

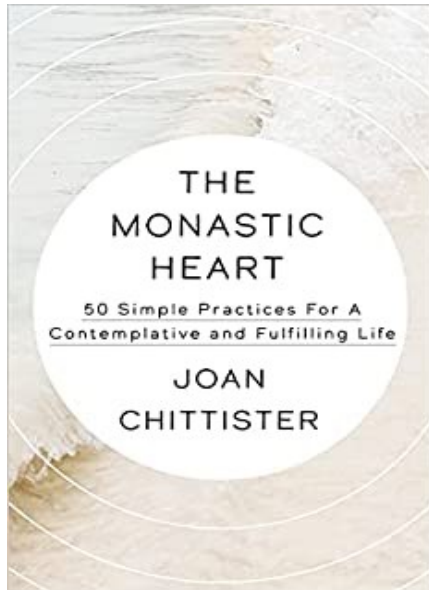
Worthy of Note Spotlight

From the Alphonsus Liguori Library and compiled by IHM Library

NOVEMBER 2021

Christmas Gift Suggestions

It is not too early to begin reviewing books that might be perfect gifts for a family member or friend this Christmas. Here are authors and some of their books you may want to consider:



Joan Chittister

Benedictine nun, contemplative, social activist and author of *The Monastic Heart: 50 Simple Practices for a Contemplative and Fulfilling Life*.

A sampling...

The Monastic Heart

A book for spiritual practice - "In every beating heart is a silent undercurrent that calls each of us to the more of ourselves. Like a magnet it draws a person to a place unknown, to the vision of a wiser life, to the desire to become what I feel I must be – but cannot name. The truth is that this deeper part of everyone does not simply develop in us like wild grass. It needs to be cultivated, to be cherished, to be sustained."

Joyce Rupp

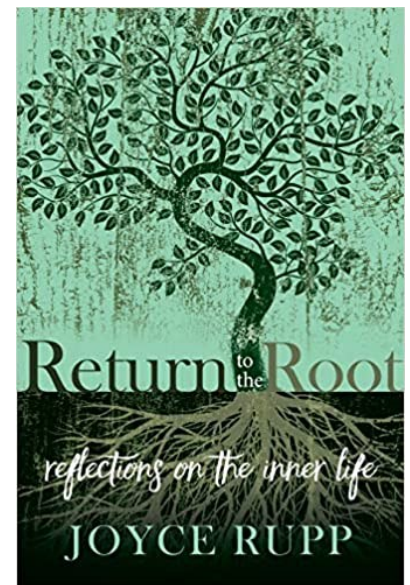
Servite nun, hospice worker, and author of *Return to the Root: Reflections on the Inner Life*.

A sampling ...

Return to the Root

A collection of reflective essays –

If you pull up a plant in the garden, dig out a dandelion in the lawn, or find a shrub uprooted by a fierce wind, you will notice that each has a central support system called a taproot from which other smaller roots develop. Trees also start life with this kind of anchoring. Taproots provide stability, nourishment, and growth. When the poet Rumi encourages returning 'to the root of the root of you Self,' he refers to our spiritual Taproot, the core of our very being, the dwelling place of divinity, the central source of goodness that grounds our existence."



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Robin Wall Kimmerer

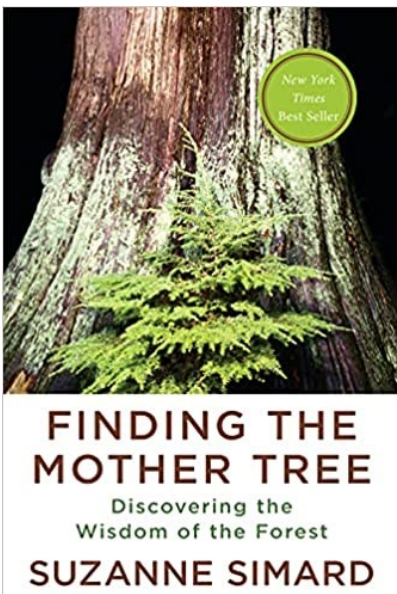
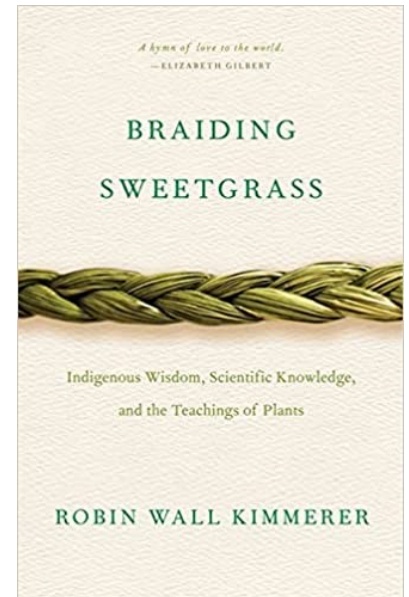
Mother, scientist, professor, enrolled member of the Citizen Potawatomi Nation and author of *Braiding Sweetgrass: Indigenous Wisdom, Scientific Knowledge.*

A sampling ...

Braiding Sweetgrass

A collection of essays –

"I could hand you a braid of sweetgrass, as thick and shining as the plait that hung down my grandmother's back. But it is not mine to give, nor yours to take... So I offer, in its place, a braid of stories meant to heal our relationship with the world... It is an intertwining of science, spirit, and story – old stories and new ones that can be medicine for our broken relationship with earth, a pharmacopoeia of healing stories that allow us to imagine a different relationship, in which people and land are good medicine for each other."



Suzanne Simard

Scientist, professor of forest ecology, and author of *Finding the Mother Tree: Discovering the Wisdom of the Forest.*

A sampling...

Finding the Mother Tree

Nonfiction, praised for its clear language –

"The trees soon revealed secrets. I discovered that they are in a web of interdependence, linked by a system of underground channels, where they perceive and connect and relate with an ancient intricacy and wisdom that can no longer be denied."

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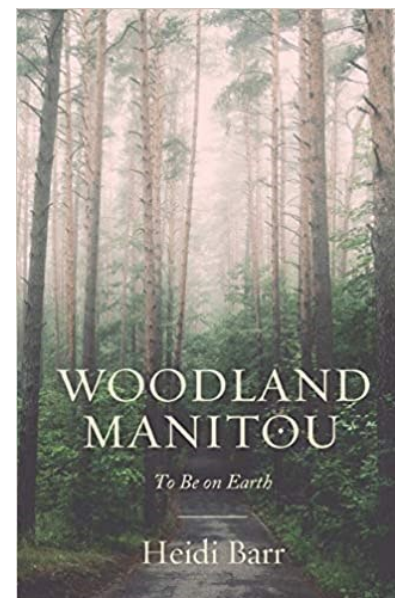
Heidi Barr

Mother, gardener, and author of *Cold Spring Hallelujah* and *Woodland Manitou: To Be on Earth*. A sampling...

Cold Spring Hallelujah

A book of poetry -

"You could say we are all broken, but then again, you could say we are all part of a collective hallelujah, and that might be closer to the truth."



Woodland Manitou: To Be on Earth

A collection of essays- "As I strive to live in a way that honors sustainable ways of being for people, communities and the planet, the rhythms of the natural world have (and continue to) profoundly inform how I walk on the earth and how I perceive what I find here. I have found the seasons to provide structure in times of transition, reason to savor in times of infinite beauty and reason to hope and find joy in the present in an era that still includes great suffering."



Deep Faith. Courageous Spirit. Action for Justice.