

Books

- *Paths to Prayer* by Patricia D. Brown. Jossey Bass 2003. The book presents 28 ways to pray, each with exercises, questions for reflection, and other resources on the topic. This book could be used as a basis for a parish program that encourages various ways to pray.
- *189 Ways to Contact God* by Marlene Halpin, OP. Loyola Press 1999. The book offers 189 prayer starters on a wide variety of topics.
- *Days of Deepening Friendship: For the Woman Who Wants Authentic Life with God* by Vinita Hampton Wright. Loyola Press 2009. Using scripture, meditations, stories, and written exercises, this book encourages women to explore the deeper regions of their relationship with God. The book lends itself well to use by a group of women who want to meet periodically to share the exercises and reflection questions given in every chapter.
- *Prayer* by Joyce Rupp. This very experienced retreat leader offers reflections on prayer. The book is an excellent resource for individuals and can be used by a group that wants to explore its four chapters.
- 10 small books by William A. Barry, SJ on developing through prayer an intimate relationship with God who loves us and wants to be in relationship with us. Each book is a gem! They could be used in book groups and by individuals seeking a more intimate relationship with God:
 - *Here's My Heart, Here's My Hand: Living Fully in Friendship with God*. Loyola Press 2009, 217 pp.
 - *A Friendship Like No Other: Experiencing God's Amazing Embrace*. Loyola Press 2009, 202 pp.
 - *God and You: Prayer as a Personal Relationship*. Paulist Press 1987, 83 pp.
 - *Praying the Truth: Deepening Your Friendship with God through Honest Prayer*. Loyola Press 2012, 118 pp.
 - *What Do I Want in Prayer*: Paulist Press 1994, 133 pp.
 - *Paying Attention to God: Discernment in Prayer*. Ave Maria Press 2009, 128 pp.
 - *Seek My Face; Prayer as Personal Relationship in Scripture*. Loyola Press 2009, 135 pp.
 - *God's Passionate Desire*. Loyola Press 2008, 130 pp.
 - *Changed Heart, Changed World: The Transforming Freedom of Friendship with God*. Loyola Press 2011, 194 pp.
 - *With an Everlasting Love: Developing an Intimate Relationship with God*. Paulist Press 1999, 172 pp.
- *Close to the Heart: a Practical Approach to Personal Prayer* by Margaret Silf, Loyola Press, 1999. Using examples of prayer from her own and others' lives, the author

introduces a world of imaginative yet simple ways to approach personal prayer, tempting us to search for “clues to the Kingdom” in everyday life.

- *Retreat in the Real World*, by Alexander, Waldron, and Gillick. Loyola Press. This book makes it possible to experience a personal retreat on your own time, in your own way, in a location of your choosing.
- *Opening to God* by Thomas Green, SJ.
- *Prayer and Meditation* by Karl Rahner
- *Quiet Places with Jesus* by Isaiah Powers. A book that invites the pray-er to use one’s imagination to enter into gospel stories with Jesus
- *Living in God’s Embrace* by Michael Fonseca. Ave Maria Press.
- Ed Hayes has authored a myriad of titles that offer refreshing experiences of prayer, and often these are prayers about a range of human life experiences.
- *Sadhana; One-Minute Wisdom; Wellsprings* by Anthony DeMello. Each of these books offers simple prayer exercises to take the pray-er deeper into relationship with God
- *Paths to Prayer* by Robert Morneau
- Joyce Rupp has written many books that invite the reader into prayer and reflection. A partial list includes:
 - *Open the Door*
 - *Praying Our Goodbyes*
 - *The Cup of Our Life*
 - *May I Have this Dance?*
 - *Prayer Seeds*
 - *Out of the Ordinary*
 - *The Star in My Heart*
 - *Boundless Compassion*
 - *Prayers of Boundless Compassion*
- *Scriptural Rosary*; by Christianica. Hardcover only available through Amazon \$10.00
- *Key of the Kingdom, Large Print Prayers and Devotions*, WH Litho Co, New York, NY
- *A Book of Hours*; by Thomas Merton, Sorin Books, Notre Dame, IN
- *Mother Teresa: Come Be My Light*, by Ed. Fr. Brian Kolodiejchuk, MC, Doubleday
- *Lent and Easter: Wisdom from Thomas Merton*, by The Merton Institute for Contemplative Living, Liguori, Liguori, MO
- *The Path of Life*, by Cyprian Smith OSB, Ampleforth Abbey Press
- *Walking the Sacred Path: Spiritual Exercises for Today*, by Dan Schutte, Twenty Third Publications

