

WOOD LAKE

SPRING 2016

BOOKS

CATALOGUE

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- Time
- My Year of Buying Nothing
- Oil & Water
- Creative Aging
- Reiki Healing Touch

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- Oil & Water
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- The Quiet Life
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Children's

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- Jeremiah and the Letter e
- That's what Moms are for

Family & Parenting

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- Water Bugs and Dragonflies Hardcover
- Water Bugs and Dragonflies Colouring Book
- Water Bugs and Dragonflies Large Hardcover
- Mother's & Daughters
- Part-Time Parent
- The Bully and Me
- 9 Ways to Bring out the Best in You and Your Child
- The New Speaking of Sex

Self-Help & Health

- Taking the Lead
- Riding the Roller Coaster
- Meg Hickling's Grown Up Sex
- Meg Hickling on DVD
- Reiki Healing Touch
- Healing Times
- Eyes Wide Open
- A Conspiracy of Love
- A Path through Loss
- Found Through Loss
- The Gift of a Child
- Language of the Heart
- Precious Days Practical Love
- The Tiny Red Bathing Suit of Mr. July
- Enough

Talk Sex Today What Kids Need to Know and How Adults Can Teach Them

Saleema Noon and Meg Hickling

Not sure what – or how much – information to share with children and teens regarding sex and sexual health? Do you fear what they might ask? Or how to respond to their questions? Or whether you even know the “answers” yourself?

Saleema Noon knows all about these fears and concerns. An expert in sexual health education, she also parents two teenage daughters herself, so she knows the challenges adults face and the concerns they have.

In *Talk Sex Today*, Noon delivers an intelligent and sensible blend of safe, inclusive, and practical information for children and teens – and the adults who love them. Noon builds on the foundational work of iconic sexual health educator Meg Hickling and her bestselling *Speaking of Sex* books to offer adults a break-through guide on teaching “body science.”

Together, with a combined 40 years of experience, Noon and Hickling broach a host of topics including: gender identity and stereotypes; sexual diversity; sexual consent;

bullying and harassment; fostering healthy body image; internet safety; managing media influence; pornography; sexual decision-making; and teaching sexual health to children and teens with special needs.

Not afraid of controversy and firm in her belief that knowledge is power, Noon’s broadly inclusive approach shines with the affirmation that every person – regardless of race, religion, age, special needs, sex, sexual orientation, identity or gender expression – deserves respect and the information that will keep them safe.

This is the ultimate guide to teaching children about sexual health and is ideal for educators and parents alike.

ISBN 978-1-77064-813-5 | 7" x 9" | 256 PP | \$24.95



Time From Famine to Feast

Donna Schaper

“Help! I just don’t have enough time!” If this sounds like you, know that you are in good company. There is a time famine out there – a pervading sense that we have more to do than we can possibly get done in the time we have – and most of us live with some version of it. The trick, of course, is to move from famine to feast, from a sense of not having enough time, to a sense of freedom, enjoyment, and fulfillment within the time we have.

In *Time: From Famine to Feast*, Donna Schaper offers encouragement and advice on how to leave the land of famine and find a seat at the feast. Discussing and then moving beyond the systemic sources of the time famine, Schaper’s ultimate goal is to explore “the inner way, the way we have internalized the commandments of multiple systems and feel bad or wrong or in violation or out of compliance if we don’t obey our orders to be busy, active,

connected, overworked, and time famished.”

This is a spiritual journey that will require us to be honest about just how starved we really are, as well as navigate our “work-family time dilemma,” discern what “coheres” us, begin to use “spiritual technologies,” and get comfortable with play. Of course, practice is required, so Schaper

provides 52 of them – a “spiritual practice” for each week of the year designed to bring us to our place at the feast.

