

In addition to publications produced by The Julian Meetings, you may find this small selection of books and media helpful. Our website [www.thejulianmeetings.net](http://www.thejulianmeetings.net) has more information, and links to other websites offering spiritual resources.

## GUIDES TO CONTEMPLATIVE PRAYER

**INTO GOD'S PRESENCE: listening to God through prayer and meditation**  
**Liz Babbs.**

Zondervan 2005 £8.99 Kindle e-book £5.99 118 pages

*A practical book with emphasis on incorporating meditation into your life throughout the day, rather than a 'once a month marathon'*

**LIVING FROM WITHIN**

**Philippa Craig**

The Grail Publications £1.50 [W](#)

*Contemplative prayer with a mantra. Includes lead-ins.*

**PRAYING with POSTURE: Short meditations for the whole body**

**Gina Hall**

Redemptorist Publications 2009 16 pages £3.25 [W](#)

*Six exercises with a photo, line drawing, Bible passage and posture suggestions to lead us into silent prayer.*

**FINDING SANCTUARY**

**Christopher Jamison**

Phoenix 2007 £7.99, audio CD £14.99, Kindle £4.99 192 pp [W](#)

*Gives a number of practical steps building on silence and drawn from the wisdom of St Benedict. Excellent on contemplative prayer.*

**INTO THE SILENT LAND: the practice of contemplation**

**Martin Laird**

DLT 2006 £10.95 176 pages

*Has much of value for anyone attempting contemplation.*

**LOVE IS THE MEANING: growing in faith with Julian of Norwich.**

**Ann Lewin**

Canterbury Press new ed 2010 £8.99 67 pages

*Has a good presentation of contemplative prayer & Julian Meetings.*

**SIMPLE TOOLS FOR STILLNESS**

**Wanda Nash**

Grove Books (series no.S92) 2005 £3.95 28 pp + e-book [W](#)

*A simple introduction to being still with God. Includes 'Lead-ins'*

## **PRAYER & CONTEMPLATION (inc. Distractions are for Healing)**

**Robert Llewelyn**

SLG Press £5.95

## **CONTEMPLATIVE MEDITATION**

**Fr. Matthew ODC**

Catholic Truth Society 1979 £1.95

*Has quite a lot on using a mantra*

## **EVERYTHING BELONGS**

**Richard Rohr**

Crossroad Publishing Co N.Y. 2003 £12.99 155pp

*Examines contemplative prayer and contemplative living through parable, Bible texts and personal experience.*

*Founded The Center for Action and Contemplation [www.cac.org](http://www.cac.org)*

## **WONDERFUL EXCHANGE: an exploration of silent prayer**

**Alexander Ryrie**

Canterbury Press 2003 £9.99 128 pages

*A practical guide to silent prayer - a 'two centred enterprise'. Would appeal to beginners and to those more experienced in silent prayer.*

## **The following JULIAN MEETINGS PUBLICATIONS are useful guides:**

A leaflet introducing Contemplative Prayer and Julian Meetings

Some Basics of Contemplative Prayer.

Approaching Silence.

Going into Silence, and Coming Out

## **QUIET DAYS**

### **A RETREAT WITH THOMAS MERTON: a 7-day spiritual journey**

**Esther De Waal**

Canterbury Press New ed 2011 £12.99

*A seven day personal or group retreat programme using extracts from Thomas Merton's writings and a selection of his photographs*

### **SEASONS OF GRACE: inspirational resources for the Christian**

**Ann Lewin**

**year**

Canterbury Press, new ed 2011 £14.99 Kindle e-book £9.44 260 pages

*Includes Planning and leading a quiet day and A Day for Carers*

## **CREATIVE IDEAS FOR QUIET DAYS**

**Sue Pickering**

Canterbury Press 2006 £14.99 132 pages

## LEADING INTO SILENCE

### HEAVEN IN ORDINARY

**Angela Ashwin**

McCrimmon 1991 £3.95

*Contemplative prayer in ordinary life*

### SILENT STRENGTH

Inspire 2005 £5.99 91 pages

### WHISPERS OF LOVE

Onwards & Upwards 2011 £5.95

Kindle e-book £5.46

**Pat Marsh**

*Poems born from prayer on such themes as trust, resurrection, times of stillness and emptiness. Many suitable as 'lead-ins' to silent prayer. Available from Pat Marsh [W](#) or 01785 254485*

