPIRITUAL BOOK ASSOCIATES

DECEMBER 2007 SELECTION

CLASSICS with COMMENTARY



VISITS TO THE MOST HOLY SACRAMENT AND TO MOST HOLY MARY

Alphonsus de Liguori

The Classic Text Translated and with a Spiritual Commentary

Dennis Billy, C.Ss.R.

A new addition to the popular Classics with Commentary series, *Visits to the Most Holy Sacrament and to Most Holy Mary* is the first complete and faithful English translation from its original Italian of this devotional classic by St. Alphonsus de Liguori.

This book is a collection of meditations created by Alphonsus, one of the greatest figures of eighteenth-century Catholic spirituality, to help believers pray on a daily basis before Jesus in the Sacrament.

Father Dennis Billy has retrieved for us a spiritual classic with his insightful introduction, instructive commentary, and a clear and strong translation.

LAWRENCE S. CUNNINGHAM

John A. O'Brien Professor of Theology
The University of Notre Dame

ISBN: 9780870612442
160 pages / \$15.95



FEATURED SELECTION

November 2007 Selection



SACRED SPACE *The Prayer Book 2008* Jesuit Communication Centre

Now in its fourth year, the 2008 edition of *Sacred Space: The Prayer Book* offers a practical, portable way to pray for an entire year. Each week, *Sacred Space* presents readers with a new scripturally-based theme. Each day, they are led through a simple six-step process of reflection on the daily scripture readings.

ISBN: 97815947113981 / 384 pages / \$14.95

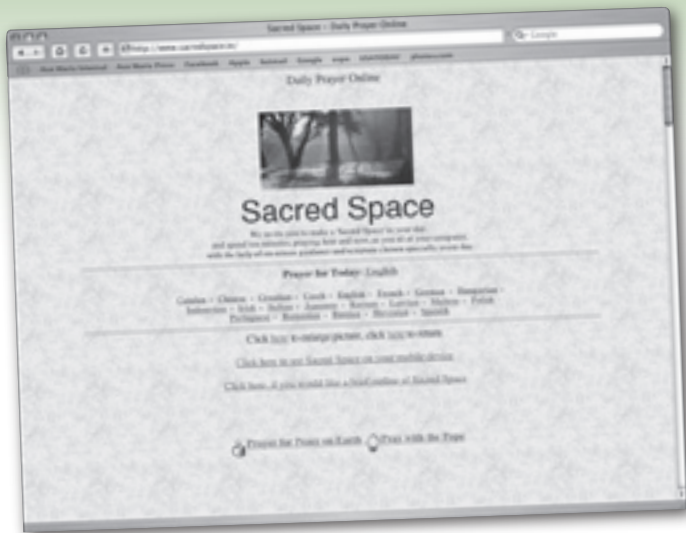
**NOW JUST FOR ADVENT
AND THE CHRISTMAS SEASON!**

SACRED SPACE FOR ADVENT AND THE CHRISTMAS SEASON 2007-2008

ISBN: 9781594711398 / 96 pages / \$2.25



THE WEBSITE WWW.SACREDSPACE.IE



The website www.sacredspace.ie was launched in Lent of 1999 by the Irish Jesuits to bring Lenten prayer to people via the Internet, making a ten-minute prayer session easily accessible to busy office workers at their desks. The popularity of the website is immense; the prayers are now available in twenty languages. This fourth annual volume makes this Ignatian prayer break available to anyone, anywhere, without the need for a computer. In this guide you will find aides to using the prayers, suggestions for group use, and a listing of key websites on Ignatian spirituality and the Jesuits.

Most of us face struggles as we strive daily to live our faith. Along with communal prayer, daily spiritual reading and prayer can aid us in that struggle to fight the values of a consumerist culture and to remain true to our God. *Sacred Space* is a wonderful resource to do just that, to create a sacred space in any place in which to meet God.

A daily practice can deepen our faith in a life changing way!

During a period of convalescence, Ignatius of Loyola himself engaged in the religious reading largely responsible for his conversion, a conversion that led him on the path to the priesthood and the founding of the Jesuits. His story is not unique; many of the great spiritual teachers were transformed by their daily prayer and reading of religious texts and scripture. Perhaps this has happened to you, or it is about to. Let *Sacred Space* be a guide and companion on the journey as you receive spiritual direction by dialoguing with God.

WHAT IS IGNATIAN SPIRITUALITY? WHO IS ST. IGNATIUS OF LOYOLA?

Ignatian spirituality is rooted in the belief that we are created to praise and serve God. Key aspects of this spirituality include finding God in all things, walking with Christ, spiritual suffering and the continual presence of God, and concern for others.

Ignatius of Loyola, founder of the Jesuits, developed a practice titled *The Spiritual Exercises* as a way to find the will of God in the living of one's life. In every act of free will, in every choice that we make, we have the opportunity to follow Jesus. We can choose to be faith-

ful to God with every decision that we make, no matter how large or small. *The Exercises* aid in the discernment process and encourage us to walk with Jesus, engaging in dialogue with him along the way.