ISBN 978-1-77064-811-1 | 5.5" x 8.5" | 88 PP | \$14.95



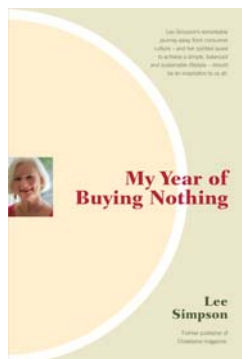
My Year of Buying Nothing*Lee Simpson*

Lee Simpson may seem like an unlikely candidate to don the mantle of anti-consumerist prophet. She is, after all, the former publisher of Canada's most successful women's lifestyles magazine, *Chatelaine*. But that is just the first of many surprising things about her new book *My Year of Buying Nothing*. In it, Simpson invites readers into her world to witness first hand the struggles she faced, the decisions and compromises she had to make, and the epiphanies and wisdom she won during her year-long attempt to shed her "consumer" skin and live a more sustainable, more authentic, more earth-friendly life. In the 1980s and '90s, Lee Simpson oversaw the heady days of women's magazine publishing. Although proud of the excellent journalism featured in her magazines, and of the pioneering work of the editors she worked with, her

primary role as senior executive was to ensure that a maximum number of advertising pages got sold. "I was part of the data analysis and market research conglomerate that helped consumer predators know your weaknesses and exploit them mercilessly."

Who better to choose as a guide to a post-consumer lifestyle than someone who is intimately familiar with the pitfalls and dangers of the starting place, and the challenges of the way forward.

ISBN 978-1-77064-801-2 | 6" x 9" | 216 PP | \$22.95

**Oil and Water****Two Faiths: One God***Amir Hussain*

Listen to any news broadcast today and the message comes through loud and clear: Islam is a religion of violence and behind every Muslim there lurks a potential terrorist. Islam is a threat to values of the Christian West. They are like oil and water. Clearly, they don't mix. *Oil & Water: Two Faiths One God* confronts these popular perceptions head-on. With keen insight and gentle understanding, it explores the differences between Christianity and Islam, as well as the many things these two enduring faith traditions hold in common – including, first and foremost, their belief in and desire to be faithful to the one, true God; their shared roots and scripture (from the Jewish faith); and the spiritual values of peace and social justice. Written for Christians by Muslim world-religions scholar Amir Hussain, the book is divided into two parts. Part 1, provides an overview of the Islamic faith and of the lives of Muslims in North America today. Chapters focus on the place and identity of Muslims in society, as well as on the importance and role of

Muhammad, the Qur'an, and basic beliefs and practices (The Five Pillars of Islam). Having provided a foundation for understanding, the book moves on in Part 2 to explore key points for dialogue today, including issues of violence and jihad, the roles of women and men, and the mystical tradition within Islam. The final two chapters look at interfaith dialogue and the practical aspects of being good "neighbours." In all of this, the book invites the reader to a place of reconciliation, to a place where the truth and value of each of these great faith traditions can be recognized and honoured by the other. In the end, the metaphor of oil and water is an interesting one for the reality of conflict and the hope for reconciliation between Islam and Christianity today.

ISBN 978-1-896836-82-9 | 6" x 9" | 256 PP | \$24.95



Creative Aging

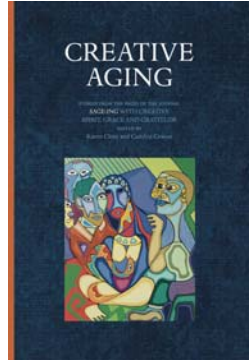
Stories from the Pages of the Journal "Sage-ing with Creative Spirit, Grace and Gratitude"

Carolyn Cowan and Karen Close

Creative Aging is a powerful new social and cultural movement that is stirring the imaginations of communities and people everywhere. Often called *Sage-ing*, it takes many forms: academic, social and personal. It includes festivals, conferences, classes, group sessions and individual creative pursuits. The Journal *Sage-ing With Creative Spirit, Grace and Gratitude* was founded by the Okanagan Institute in 2010 to honour the transformational power of creativity. Intended as an initiative for collaboration and sharing, the Journal presents the opportunity for the free exchange of wisdom gleaned from creative engagement. Sage-ing is about seeking - satisfying inner gnawing and transforming it to knowing and action. Aging can be alchemy when one

allows the realisation that to *Know Thyself* and contribute that knowing to our culture is indeed one of life's highest purposes. That knowing brings the gratitude, grace and integrity that a life deserves. The creative journey into self is a strong aid to health and wellbeing for the individual and to our culture. *Creative Aging* brings together more than 50 essays and galleries of images that showcase the power of the imagination expressed and enjoyed.