### DIALOGUES WITH SILENCE: prayers and drawings

**Thomas Merton .**

SPCK 2002 £10.99 208pp (out of print) E-book (Kindle) £5.99

*His prayers and line drawings to inspire prayer and contemplation*

### FINDING SILENCE; 52 meditations for daily living

**James Roose-Evans**

The History Press, (01453 883300) 2009, £8.99 164 pages

*These bridge the gap between religion and spirituality, showing how meditation can unify us, and reconnect us to our inner core of being.*

### ECHOING THE SILENCE

**John Skinner**

Gracewing 2009 £7.99 119pages

*Explores the experience and meaning of silence.*

### IN THE STILLNESS: poems based on Julian of Norwich

**Richard Skinner**

Dilettante Publications, Exeter, Devon, 2012 £6 [W](#)

### TASTE AND SEE

**Margaret Silf**

DLT 1999 £12.99 251 pages

*How to explore ways to come closer to God, ourselves and each other in prayer, including inner stillness and reflective living*

## MEDIA RESOURCES

### SPIRITUALITY OF WAITING: being alert to God's presence in our lives

**Henri Nouwen**

2CDs. Ave Maria Press 2006 £11.74

*A talk using Luke's words, encouraging us to wait actively for God*

## **WAIT AND SEE**

**Angela Ashwin**

CD rom McCrimmon 2008 £28.69

*Powerpoint presentation of meditations for praying together in stillness, from her out of print books: Wait and Trust / Wait and See*

## **SILENCE OF THE SOUL**

**Margaret Rizza**

CD, DVD,MP3. Kevin Mayhew 2002 £14.99

*Introduces the theme of prayer as gift, as grace using Julian's words*

## **ETCHED IN SILENCE**

**R.S.Thomas**

DVD Cairns Publications 2013 £14.95 [W](#)

*The late Jim Cotter reads 25 poems against a background of scenes in the Lleyn Peninsula*

## **A JOURNEY INTO PRAYER**

**Sr Mary Stephen CRSS and Sr Petra Boex OSB**

DVD McCrimmons 2006 £20.82

*16 superb images e.g. stillness, listening, longing, trust – can be used with or without spoken meditations to lead into silence*

## **SILENCE IN THE CITY**

Recordings of talks on silence and contemplative living by eg Jean Vanier, Richard Rohr, Rowan Williams. Recordings available via Silence in the City, 77 Tower Bridge Rd, London SE1 4TW [W](#)

## **SPIRITUAL CLASSICS**

Some writings from across the centuries are helpful. For example: *Julian of Norwich* (1342-1416), from whom the Julian Meetings takes its name because of her teaching on prayer, was a solitary and wrote *Revelations of Divine Love*. The revelations were 16 visions and her meditations on these mystical experiences.

*The Cloud of Unknowing* by an unknown English medieval writer, shows the development of prayer and contemplation as a discipline.

*Teresa of Avila* was a 16<sup>th</sup> century Spanish mystic as was *St John of the Cross*, a supreme poet of Christianity's mystical tradition.

*Abbé Henri de Tourville* was a 19<sup>th</sup> century French spiritual director; his letters to his penitents are full of insight and encouragement.

Some translations are better than others. These are some versions that JM members have found helpful, including three series of spiritual classics which are good introductions to each writer and good resources for 'lead-ins' to silence.

