



Exploring the Four Values

You don't have to wait until Orientation to start exploring the four values! If you're looking for reading or viewing material this summer, here are some JVC staff recommendations for books, articles, and films that cover spirituality, simple living, community, and social justice.

SPIRITUALITY

Ignatian Spirituality

1. *The Jesuit Guide to (Almost) Everything*, James Martin, S.J., **2010**. James Martin's genius is explaining, even to non-believers, how the Jesuit "way of proceeding" can be incredibly valuable to contemporary culture. If you have no prior knowledge of St. Ignatius of Loyola or the Spiritual Exercises, this is a good place to begin.
2. *Inner Compass: An Invitation to Jesuit Spirituality*, Margaret Silf, **2007**. Margaret Silf is a well-known retreat speaker on Ignatian spirituality. Her work is both accessible and practical.
3. *The Call to Discernment in Troubled Times*, Dean Brackley, S.J., **2004**. Dean Brackley takes the reader through St. Ignatius of Loyola's Spiritual Exercises, not merely to illustrate their use in personal religious development but to emphasize their capacity to guide each searcher into the realm of moral and social obligation.

Faith and Prayer

1. *Everything Belongs: The Gift of Contemplative Prayer*, Richard Rohr, **1999**. This book challenges people to move beyond the comfort of a settled life toward an understanding of themselves that is rooted in their connection to God. Only when they rest in God can they find the certainty and the freedom to become all that they can be.
2. *New Seeds of Contemplation*, Thomas Merton, **1972**. "It can become almost a magic word," Thomas Merton says of contemplation; "or if not magic, then inspirational, which is almost as bad." With these words, Merton discusses the reality of contemplation, which is, as the author says, "life itself, fully awake, fully active, fully aware that it is alive. It is spiritual wonder." Above all, contemplation is "awareness of the reality" of the Source, "with a certitude that goes beyond reason and beyond simple faith."
3. *The Cloister Walk*, Kathleen Norris, **1997**. Kathleen Norris gives an intimate look at how religious life fills a gap in the soul. Her poetic sensibilities internalize the monastery as a symbol of spirituality, with its sanctity and humor, questioning and uncertainty, rhythm and vigor. Beyond moral precepts and Bible stories, *Cloister Walk* is a very personal account of religion lived fully. It depicts a depth and beauty of spirituality in monastic life.
4. *Peace is Every Step*, Thich Nhat Hahn, **1992**. Thich Nhat Hanh's writing is deceptive in its subtlety. He'll tell you how to eat mindfully, even how to breathe and walk; he'll suggest looking closely at a flower and to see the sun as your heart. As the Zen teacher Richard Baker commented, however, Nhat Hanh is "a cross between a cloud, a snail, and piece of heavy machinery." Sooner or later, it begins to sink in that Nhat Hanh is conveying a depth of psychology and a world outlook that require nothing less than a complete paradigm shift.

5. *Abraham Joshua Heschel: Essential Writings*, Susannah Heschel, **2011**. Abraham Heschel (1907-1972) was one of the great religious teachers and moral prophets of our time. Born in Warsaw to a long line of Hasidic rabbis, he chose instead to study philosophy in Germany. Expelled back to Warsaw, he escaped just weeks before the Nazi invasion and settled in the United States. A passionate champion of interfaith dialogue, he served as an official observer at Vatican II and was influential in challenging the Catholic Church to overcome the legacy of anti-Semitism. He raised a prophetic challenge to the social issues of his day, marching with Martin Luther King and protesting the Vietnam War.
6. *The Holy Longing*, Ronald Rolheiser, **1999**. Contending that the late 20th century is marked by a kind of spiritual restlessness, Rolheiser develops a Christian spirituality that he believes offers some definite direction for seekers.

Prayer Books

1. *Hearts on Fire: Praying with Jesuits*, Michael Harter, SJ (editor)
2. *Prayer Without Borders: Celebrating Global Wisdom*, Catholic Relief Services

SIMPLE LIVING

1. *Voluntary Simplicity* Duane Elgin, **2010**. First published in 1981, *Voluntary Simplicity* is not a book about living in poverty; it is a book about living with balance. Elgin illuminates the changes that an increasing number of Americans are making in their everyday lives—adjustments in day-to-day living that are an active, positive response to the complex dilemmas of our time. Elgin embraces the tenets of voluntary simplicity: frugal consumption, ecological awareness, and personal growth. As people change their patterns of consumption, they can change the course of the planet.
2. *Less is More: Embracing Simplicity for a Healthy Planet, a Caring Economy and a Lasting Happiness*, Cecile Andrews and Wanda Urbanska, **2009**. *Less is More* is a compelling collection of essays by people who have been writing about simplicity for decades. They bring us a new vision of less: less stuff, less work, less stress, less debt. A life with less becomes a life of more: more time, more satisfaction, more balance, and more security.
3. *Following Christ in a Consumer Society*, John Kavanaugh, S.J, **1991**. Considered a classic, this book offers a Catholic treatment of what it means to follow Christ in today's consumerist culture.