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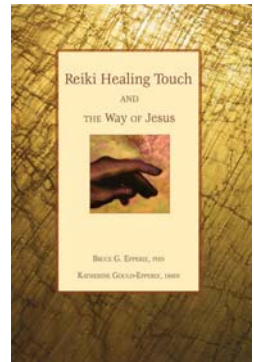
Reiki Healing Touch And the Way of Jesus

Bruce Epperly and Katherine Gould Epperly

Bruce Epperly One of the first books to offer a broadened understanding of the spiritual depth of Reiki healing touch by examining it in the light of one of the world's enduring religions! Explore the origins of Reiki and the Hebraic roots of Jesus' own healing ministry, and discover the use of Reiki in church, hospital, and hospice settings, as well as in the context of the treatment of cancer, chronic and terminal illness, and death and bereavement. Bruce and

Katherine Gould Epperly also provide healing rituals and spiritual practices that will help practitioners consciously integrate the inner and outer healing journey.

**ISBN 978-1-896836-75-1
6" x 9" | 160 PP | \$19.95**

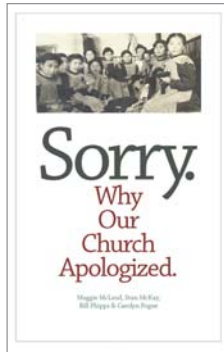


Sorry**Why Our Church
Apologized**

Maggie McLeod, Stanley
McKay, Bill Phipps and
Carolyn Pogue

Sometimes it is not so hard to say *sorry*. Sometimes it is very hard. What matters most is meaning it when you say it. You likely know what it's like. You likely remember a time when someone said *sorry* to you. Maybe you've heard about a church saying *sorry* as well. One surprising year, the United Church of Canada people did just that. The church has members in Newfoundland, Yukon, and everywhere in between. The people who attend have Asian, Indigenous, African, and European ancestry - Canadians are from everywhere! This is the story of why the United Church people apologized for the suffering caused by the Indian Residential Schools.

ISBN 978-1-77064-803-6 | 5.5" x 8.5" | 26 PP | \$9.95



through in each story – whether he's negotiating with rebel factions in the Sudan; or meeting, under threat of death and in the dead of night, with the families of "disappeared" children in Sri Lanka – is Evans' unflinching hope that people can find within themselves the wisdom to choose a different path, that somehow we can learn to live in peace despite our differences. Informing, challenging, and inspiring, the stories, images, and hope contained in *Dispatches from the Global Village* will stay with the reader long after the book is set down.

ISBN 978-1-55145-553-2 | 6" 9" | 192 PP | \$23.95

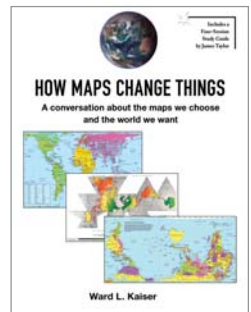
**How Maps
Change Things****A conversation about
the maps we choose
and the world we want**

Ward L. Kaiser

This full-colour book is about politics and faith and the values we hold. It's about human relations, social justice, peace, budgets, and environmental concerns. It's about that "Aha!" moment when we realize that maps are loaded not just with data, but with meaning, with the map maker's perceptions and prejudices about what's important and what's not. Ultimately, this book is about becoming aware of how we shape and use maps and how they in turn shape us, so that we can begin to reflect on and choose the kind of world we want. The book includes an experiential Study Guide perfect for use by adult and youth study groups of all kinds.

