

## Webinar #2 Riding the Storm: Resources for Personal & Pastoral Care

### **Pastoral Care Resources**

- The Bible (of course!)
- The Book of Common Prayer (services such as Reconciliation (447-452), Ministry to the Sick (453-461), Burial (469-505), Prayers and Thanksgivings (especially # 35, 36, 55, 57-60), and many other sections)
- Literature:

*Trauma and Recovery*, Judith Herman, M.D., 1992

*My Grandfather's Blessings*, Rachel Naomi Remen, M.D., 2000  
(a very good read)

Barton, Ruth Haley. Invitation to Solitude and Silence: Experiencing God's Transforming Presence. Downers Grove, IL: IVP, 2010.

Calhoun, Adele Ahlberg. Spiritual Disciplines Handbook. Downers Grove, IL: IPV, 2005.

Edwards, Tilden. Embracing the Call to Spiritual Depth. New York: Paulist Press, 2010.

Gallagher, Timothy. The Examen Prayer. New York: Crossroad Publishing Company, 2006.

Keating, Thomas. Intimacy With God. New York: Crossroad Publishing Company, 2009.

Laird, Martin. Into the Silent Land: A Guide to the Christian Practice of Contemplation. Oxford, UK: Oxford University Press, 2006.

Mabry, John. Starting Spiritual Direction. Berkeley: Apocraphile Press, 2017.

Main, John. The Way of Unknowing. Norwich, UK: Canterbury Press, 2011.

Merton, Thomas. Comtemplative Prayer. New York: Image Books, 1971.

Pennington, M. Basil. Centering Prayer. New York: Image Books, 2001.

Rohr, Richard. Everything Belongs. New York: Crossroads Press, 2003.

Thompson, Marjorie. Soul Feast. Louisville, KY: Westminster-John Knox Press, 1995.

Vennard, Jane E. Praying with Body and Soul. Minneapolis: Augsburg Books, 1998.

### List of Some Spiritual Practices (not exhaustive!)

Lectio Divina  
Visualization

Lovingkindness meditation  
Labryth walking  
Walking meditation  
Yoga  
Qigong  
Centering Prayer  
Gratitude Practice  
The Examen of St. Ignatius

**Living Compass** website: [www.livingcompass.org](http://www.livingcompass.org)

An Episcopal Wellness Initiative created by Rev. Dr. Scott Stoner MFT  
Resources available for congregations:

1. Wellness Circle Curriculum for Adults, Parents & Teens
2. Advent & Lenten Meditation Booklets for individual or groups
3. Congregational Wellness Advocate Trainings
4. Topical Wellness Studies for Small Groups
  - a. Enhancing your Well-Being
  - b. Emotional Wellness
  - c. Enhance Your Well-Being with a Spiritual Practice
  - d. Grief & Loss
  - e. And more

**Lay Pastoral Care Models:**

1. Stephen Ministry
2. Community of Hope
3. Pastoral Partners
4. Care Teams

**Parish Nurse** (Faith Community Nurse) Training and Mentoring  
[www.westberginstitute.org](http://www.westberginstitute.org)

**For more information or for Mentoring opportunities contact:**

Susan Wahlstrom RN Coordinator  
Diocesan Partners in Ministries of Health  
email: [wahlstrom@volcano.net](mailto:wahlstrom@volcano.net)  
cell: (209) 304-8321