CONSOLATIONS

courage, strength
delight, deep joy
satisfaction, right feeling
peace
sense of freedom
gratitude, hopefulness
energy, vitality
deep desires
choices are life giving

DESOLATIONS

discouragement
sadness not due to crisis or depression
anxiety
feeling of being trapped, imprisoned
sense of burden
feeling emotionally and physically weakened
shallow desires
choices are life draining

READER'S GROUP GUIDE

THE PRAYER STAGES

In Ignatian prayer, you examine your inner self and actions to see where you meet God and how you respond to him. There is a temptation to analyze and judge when delving into your days, motivations, failings, and gifts. This is not psychoanalysis, but prayer. You are bringing all of yourself to God. Do not judge. You may experience distractions in prayer. Persistent distractions may be your subconscious bringing to your attention something that needs to be brought to prayer. Ignatian prayer seeks to bring the Word of God into your daily life and to link your life with Christ. Through this prayer you imagine walking with Christ, talking with him as with a trusted friend and advisor. You bring yourself, raw and uncensored, to God through his word, allowing his Word to mix with your innermost thoughts, feelings, and trepidations—all of this becomes sacred prayer. Listen to your heart, quiet your mind.

The six prayer stages are designed to bring your whole being into awareness and contemplation of God's presence and action in your life. Some aides to prayer (taken from *The Spiritual Exercises* and the Sacred Space website) as you move through the stages:

- **The Presence of God**—Involve your body in the prayer. Consider

using aspects of Centering prayer. Sit upright, relaxed, with feet on the floor and hands relaxed in your lap or at your sides. Close your eyes or focus on a specific object. Clear your mind, letting stray thoughts leave your mind as quickly as they enter. Use a mantra or simple prayer phrase if that helps you to return to your focus.

Use breathing techniques to become more aware of the spirit of God moving within you. Focus on the air moving into your lungs, filling you with the Holy Spirit. On the “in breathe” focus on what you are asking of or needing from God now in your life, and on the out breathe focus on releasing the tension and whatever is holding you back from that which you desire of God.

- **Freedom**—Now that you have allowed yourself to experience the presence of God, you must allow yourself to be freed from what binds you in order to put yourself at the service of God. This is surrender to the will of God.
- **Consciousness**—In this stage you work on recognizing God at work in your life. Use the Examen or Review of Consciousness. To begin,

think about the events of the last day in a non-judgmental way, focusing on what you are grateful for, giving thanks to God for the gifts you have been given and the gifts you have used in the service of God. Ask for help from the Holy Spirit to help you assess your motivations and feelings. Again, you are not to judge yourself but to bring yourself to the light of Christ and allow him to show where you have walked with him and where you have not.

- **The Word**—Read the scripture passage slowly a few times all the way through. Read it again, pausing at any words or phrases that catch your attention. Focus on these and make them part of your prayer.
- **Conversation**—Using your divinely given imagination, imagine Christ is with you. You are spending time with your most trusted friend. Speak to him, listen to him. Use an image of Christ that resonates with you: a crucifix, an icon of Christ. If you find praying with icons fruitful, you may also enjoy *Behold the Beauty of the Lord* by Henri Nouwen.

GROUP USE FOR FAITH SHARING AND SPIRITUAL BOOK GROUPS

While *Sacred Space* is a personal prayer book, groups, particularly small faith sharing groups, spiritual book discussion groups, and RCIA sponsor-catechumen meetings, can use it. Choose one prayer leader, or assign each prayer stage to a different person. Beginning with The Presence of God

for the appropriate week, have the leader read slowly and deliberately, leaving several minutes for reflection between stages. Be sure to read the scripture passage for the day through several times slowly. You may wish to have group members say aloud the words or phrases in the scripture reading that grab their attention.

Allow time for silent reflection to allow the Word to enter deeply. The questions in the Consciousness and Conversation stages may be answered aloud or in silence, although you are invited to respond aloud. This will allow members to be Christ's presence to each other, a physical presence of the living God.

“In the persons who are going on intensely cleansing their sins and rising from good to better in the service of God our Lord, it is ... the way of the evil spirit to bite, sadden and put obstacles, disquieting with false reasons, that one may not go on; and it is proper to the good to give courage and strength, consolations, tears, inspirations and quiet, easing, and putting away all obstacles, that one may go on in well doing.”

—Ignatius of Loyola, Second Rule of the Spiritual Exercises



WEBSITES OF INTEREST

For more information on the Spiritual Exercises and Ignatian Spirituality, check out the following Web sites:



www.jesuit.ie

The home page of the Irish Jesuits includes links to Sacred Space and more.



www.jesuit.org/Spirituality/default.aspx

The Society of Jesus USA Spirituality page offers a brief introduction to Ignatian Spirituality, the Daily Examen, and a page of links to spirituality, websites on prayer, St. Ignatius, adaptations of *The Spiritual Exercises*, and more.



www.luc.edu/jesuit/ignatius.bio.html

A brief biography of St. Ignatius of Loyola



www.newadvent.org/cathen/14224b.htm

The Catholic Encyclopedia online entry on *The Spiritual Exercises* of St. Ignatius, with lengthy detail on the text, its doctrine, and the criticisms.



www.ignatiushistory.info

A collection of paintings, maps and other aids in presenting the world as St. Ignatius would have experienced it.