COMMUNITY

1. *Community and Growth*, Jean Vanier, **1989**. The profound wisdom in this book is born out of a lifetime of growth in the context of Christian community that Jean Vanier has been immersed in for almost 40 years. This book not only gives structural and personal tips for creating a healthy and God-centered community; it actually is like Jean Vanier's manifesto in terms of why community life is important and how God teaches special and beautiful things in the context of communities. Jean exhorts the reader to pursue community life not because it will be easy and always meet all our needs, but because it brings tremendous growth and because God's love and calling are bigger than the problems that come up in community.

2. *Teaching Community; A Pedagogy of Hope*, bell hooks, **2004**. Grounded in autobiography and storytelling and written for an intelligent lay audience, these essays exhort readers to keep up the struggle in difficult times. A distinguishing characteristic of hooks's work is the challenge to recognize, confront and overcome the "white supremacist capitalist patriarchy," a recurring phrase that captures her hallmark theme: oppression occurs at the intersections of race, gender and the dominant economic system.
3. *Outcasts United*, Warren St. John, **2009**. Set against the backdrop of an American town that without its consent had become a vast social experiment, *Outcasts United* tells the extraordinary tale of a refugee youth soccer team and the transformation of a small American town.

SOCIAL JUSTICE

General

1. *The Road to Peace: Writings on Peace and Justice*, Henri Nouwen, **2002**. Every phrase of Henri Nouwen's life expressed his conviction that intimacy with Christ requires active involvement with powerless people in the world. This conviction is the organizing theme of *The Road to Peace*, edited by John Dear, which contains dozens of essays, interviews, and occasional writings. His reflections on the March on Selma in 1965, the funeral of Martin Luther King Jr., the legacy of Oscar Romero, and his work with handicapped people at the L'Arche communities are especially moving.
2. *The Violence of Love*, Oscar Romero, **1988**. Archbishop Romero, the assassinated bishop of El Salvador (1980) came into his ministry at a time in his country when 5 percent of his nation controlled 95 percent of the wealth, and used their military power to control and oppress the rest of the El Salvador's people. Archbishop Romero was transformed from a conservative bookworm to the greatest orator for justice in the clergy since Martin Luther King, Jr. This book contains excerpts from his sermons arranged in chronological order during the three years of his episcopacy in San Salvador (1977-1980). These sermons were more than just spiritual messages: they were radical calls for social justice, for nonviolence, and for an end to poverty.
3. *A People's History of the United States*, Howard Zinn, **2009**. Before his death, Howard Zinn continuously updated *A People's History* several times. As a historian, his interest was always to highlight the struggles and the lives of those who were historically forgotten. This book serves as an excellent foundation for examining the government policies that have relegated certain groups within the U.S. to the margins of society.
4. *Lies My Teacher Told Me*, James W. Loewen, **2007**. What started out as a survey of the 12 leading American history textbooks has ended up being what the *San Francisco Chronicle* calls "an extremely convincing plea for truth in education" beginning with the pre-Columbian period and ranging over characters and events as diverse as Reconstruction, Helen Keller, the first Thanksgiving, and the My Lai massacre.
5. *The Long Loneliness*, Dorothy Day, **1952**. This is the autobiography of the founder of the Catholic Worker Movement. This book amplifies her determination to practice the life of love. Dorothy had many encounters with difficult predicaments, yet none defeated her. She constantly moved towards the poor. Ultimately, her life's goal was to live among the poor and to cherish the relationships that grew from those connections.

6. *Pedagogy of the Oppressed*, Paulo Freire, 1982. This classic is pertinent for education or development.

Catholic Social Teaching

1. *Doing Faithjustice: An Introduction to Catholic Social Thought*, Fred Kammer, S.J., 2004. Kammer ushers Catholics into the 21st century as he confronts the challenge of human poverty and injustice in the context of our consumer-driven, economically fragile world. He defines faithjustice as "...a passionate virtue which disposes citizens to become involved in the greater and lesser societies around themselves in order to create communities where human dignity is protected and enhanced, and gifts of creation are shared for the greatest good of all...." The book highlights the body of church documents making up Catholic Social Teaching.
2. *Catholic Social Teaching: Our Best Kept Secret*, Edward DeBerri, et. al, 2003. This book offers an overview of the history of the Church's social teaching for students, teachers, and lay people as well as clergy. The authors present outlines of both recent and historic key documents.