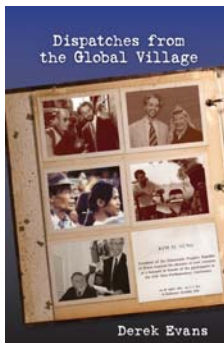
Author Ward Kaiser brings to this book broad experience as a publisher, business and ecumenical executive, pastor, teacher, and community organizer. He introduced the Peters Projection world map to North America, publishing its first English-language version in 1983. His handbook to that map, *A New View of the World*, is widely used by high school and college teachers, mission educators, and social activists. He and his wife, Lorraine, divide their time between central Florida and the Niagara Peninsula of Ontario, Canada.

ISBN 978-1-77064-566-0 | 8.5" x 11" | 224 PP | \$28.95

**Dispatches from
the Global
Village**

Derek Evans

Dispatches from the Global Village is a collection of 30 columns by Derek Evans, former Deputy Secretary General of Amnesty International. While the entry point for these columns (first published by the Naramata and Penticton, B.C., newspapers) is often something seemingly innocuous, perhaps even mundane – like a cup of tea, a croissant, a picture on a wall – the essays themselves are not for the faint of heart. As the leader of more than 60 Amnesty International delegations, and more recently as a consultant to the United Nations and other international organizations, Evans has travelled the globe to meet with African warlords and the Dalai Lama, heads of state and the leaders of rebel armies, victims of torture and peasant farmers; his single-minded objective, to challenge the forces of injustice, violence, and all things that separate people and nations from each other. Yet, what shines



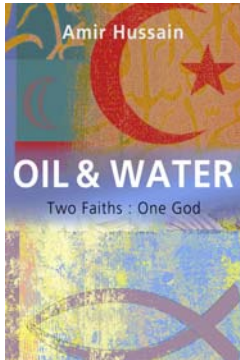
Oil and Water

Two Faiths: One God

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Listen to any news broadcast today and the message comes through loud and clear: Islam is a religion of violence and behind every Muslim there lurks a potential terrorist. Islam is a threat to values of the Christian West. They are like oil and water. Clearly, they don't mix. *Oil & Water: Two Faiths One God* confronts these popular perceptions head-on. With keen insight and gentle understanding, it explores the differences between Christianity and Islam, as well as the many things these two enduring faith traditions hold in common – including, first and foremost, their belief in and desire to be faithful to the one, true God; their shared roots and scripture (from the Jewish faith); and the spiritual values of peace and social justice. Written for Christians by Muslim world-religions scholar Amir Hussain, the book is divided into two parts. Part 1, provides an overview of the Islamic faith and of the lives of Muslims in North America today. Chapters focus on the place and identity of Muslims in society, as well as on the importance and role of Muhammad, the Qur'an, and basic beliefs and practices (The Five Pillars of Islam). Having provided a foundation for understanding, the book moves on in Part 2 to explore key points for dialogue today, including issues of violence and jihad, the roles of women and men, and the mystical tradition within Islam. The final two chapters look at interfaith dialogue and the practical aspects of being good "neighbours." In all of this, the book invites the reader to a place of reconciliation, to a place where the truth and value of each of these great faith traditions can be recognized and honoured by the other. In the end, the metaphor of oil and water is an interesting one for the reality of conflict and the hope for reconciliation between Islam and Christianity today.

ISBN 978-1-896836-82-9 | 6" x 9" | 256 PP | \$24.95



Before the War

Reflections in a New Millennium

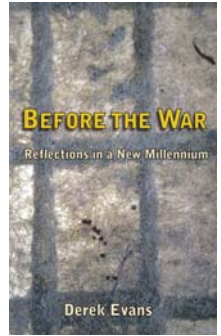
Derek Evans

Before the War draws from a unique personal experience to seek a renewed basis for community engagement, individual commitment, and spiritual integrity.

Derek Evans is a writer, teacher, scholar, and activist.

