

# Soul Spark



## Tips for journeying on...

### *Use what you have found to be helpful*

- Take the approaches to prayer, to reflect, the ways of looking at our experience and the 'tools' offered that you have found helpful and draw upon them.

### *Approaching Prayer*

- Set aside a particular time
- Take time to become still, to let go of any busy-ness
- Ask yourself – what do I seek from God – then ask God
- Spend time in prayer / reflection / listening
- Reflect on the experience – what raised my spirits, what dampened them, what was that about
- Respond to God with gratitude and seeking grace
- Share - with someone who will listen
- Let grace change you ...

## Supports

### Finding someone to share with

A 'Spiritual Director', prayer partner, group or friend supportive of spiritual journey is very valuable. No-one is beneath the need for one, no-one is above the need for one.

Help can be given to finding a Spiritual Director or Spiritual Accompanier. Many dioceses have people who can help make contact with appropriate people. The Retreat Association can help find someone local. [www.retreats.org.uk](http://www.retreats.org.uk) 020-7357 7736. They also publish a useful leaflet called 'Choosing a Spiritual Guide'.

### Quiet Days, Retreats...

Taking time away from the normal run of life to give a bit more attention to the gentle touches of God in your life is vital for spiritual health. Quiet Days, Retreats and Workshops can all provide good opportunities for this.

- There are a wide range of places offering programmes of Quiet Days, Retreats and Workshops. The Retreats Association publishes a magazine 'Retreats' each year providing listings of Retreats, Quiet Days and events around the country. [www.retreats.org.uk](http://www.retreats.org.uk) 020-7357 7736

## Books

Some books that may be helpful in exploring further some of the approaches of Soul Spark and provide resources for prayer and reflection.

David Adam, *Tides and Seasons* (SPCK 1982)

Angela Ashwin *Patterns not padlocks* (Eagle, 2002)

Anthony de Mello *Sadhana* (Bantam Doubleday Dell, 1984)

Joyce Huggett *Listening to God* (Hodder & Stoughton, 1996)

Joyce Huggett *Listening to Others* (Hodder & Stoughton, 1996)

Gerard W Hughes, *God of Surprises* (Darton, Longman and Todd, 1985)

Gerard W Hughes, *God in All Things* (Darton, Longman and Todd, 2003)

Dennis Linn, Sheila Fabricant Linn, Matthew Linn, *Good Goats: Healing our image of God* (Paulist Press, 1994)

Dennis Linn, Sheila Fabricant Linn, Matthew Linn, *Sleeping with Bread* (Paulist Press, 1995)

Henri Nouwen, *The Return of the Prodigal Son* (Darton, Longman and Todd, 1994)

Gerald O'Mahoney *Finding the Still Point* (Eagle, 2002)

Ronald Rolheiser, *Seeking Spirituality* (Hodder and Stoughton, 1998)

David Runcorn, *Touch Wood* (Darton, Longman and Todd, 1992)

Joyce Rupp & Macrina Wiederkehr, *The Circle of Life* (Sorin Books, 2005)

Margaret Silf, *Landmarks* (Darton, Longman and Todd, 1998);

Margaret Silf, *Taste and See* (Darton, Longman and Todd, 1999)

Philip Yancey *What's so amazing about grace* (Zondervan, 2002)