- *Everything Belongs: The Gift of Contemplative Prayer*, by Richard Rohr
- *A Simple Family Breviary: From the Psalms of St. Francis and the Commons of Mary and the Saints* (available on Kindle)
- *Waiting in Joyful Hope: Daily Reflections for Advent and Christmas 2018-2019*, by Sr. Genevieve Glen, OSB, Liturgical Press
- *Jesus In My Heart: Preparing for First Holy Communion*, by Sr. Immaculata Bertolli, OSB
- *Oracional Bilingue Para Niños: A Childrens Prayerbook in Spanish-English*, conforms with Roman Missal Third Edition
- *Oracional Bilingue: A Prayer Book for Spanish-English Communities*, Jorge Perales, Ed., Liturgical Press
- *Daily Prayer 2018*, Michael Driscoll, Philip Horrigan, Keith McClellan, Liturgical Training Publications
- *Living Liturgy: Spirituality, Celebration, and Catechesis for Sundays and Solemnities 2018*, Liturgical Press. Brian Schmisek, Diana Macalintal, and Katy Beedle Rice
- *On Eagle's Wings: A Journey Through Illness Toward Healing*, Michael Joncas, Twenty Third Publications
- *Words for the Journey for Teens: 10-Minute Prayer Services for Youth*, Twenty Third Publications
- *500 Prayers for Catholic Schools & Parish Youth Groups*, Filomena Tassi & Peter Tassi
- *The Light of Faith - Lumen Fidei*, Pope Francis
- *Becoming the Psalms*, Sr. Kathleen Harmon, SNDdeN
- *A Spirituality of Singing and Praying the Psalms*, Sr. Kathleen Harmon, SNDdeN

People

- Jean David is a member of St. Teresa of Avila, Valparaiso, where she offers spiritual direction.

Jean's contact information is:

219-762-2078

dunedrifter@comcast.net

- Debbie Dellumo is well-versed in teaching about prayer and creating group retreat experiences. She is trained by the Jesuits to accompany people through the Spiritual Exercises of St. Ignatius and has a passion for leading groups through the "retreat in daily life" version of the Spiritual Exercises. (See programs section for a description of the retreat in daily life.) Debbie also offers ongoing spiritual direction with individuals.

Debbie's contact information:

St. Patrick's Parish, Chesterton

219-926-1282 ext. 110

ddellumo@stpatparish.org

- Sr. Joyce Diltz, PHJC has over 40 years experience accompanying individuals in retreat and in ongoing spiritual direction. She teaches about and leads groups through various ways to pray, journaling, and dreamwork as a way to listen to God. She is trained by the Jesuits to accompany people through the Spiritual Exercises of St. Ignatius which she offers both individually and in groups. She also facilitates dream groups.

Sr. Joyce's contact information:

219-803-2075

bethanyrh@sbcglobal.net

- Fr. David Gosnell, a retired priest of the Diocese of Gary, gives presentations on spirituality. Following his personal experience of the 30-day Ignatian Spiritual Exercises retreat, he has begun to offer his services as a spiritual director.

Fr. Gosnell's contact information:

219-785-4713

davidhgossnell@gmail.com

- Sr. Joetta Huelsman, PHJC currently serves on the provincial council of the Poor Handmaids of Jesus Christ in Donaldson, IN after being director of John XXIII Retreat House in Hartford City, IN. She has offered ongoing spiritual direction and presentations on various prayer and spirituality topics for many years

Sr. Joetta's contact information:

574-936-9936

jhuelsmann@poorhandmaids.org

- Sr. Marybeth Martin, PHJC is a spiritual director with extensive experience working with young adults and twelve-step groups. She has served on several teams for the Busy Person's Retreat and has worked in the Ignatian Spirituality Project. She can be reached at 219-644-5562 _mbmartinphjc@gmail.com

- Mary Mauer has a rich and long history of providing both child and adult faith formation. She offers retreat days on a variety of ways to pray.
Mary can be reached at 219-464-4831 1855stpaulcathchurch@live.com

- Fr. Jerry Schweitzer gives retreats and days of prayer on scripture and scriptural themes. He can be reached at 219-688-9095 geraldschweitzer@yahoo.com

- Sr. Cathy Schwemer, PHJC presents in the areas of spirituality and prayer. She can be reached at 574-935-1781; cschwemer@poorhandmaids.org

- Deacon Frank Zolvinski has extensive experience in youth ministry and religious education for children. He is a trained spiritual director.

