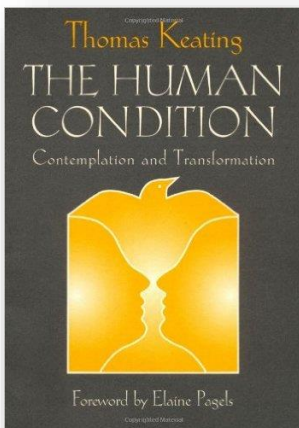
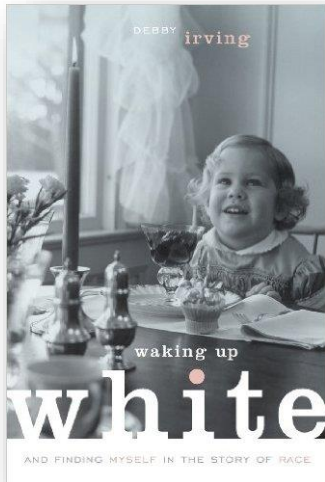


# SUMMER READING LIST



## The Human Condition: Contemplation & Transformation by Thomas Keating

It's a small book, but don't let that fool you! Thomas Keating is one of the leading voices of our time on the intersection between contemplative spirituality and contemporary psychology. Twenty years ago, Keating gave a series of lectures at the Harvard Divinity School and the result is 45 pages of insight on the human condition and spiritual transformation. This is a book to be savored in a group, so we will take three weeks to discuss it and explore its implications. The three weeks will also give us a chance to engage and in the practices, that are referred to in the book. The discussion will be hosted by members of the Growing in Everyday Spirituality Team (GEST.) Cost of the book: \$8. Discussion dates will be July 9, 16 & 23 at 10:30-11:45.



Waking Up White & Finding Myself in the Story of Race,  
By Debby Irving

*For twenty-five years, Debby Irving sensed inexplicable racial tensions in her personal and professional relationships... Then, in 2009, one "aha!" moment launched an adventure of discovery and insight that drastically shifted her worldview and upended her life plan. In *Waking Up White*, Irving tells her often cringe-worthy story with such openness that readers will turn every page rooting for her-and ultimately for all of us. (description from Amazon.)*

This book came to my attention through our co-moderators of the PCUSA, who, in the spirit of 'one church, one book', requested that every congregation read this book as part of their adult education curriculum this year. It's a good one!  
Cost: \$15. Date for discussion: August 13 @ Noon.