Spiritual Formation in Communities
Rev. Dr. Jason Byassee, Michael Newton, Rabbi Susan Shamash

Methodism and Christian Monasticism
Rev. Dr. Jason Byassee

TEXTS
Roberta Bondi To Pray and to Love (Minneapolis: Fortress, 1991).
John Cassian Conferences in Classics of Western Spirituality (New York: Paulist, 1985).
Richard Heitzenrater Wesley and the People Called Methodist. 2nd ed. (Nashville: Abingdon, 2013).
Kathleen Norris The Cloister Walk (Riverhead, 1997).

Buddhist Spirituality
Michael Newton

TEXTS
Thich Nhat Hanh The Other Shore: A New Translation of the Heart Sutra with Commentaries Parallax Press (available at Amazon and Banyen Books in Vancouver)


General Books on Buddhist Spirituality
Buddhist Philosophy: Essential Readings by William Edelglass and Jay L. Garfield
A Path With Heart by Jack Kornfield
A Wise Heart by Jack Kornfield
Eight-Fold Path by Bhikkhu Bodhi
Going to Pieces Without Falling Apart by Mark Epstein
Insight Meditation: The Practice of Freedom by Joseph Goldstein
Radical Acceptance by Tara Brach
Start Where You Are by Pema Chodron
Spirit of the Buddha by Martine Batchelor
The Miracle of Mindfulness by Thich Nhat Hanh
Thoughts Without a Thinker by Mark Epstein
Zen Mind, Beginner’s Mind by Shunryu Suzuki
Jewish Spirituality
Rabbi Susan Shamash

Texts

Marcia Prager, The Path of Blessing (Woodstock, Vermont: Jewish Lights Publishing), 2003. Read the first 100 pages.

Lawrence Kushner, GOD Was In This PLACE & I, i Did Not Know: Finding Self, Spirituality and Ultimate Meaning (Woodstock, Vermont: Jewish Lights Publishing), 2016 (25th Anniversary Edition). Read the Prologue, Chapter 1 Rashi, at least two chapters on the other commentators, and the Epilogue.

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Ted Falcon & David Blatner, Judaism for Dummies (Hoboken, New Jersey: John Wiley and Sons), 2001


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Zalman Schachter-Shalomi, Jewish With Feeling (Woodstock, Vermont: Jewish Lights Publishing), 2013