Programs

- Meaningful Conversations about Prayer – four DVDs, each with four or five segments on
 - How and Why We Pray
 - Praying with our Own Words
 - Praying with Scripture
 - Praying with the Church's WordsIncludes leader's guide.
Loyola Press (800.621.1008; www.loyolapress.org)

- Ways to Pray series led by Sr. Joyce Diltz, PHJC. This 5 or 6-session series introduces various ways to pray, both by means of explanation and by experience of the prayer

form. The 1- 1.5 hour sessions can be offered weekly or monthly. Sessions explore these kinds of prayer:

- Prayer: What, When, Where, Why; Praying with our Senses
- Praying Our Life Experience: Meeting God in the Events and Relationships of Life
- Praying with Scripture: the Word of God as a Guide to Prayer
- Journal Writing as Prayer: Tapping Our Inner Wisdom
- Noisy Contemplation: Prayer in the Midst of Busy Lives
- Praying our Dreams: Images and Symbols in Prayer

Sr. Joyce Diltz can be reached at 219-803-2075 and bethanyrh@sbcglobal.net.

- Talks on various ways of praying, to be given as stand-alone presentations or as a series on prayer:
 - Praying with Icons
 - Centering Prayer
 - Praying with the Psalms
 - Praying the Jesus Prayer
 - Praying with the Saints

Presented by Sr. Cathy Schwemer – 574-935-1781; cschwemer@poorhandmaids.org

- Different ways to Pray – led by Mary Mauer 219-464-4831
1855stpaulcathchurch@live.com

- Many Ways to Pray by Deacon Jim Caristi

Deacon Jim can be reached at 219-464-4831

- Ignatian Retreat in Daily Life is a rich opportunity to engage in a process of prayer that has the potential to be deep and transformative. The retreat occurs over a 9-month period with the group of participants meeting every two weeks. The retreat requires participants to commit to a period of .5 to 1 hour of daily prayer around specific themes and scriptures, to meet monthly with a spiritual director, and to share aspects of their prayer with others in the bi-weekly gathering that both reflects on the prayer topic together and gives prayer exercises for the next two weeks. This retreat can be offered in the parish setting for parishioners who want a deep and transformative experience of prayer that integrates faith and daily life experience.

Facilitators for the retreat in daily life:

- Debbie Dellumo -- 219-926-1282 ext. 110 ddellumo@stpatparish.org
- Sr. Joyce Diltz, PHJC – 219-803-2075; bethanyrh@sbcglobal.net
- Sr. Marybeth Martin, PHJC -- 219-244-5562; mmartin@poorhandmaids.org
- Fr. David Gosnell – 219-785-4713; davidhgosnell@gmail.com
- Busy Person's Individually Directed Retreat. A parish or a cluster of parishes might choose to offer this individually directed retreat that occurs over a week or ten days and offers an integrated experience of prayer and daily life. Retreatants live at home and continue their daily lives during the retreat but commit to an hour of daily prayer and to meet with a spiritual director every two or three days during the retreat. The group of retreatants meets at the beginning and end of the retreat. Scripture passages and journal exercises are suggested by the spiritual director based on what is happening for the retreatant in daily life and in one's prayer. This retreat requires the coordination of enough spiritual directors to be on hand to accommodate the number of parishioners signed up for the retreat.

Resource people to help organize the Busy Person's retreat:

Sr. Marybeth Martin, PHJC -- 219-244-5562; mbmartinphjc@gmail.com

Debbie Dellumo -- 219-926-1282 ext. 110 ddellumo@stpatparish.org

Sr. Joyce Diltz, PHJC – 219-803-2075; bethanyrh@sbcglobal.net

- Collatio or Group Lectio Divina (shared prayer over a scripture passage)

In essence this is a quiet, reflective group experience of scriptural prayer which lasts about one hour and is led by a facilitator who invites three individuals to read the chosen scripture passage. After the first reading, participants are asked to prayerfully say a word or phrase that speaks to them during the reading. No comments are made. Some silence follows the sharing, and then the passage is read a second time. After this second reading of the passage, the group is invited to each prayerfully say what stirs in them as they hear the word. There is a prayerful listening to each other but no comment or discussion. Some silence follows. The passage is read a third time after which the group shares conversation about what this passage says to each person about their life. The final movement of the experience is to close with spontaneous prayer and/or a song.

