

Spiritual Formation in Communities

Rev. Dr. Jason Byassee, Michael Newton, Rabbi Susan Shamash

Methodism and Christian Monasticism

Rev. Dr. Jason Byassee

TEXTS

Benedict of Nursia *The Rule of St Benedict* (New York: Vintage Classics, 1998).

Roberta Bondi *To Pray and to Love* (Minneapolis: Fortress, 1991).

Jason Byassee *Introduction to the Desert Fathers* (Eugene, Or.: Wipf & Stock, 2007).

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).

Benedicta Ward, ed. *The Desert Fathers: Sayings of the Early Christian Monks* (New York: Penguin Classics, 2003).

Jonathan Wilson-Hartgrove *The New Monasticism: What It Has To Say to Today's Church* (Brazos: 2008).

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)

Keown, Damien. *Buddhism: A Very Short Introduction*. Oxford University Press (Amazon and maybe local bookstores)

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

Ted Falcon & David Blatner, *Judaism for Dummies* (Hoboken, New Jersey: John Wiley and Sons), 2001. Read Part I “What Jews Generally Believe,” Chapters 1-5; Part IV Chapter 17 “Shabbat”; Appendix B, “Sampler of Jewish Prayers.”

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.

Suggested Bibliography:

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

Neil Gillman, *Sacred Fragments: Recovering Theology for the Modern Jew* (New York: Jewish Publication Society), 1992

Arthur Green, *Judaism's 10 Best Ideas: A Brief Guide for Seekers* (Woodstock, Vermont: Jewish Lights Publishing), 2014

Abraham Joshua Heschel, *The Sabbath: It's Meaning for Modern Man* (New York: Farrar, Straus and Giroux), 2005

Marcia Prager, *The Path of Blessing* (Woodstock, Vermont: Jewish Lights Publishing), 2003

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

Adin Steinsaltz, *Biblical Images: Men and Women of the Book* (New York: Basic Books, Inc.) 1984