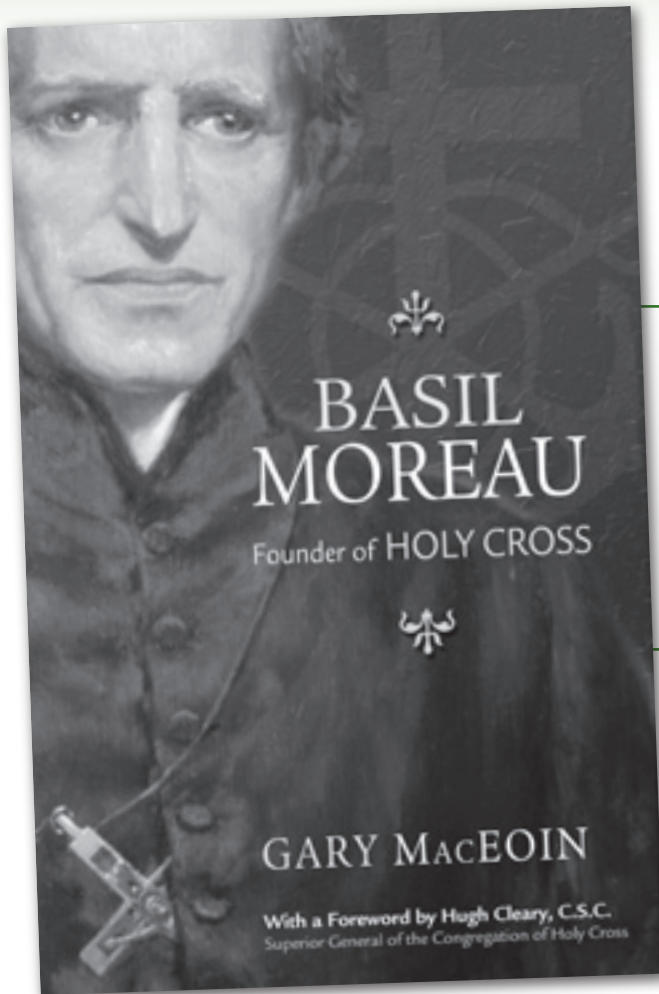


www.jesuit.org

The home page of the Society of Jesus USA contains links to all things Jesuit, including a link to download a PDF of *The Spiritual Exercises* in English.

IN HONOR OF BLESSED BASIL MOREAU

Learn more about the life of the founder of the Congregation of Holy Cross who was recently Beatified.



MEMBERS SAVE 20%

BASIL MOREAU

Founder of Holy Cross

Gary MacEoin

Gary MacEoin's biography of Fr. Moreau appears at a most appropriate time, when many, even many of us who know Fr. Moreau, want to learn more about his life and contribution to the Church and society. MacEoin's gentle and respectful style brings Fr. Moreau to life in a way few others of his biographers have and I hope this new edition receives wide reading.

FATHER JOHN JENKINS, C.S.C.

President, the University of Notre Dame

After the September 15 beatification for Father Basil Moreau, the founder of the Congregation of Holy Cross, his story—a story of war, persecution, controversy, and sacrifice—has come to life in this new edition of the biography written by popular Catholic journalist Gary MacEoin. First published in 1962, MacEoin's biography of Moreau is a comprehensive guide to the life of the founder of the global Congregation of Holy Cross. MacEoin's work gives due reverence to Moreau as he offers readers a look back at the struggles of this humble French priest. Laying the historical foundation, MacEoin follows Moreau from his childhood to his later years as he founded and led the Congregation of Holy Cross in the wake of the French Revolution and through numerous struggles and triumphs—including the founding of the University of Notre Dame by Edward Sorin, C.S.C.

ISBN: 9781594711336 / 256 pages w/ 8-page photo insert / \$15.95

*Use keycode B3A11Ø7Ø2BA6 when ordering to receive your member discount.

Gary MacEoin's fine work captures the painful reality of the cross in Basil Moreau's life. The book also poignantly portrays Moreau's ability to embrace the cross as the gift of hope so central to the mission of his fledgling Congregation.

FATHER DAVID TYSON, C.S.C.

Provincial Superior, Indiana Province of the Congregation of Holy Cross

Through his bold attention to both the dark and light facts of Basil Moreau's life, Gary MacEoin illuminates the virtues of zeal, humility, and forgiveness that guided Moreau's life; virtues that will challenge every reader.

SISTER JOY O'GRADY, C.S.C.

President of Sisters of the Holy Cross

*Use keycode B3A11Ø7Ø2BA6 when ordering to receive your member discount.