Resource people to facilitate this prayer experience:

Sr. Marybeth Martin, PHJC -- 219-244-5562; mbmartinphjc@gmail.com

Debbie Dellumo -- 219-926-1282 ext. 110 ddellumo@stpatparish.org

Sr. Joyce Diltz, PHJC – 219-803-2075; bethanyrh@sbcglobal.net

Fr. David Gosnell – 219-785-4713; davidhgosnell@gmail.com

Sr. Cathy Schwemer – 574-935-1781; cschwemer@poorhandmaids.org

Mary Mauer 219-464-4831 1855stpaulcathchurch@live.com

Fr. Jerry Schweitzer 219-688-9095 geraldschweitzer@yahoo.com

- Praying with Scripture by Fr. Christopher Stanish 219-464-4042

- Centering prayer presented by Sr. Joetta Huelsman, PHJC 574-936-9936; jhuelsmann@poorhandmaids.org

- In-depth reflection on the days of the Triduum. This has been offered as evening talks for a parish mission. The presenter may be open to other formats as well.
Led by Terry Nelson Johnson – 847-910-5017.

- Spirituality in Our Everyday Lives – a 5-session series on topics like the following:
 - Spirituality and Trauma
 - Spirituality and the Trinity
 - Spirituality and Aging
 - Spirituality and DyingPresented by Fr. David Gosnell – 219-785-4713; davidhgosnell@gmail.com

- Joy of Lent – led by Mary Mauer 219-464-4831 1855stpaulcathchurch@live.com

- Praying with the Clifton Strength Finder by Debbie Tatum. For parishes who are using the Strength Finder, this presentation helps participants move into prayer with the results of their profile.
Debbie can be reached at 219-769-9292

- The following offerings can be used as a retreat day, afternoon, evening, weekend, longer retreat, or a retreat series:
 - Being the Beloved of God
 - Compassion
 - Ignatian spirituality
 - Praying with Nature
 - Praying in Different Ways
 - Seasonal: Advent, Lent, Easter, Pentecost
 - Using our Senses in Prayer

- 12-Step Spirituality
 - Women's Retreat
 - Work Spirituality, Finding Meaning in Work
 - Young Adult Spirituality
 - Other retreat experiences designed specifically for this parish group
- Led by Sr. Marybeth Martin, PHJC -- 219-244-5562; mbmartinphjc@gmail.com
 - Ongoing spiritual direction – An ages-old tradition, spiritual direction is an active conversation between two people, a directee or spiritual seeker and someone familiar with the spiritual life who is prepared for the ministry of spiritual direction. This conversation centers on the directee's relationship with God as together they listen for God's presence and invitations in that person's life experience.

These are some spiritual directors in the diocese*:

- Jean David – 219-762-2078 dunedrifter@comcast.net
- Debbie Dellumo -- 219-926-1282 ext. 110 ddellumo@stpatsparish.org
- Sr. Joyce Diltz, PHJC – 219-803-2075; bethanyrh@sbcglobal.net
- Fr. David Gosnell – 219-785-4713; davidhgossnell@gmail.com
- Deacon Frank Zolvinski –219-362-2815; fzovolvo@comcast.net

*For a more complete list including ecumenical spiritual directors, please contact Sr. Joyce Diltz.

- Group Spiritual Direction – offers individuals the opportunity to receive spiritual direction in a small group facilitated by a trained spiritual director. Participants commit to the group for 9 months and meet together monthly. The sessions follow a definite pattern of sharing, silent reflection, and feedback. Each person has an allotted amount of time in which to share his/her story and receive feedback from other group members. Participants are scheduled to share their story, depending on the size of the group, perhaps every other session.

Group spiritual direction facilitator: Sr. Marybeth Martin, PHJC 219-244-5562;
mbmartinphjc@gmail.com

Prayer Services

- Taize Prayer Service – a meditative prayer service inspired by the Taize community in France. The service lasts about an hour and comprises scripture readings and reflective music.