## SERIES

### **ENFOLDED IN LOVE Series**

DLT 2004 £3.50 72 pages [W](#)

*Brief selected extracts from spiritual classics for daily reading over two months. Includes Enfolded in Love and In Love Enclosed (both Julian of Norwich), Lamps of Fire (St John of the Cross) and the Cloud of Unknowing. Pocket sized. Line drawings.*

### **30 DAYS WITH A GREAT SPIRITUAL TEACHER** ed. John Kirvan

Ave Maria Press £6.99 106 pages

*A daily morning reading, phrase or word to carry through the day and night prayer from the works of great spiritual teachers, including All Will be Well (Julian of Norwich); Let Nothing Disturb You (Teresa of Avila); Peace of Heart (Francis of Assisi); True Serenity (Thomas à Kempis); Where Only Love Can Go (Cloud of Unknowing)*

### **CLASSICS FOR EVERYONE;** translated by Elizabeth Obbard

New City Press, £5.95 65 pages

Titles include 'The Cloud of Unknowing', Teresa of Avila's 'Way of Perfection', John of the Cross's 'Living Flame of Love'.

## INDIVIDUAL TITLES

### **THE CLOUD OF UNKNOWING;** edited by Halcyon Backhouse,

Hodder, 2009 £8.99 112 pages

*The development of prayer and contemplation as a discipline by an unknown English medieval writer.*

### **STREAMS OF GRACE: a selection of the Letters of Direction**

**Henri De Tourville**

Continuum 2005 £8.99

### **40 DAY JOURNEY with Julian of Norwich;** edited by Lisa Dahil

Augsburg Books, USA 2008 £7.99, Kindle e-book £6.81

### **THE COMPLETE JULIAN OF NORWICH;** trans Fr. John-Julian OJN

Paraclete Press 2009 £21.60 490 pages Includes commentary

### **REVELATION OF LOVE;** translated by John Skinner

Gracewing 2004 £7.99 Kindle e-book £6.81

### **INTRODUCING JULIAN, woman of Norwich,** by Elizabeth Obbard

New City 1995 £7.50 142 pages

*Good on what life might have been like for Julian*

The Julian Centre in Norwich stocks a good range of books etc [W](#)

## MAGAZINES AND OTHER SERIAL PUBLICATIONS

**Grove Spirituality Series** both pamphlet or e-book Grove Books, W

**The Julian Meetings Magazine** 3 issues p.a. £6 W  
Standard & large print versions from The Julian Meetings, 32  
Knaresborough Rd. Harrogate, North Yorkshire HG2 7LU

**Quiet Spaces** 3 issues p.a. UK £16.95 W  
Bible Reading Fellowship (BRF), 15 The Chambers, Vineyard,  
Abingdon, Oxon OX14 3FE Tel: 1722 326899

**Retreats Magazine** annual £6.50  
Bookshops or The Retreat Association, Clare Charity Centre,  
Wycombe Road, Saunderton, Bucks HP14 4BF. W  
*Lists retreat houses and their retreats plus articles and book reviews*

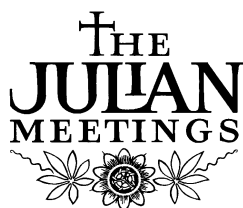
Some books in this list may be available from your local library.  
If your local bookshop cannot get them the following two provide a  
mail order service:

Sarum College Bookshop, 19 The Close, Salisbury, SP1 2EE  
Tel: 01722 326899 W

Church House Bookshop, 31 Great Smith St, London SW1P 3BN  
Tel: 0845 017 6965 for mail orders W

You can often order direct from a publisher's website – internet  
search engines will usually find them.

W This indicates that we know there is a website



The Julian meetings are groups of people  
who meet regularly for silent contemplative  
prayer in the Christian tradition.

For more information visit our website  
[www.thejulianmeetings.net](http://www.thejulianmeetings.net)

*Or send an sae to*

JM, 263, Park Lodge Lane, Wakefield,  
West Yorkshire WF1 4HY.