His work in peace and human rights spans three decades and five continents. Evans has served two terms as Deputy Secretary General of Amnesty International, and has led more than seventy international delegations conducting human rights investigations or peace negotiations. He was awarded the McGeachy Senior Scholarship for 2005-2006 in recognition of his interdisciplinary work in the field of reconciliation in post-conflict situations. He teaches at Simon Fraser University and is a core faculty member in the Morris J. Wosk Centre for Dialogue's diploma program. In May 2010, Derek received an honorary Doctorate from the Vancouver School of Theology, which is connected to the University of British Columbia. The citation recognizes his work in human rights and inter-faith dialogue.

ISBN 978-1-896836-67-6 | 5" x 8" | 192 PP | \$24.95



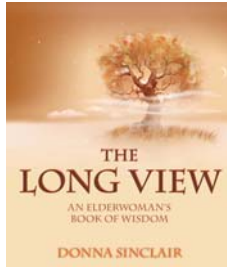
The Long View

An Elderwoman's Book of Wisdom

Donna Sinclair

This collection of 365 daily reflections offers elderwomen (and younger women who wish to listen in) an opportunity to nourish the wisdom and deep knowing that comes from life experience. It also holds out the potential for growth, the opportunity to waken to different perspectives that can lead to rich possibilities and courageous actions.

ISBN 978-1-55145-595-2 | 6" x 7" | 336 PP | \$19.95



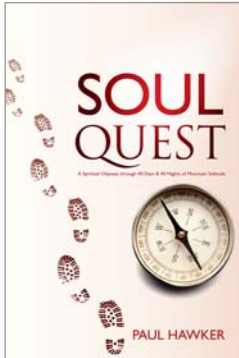
Soul Quest

A Spiritual Odyssey through 40 Days and 40 Nights of Mountain Solitude

Paul Hawker

Finding himself at midlife, feeling hollow and a like fraud, Paul Hawker embarks on a journey into the wilderness. In the tradition of the vision quest, like a hero in a mythic tale, he leaves his family and community to spend 40 days and 40 nights on a New Zealand mountaintop knowing full well the solitude, deprivation, and dangers he will face from exposure to the elements. But like many mystics and sages before him, he chooses a path of physical and spiritual testing as way to break through the veneer of his life. *Soul Quest: A Spiritual Odyssey through 40 Days and 40 Nights of Mountain Solitude* is the ruthlessly honest account of Paul Hawker's attempt to open himself to the Source, and to discern the voice of God in his life.

ISBN 978-1-55145-544-0 | 6" x 9" | 224 PP | \$22.95



What the Body Wants

From the Creators of InterPlay

Cynthia Winton-Henry and Phil Porter

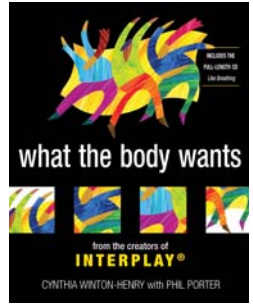
If you were to look one place in the world to find a more embodied, playful, and grace-filled life, the InterPlay people would tell you to go straight to the source! Your own body!

What the Body Wants introduces readers step by step into InterPlay, a practice for creative and spiritual development that reintegrates the body into all aspects of life. Interplay, which is practiced throughout the world, is a philosophy and technique developed by Cynthia Winton-Henry and Phil Porter to foster health and transformation through community and creativity.

Read this book as inspiration or as a guide to the practice of InterPlay. Most exercises can be done alone or with a partner. However, InterPlay is at its best as a communal practice. Included with the book is the full-length InterPlay CD *Like Breathing*,* which will help re-awaken your body wisdom.

*The eBook download includes mp3 files of the InterPlay CD, *Like Breathing*.

ISBN 978-1-896836-66-9 | 7.25" x 9" | 224 PP | \$29.95



Time

From Famine to Feast

Donna Schaper

"Help! I just don't have enough time!" If this sounds like you, know that you are in good company. There is a time famine out there – a pervading sense that we have more to do than we can possibly get done in the time we have – and most of us live with some version of it. The trick, of course, is to move from famine to feast, from a sense of not having enough time, to a sense of freedom, enjoyment, and fulfillment within the time we have.