Resource people:

Diocesan Office of Worship

Angie Lorandos -- 219-689-7339, alorandos@stm-church.com

Danette Lashbrook

Tina O'Drobinak – 219-688-8764, todrobinak@stjohnparish.org

- Stations of the Cross from various perspectives:
 - an original Spanish translation (contact St. Francis Xavier Church, Lake Station – 219-962-8626)
 - for vocations (contact St. John the Evangelist Church – Tina O'Drobinak 219-365-3678 todrobinak@stjohnparish.org)
 - Marian (contact St. John the Evangelist Church – Tina O'Drobinak 219-365-3678, todrobinak@stjohnparish.org)
 - for married couples (contact St. John the Evangelist Church – Tina O'Drobinak 219-365-3678, todrobinak@stjohnparish.org)
 - for the elderly (contact St. Michael Parish – 219-322-4505)
- Contemporary Praise and Worship Service
 - John Fazugais, 219-464-4831 Life Teen Life, St. Paul Church, Valparaiso
 - John Kontol jk88keys@sbcglobal.net St. John the Evangelist Church
- Lessons and Carols (Advent/Christmas) Angie Lorandos 219-689-7339, alorandos@stm-church.com

Websites

- <http://onlineministries.creighton.edu/CollaborativeMinistry/cmo-retreat.html> for an online Ignatian retreat
- <https://www.sacredspace.ie/> for daily online prayer
- www.Loyolapress.com/3-minute-daily-online-prayer.htm a 3-minute retreat by Loyola Press
- Scriptural Rosary Free download www.kofc.org/en/resources/cis/cis319.pdf
- Meditative and Contemplative Prayer Experiences, Imaginative Prayer Meditation on Sacred Art <http://www.pbgrace.com/meditate-sacred-art/>
- Lectio Divina for Children. www.pbgrace.com/lectio-divina-for-kids/

- Liturgy of Hours
 - Universalis <http://universalis.com/>
 - Liturgia de las Horas <http://www.liturgiadelashoras.com.ar/>
 - In Tagalog: <https://www.ebreviary.com/ebreviary/ebreviary.nsf/tagalog1.html>
- Chaplet of the Divine Mercy
 - The Congregation of the Sisters of Our Lady of Mercy <https://www.faustyna.pl/zmbm/en/liturgy-of-the-hours/>
 - Liturgy of the Hours in English, German, Italian, Russian, Spanish, French, Polish, live stream from the chapel of the miraculous image of Merciful Jesus and the tomb of St. Faustina
- www.catholicnewsagency.com/resources/prayers
- www.aciprensa.com/Oracion/laudes.htm
- ocarm.org/en/lectio-divina
- Prayer Calendar Pray for Our Priests <http://www.dcgary.org/pdf/Prayer-Calendar-2018-Jan-March.pdf>
- www.littleflower.org/prayers-sharing/childrens-section/my-novena-rose-prayer/
- <http://www.therese-de-lisieux.catholique.fr/Ermitage-Sainte-Therese,311.html>
- Give Us this Day (giveusthisday.org), Daily Prayer for Today's Catholic, Fr. James Martin

Events (Diocese of Gary)

- Chrism Mass at Holy Angels Cathedral, Gary, IN each year on Holy Thursday morning
- Diocese of Gary facebook live streams Mass from the Pastoral Center
- Divine Mercy Chaplet Prayer Groups
- Retiros con Camino y Esperanza
- Retreats and Missions with Couples for Christ
- Asian Catholic Unity Mass
- Migrant Workers Summer Masses at Orchards

Experiential Prayerful Sites

- Eucharistic Adoration Chapel, St. John the Evangelist, St. John, IN
- Shrine of the Passion of Christ St. John , IN
- Carmelite Monastery Munster IN
- Sacred Heart Apostolic School Rolling Prairie IN
- Abbey of St. Walburga, 1029 Benedictine Way, Virginia Dale, CO 80536
www.walburga.org

Speakers

Deacon Daniel Lowery can give a presentation called “The Experience of Meaning.” This interactive session builds on the concept of “meaning” as articulated by Viktor Frankl, based on his concentration camp experiences during the second World War, and a select set of Psalms to explore the twin concepts of personal identity and human purpose from a Christian perspective.

Length: 3 hours

Format: lecture and small group discussion

Recommended Audience: teenagers and young adults

Recommended Audience Size: minimum of 10; maximum of 50

Recommended Season (if any): any

Preparatory Work: advance reading of “Man’s Search for Meaning” by Viktor Frankl

Presenter: Deacon Daniel Lowery

Contact Information: (219) 473-4338; dlowery@ccsj.edu

Equipment Requirements: none