

**SILENCE AND SOLITUDE:
THE SPIRITUAL PRACTICE OF PERSONAL RETREAT-TAKING**
A Suggested Reading List

Invitation to Solitude and Silence: Experiencing God's Transforming Presence, by Ruth Haley Barton. IVP Books, 2010. This book is an invitation to you to meet God deeply and fully outside the demands and noise of daily life.

Wilderness Time: A Guide for Spiritual Retreat, by Emilie Griffin. Harper San Francisco, 1997. Time in "the wilderness"- solitary meditation on simplicity, prayer, and other key disciplines of faith- is directly in keeping with Jesus' example of going apart to pray. This RENOVARE resource helps us create self-guided retreats, and is a primer for retreat-taking.

Solitude: A Neglected Path to God, by Christopher C. Moore, Cowley Publications, 2001. In Christian tradition, solitude has always been a significant way of drawing closer to God and discovering the truth about ourselves. This book considers a variety of factors that affect the quality of our solitude, as well as both the dangers and healing power of solitude. We are given practical ways to reclaim the experience of solitude as a spiritual and personal discipline, no matter how busy and demanding our lives may be.

A Guide to Prayer for Ministers and Other Servants, by Rueben P. Job and Norman Shawchuck, Upper Room Publishers, 1983. This volume, which takes you through the church calendar with daily readings and prayers, also has a section on personal retreats, entitled *Monthly Retreat Models*. Twelve structured retreat models are offered, each one with a theme and plan for a 24-hour retreat.

My Soul in Silence Waits: Meditations on Psalm 62, by Margaret Guenther, Cowley Publications, 2000. In these reflections on Psalm 62, the author provides the foundation for a time of reflection and retreat without ever leaving home. She introduces us to ways of making a retreat wherever we are, at a place apart or in the midst of our daily lives. Guenther then offers eight meditations on Psalm 52, with its themes of waiting on God's presence with patience, trust and expectation.

Keeping Silence: Christian Practices for Entering Stillness, by C.W. McPherson, Morehouse Publishing, 2002. This book is a simple and non-technical introduction to the how's and why's of practicing silence as a spiritual discipline. It provides not just overall pointers, but specific techniques...for individuals who hunger for quiet, peaceful moments with God.