

Recommendations and Ideas for Lenten Devotionals

From Anne Kimzey, Diocesan ECW Devotions Chair

I have a few suggestions and would welcome ideas from all of you.

A Season for the Spirit: Readings for the Days of Lent by Martin L. Smith (recommended by Bishop Andrus) - I have not read this yet, but this will be my choice for Lent this year.

The Divine Hours: Prayers for Springtime by Phyllis Tickle (praying the daily offices, based on the Benedictine rule of fixed-hour prayer) The times I have prayed the daily offices, I have found it to be very grounding and transforming. It takes time and commitment, and would be a good Lenten discipline.

God Calling edited by A.J. Russell (year-long, daily meditations) A classic.

The Language of Letting Go by Melodie Beattie (year-long, daily meditations, based on a twelve-step philosophy, recommended by the Rev. Robert Wisniewski)

Listening to Your Life: Daily Meditations with Frederick Buechner (recommended by the Rev. David Landers)

Lenten Devotional Booklet from Episcopal Relief and Development - "A journey of prayer, reading, reflection and action designed to help your congregation discover the simple things they can do to achieve the Millennium Development Goals" (recommended by ERD representative Judy Quick) It can be ordered or downloaded from: <http://www.er-d.org/>

These are not explicitly religious, but I've appreciated these two books of essays by a doctor who counsels cancer patients:

My Grandfather's Blessings: Stories of Strength, Refuge and Belonging by Rachel Naomi Remen, MD

Kitchen Table Wisdom: Stories That Heal by Rachel Naomi Remen, MD

Wishing you a happy and holy Lent,

Anne Kimzey