Topic Specific

Employment/Wage - *Nickel and Dimed* – Barbara Ehrenreich
Racism - *The Bluest Eye* – Toni Morrison
Education - *Savage Inequalities* – Jonathon Kozol
Food Politics – *Omnivore's Dilemma* – Michael Pollan
Prison System and Criminal Justice – *Surviving Justice* – Dave Eggers, Lola Vollen and Scott Turow
Catholic Worker Movement: *Voices from the Catholic Worker* – Rosalie Riegle
Peace Movement: *Crossing the Line* and *Doing Time for Peace* – Rosalie Riegle
Homelessness – *A Nation in Denial: The Truth about Homelessness* – Alice Baum and Donald Burnes
Immigration – *Underground America* – Peter Orner and Luis Alberto Urrea
Poverty – *Living On The Edge: The Realities of Welfare in America* – Mark Robert Rank
Civil Disobedience – *Letter from a Birmingham Jail* – Martin Luther King, Jr.
Environmentalism – *Small Wonder* - Barbara Kingsolver; *EcoMind* – Frances Moore Lappé
Gang intervention – *Tattoos on the Heart* – Greg Boyle, S.J.
Climate Change/Oil Economics – *Hot, Flat, and Crowded* – Thomas Friedman
Global Women's Issues – *Half the Sky* - Nicholas Kristof and Sheryl WuDunn
The Breakdown of Community – *Bowling Alone* – Robert D. Putnam
Liberation Theology – *The Struggle is One* – Mev Puleo
Black Liberation Theology – *The Cross and the Lynching Tree* – James Cone
Feminist Theology – *She Who Is* – Elizabeth A. Johnson

Fiction

<i>Cry the Beloved Country</i> – Alan Paton	<i>The Sparrow</i> – Mary Doria Russell
<i>Bastard Out of Carolina</i> – Dorothy Allison	<i>A Tale of Two Cities</i> – Charles Dickens
<i>The Circuit</i> – Francisco Jimenez	<i>The Red Tent</i> – Anita Diamant
<i>The Brothers Karamazov</i> – Fyodor Dostoevsky	<i>Sleep Toward Heaven</i> – Amanda Eyre Ward
<i>To Kill A Mockingbird</i> - Harper Lee	

Films

<i>The Mission</i>	<i>Dead Man Walking</i>	<i>Gandhi</i>
<i>The Color Purple</i>	<i>The Visitor</i>	<i>The Way</i>
<i>Maria Full of Grace</i>	<i>The Constant Gardener</i>	<i>A Separation</i>
<i>Stand and Deliver</i>	<i>The Soloist</i>	<i>Dive!</i>
<i>Romero</i>	<i>Hotel Rwanda</i>	<i>Super Size Me</i>
<i>Shawshank Redemption</i>	<i>The Corner</i>	<i>God Grew Tired of Us</i>
<i>Angels in America</i>	<i>Schindler's List</i>	<i>Digital Nation</i>
<i>Burma VJ</i>	<i>Death and Gaza</i>	<i>No Impact Man</i>
<i>King Corn</i>	<i>Emperor</i>	<i>Garbage Warrior</i>

House Patrons

Try reading up on the history of the house patron of your new community. Many are authors or have biographies written about them. Some are more modern-day people who can be found in a Google search of your city.

Albuquerque: Casa Carlo Carretto	New Orleans: Thomas Stahel, S.J., House
Atlanta: Sojourner Truth House	Newark: Oscar Romero House
Austin: Casa Pier Giorgio Frassatti	Oakland: Casa Dorothy Day
Baltimore: Arrupe House	Philadelphia: Thomas Merton House
Berkeley: Casa Thea Bowman	Phoenix: Casa Bartolome de las Casas
Boston: Henri Nouwen House	Phoenix: Casa Sojourner Truth
Bridgeport: Beannacht House (<i>from a poem by John O'Donohue</i>)	Portland: Pierre Teilhard de Chardin, S.J., House
Brooklyn: Shirley Chisholm House	Raleigh: Mev Puleo House
Camden: Lillian Santiago House	Sacramento: Casa Ignatius of Loyola
Chicago: Cardinal Bernardin House	Sacramento: Casa Jane Addams
Chicago: Fr. Augustus Tolton House	San Antonio: Casa Guadalupe
Cleveland: Bill and Jean Merriman House	San Diego: Casa Celina Ramos
Detroit: Rosa Parks House	San Francisco: Casa Martin Luther King, Jr.
Detroit: Solanus Casey House	San Jose: Casa Nelson Mandela
Harlem: Ella Baker House	Santa Clara: Casa Pedro Arrupe, S.J.
Houston: Casa Rutilio Grande	Scranton: Guadalupe House
Kansas City: Lazarus House	St. Francis: St. Therese House
Los Angeles: Casa Dorothy Kazel	St. Louis: Fr. John Kavanaugh, S.J., House
Los Angeles: Casa Ita Ford	Syracuse: Berrigan House
Los Angeles: Casa Maura Clarke	Tucson: Casa Ignacio Ellacuria
Milwaukee: Brother Booker Ashe House	Twin Cities: Jack Morris House
Mobile: St. Brigid House	Washington, DC: Horace McKenna, S.J., House
Nashville: Bishop Joseph Durick House	Washington, DC: Julia Elba Ramos House
New Orleans: Henriette Delille House	

(all reviews from www.amazon.com)