In Time: From Famine to Feast, Donna Schaper offers



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My Year of Buying Nothing

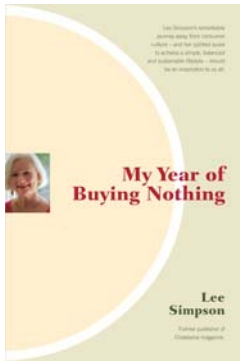
Lee Simpson

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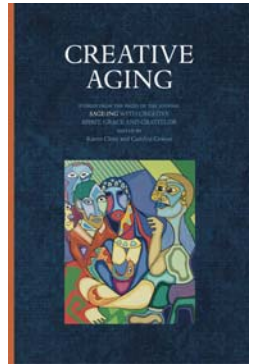
Creative Aging Stories from the Pages of the Journal "Sage- ing with Creative Spirit, Grace and Gratitude"

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ISBN 978-1-77064-790-9 | 6" x 9" | 320 PP | \$24.95



The Spirituality of Art*Jim Kalnin and Lois Huey-Heck*

Centuries ago we shared a common visual language. The meaning of symbols, colors and patterns was understood by our largely pre-literate population and much of the art was religious and spiritual. Back then we knew how to “read” the language of the visual. Over time the written word replaced visuals as the primary communicator. In the transition we lost familiarity, and then comfort, with the rich world of images. Consequently, many of us have an uneasy relationship with art – especially “new” art. We like some of it but a lot of it seems confusing, fantastical, or even downright ugly. Why would someone want to paint atrocities, or make pictures that are so chaotic? Why would someone else sculpt beauty or paint challenge? *The Spirituality of Art* is an invitation to engage these and similar questions. Through stories, quotes and thoughts it’s a guide to deeper enjoyment and appreciation of visual art, the spiritual journey and the connections between the two. This is also a celebration of the richness of art in forms as diverse as cave art, traditional painting, photography, print-making and found-object installation.

ISBN 978-1-896836-78-2 | 8.5” x 9” | 160 PP | \$39.00

The Spirituality of Gardening*Donna Sinclair*

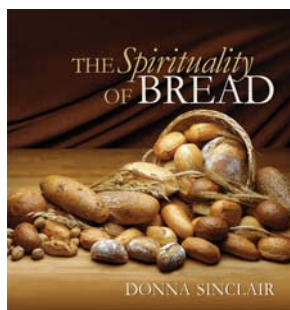
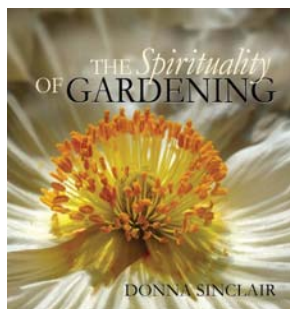
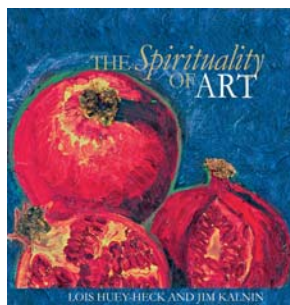
While Donna Sinclair explores the beauty of our gardens and the deeply spiritual lessons they can teach, she awakens us to a deep love and compassion for planet earth as a whole. The result is a powerful expression of our sacred connection with the natural world, a book from which both the experienced and the novice gardener will find inspiration.

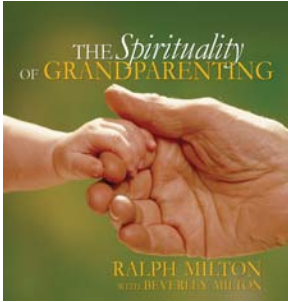
ISBN 978-1-896836-74-4 | 8.5” x 9” | 160 PP | \$40.00

The Spirituality of Bread*Donna Sinclair*

This book is about bread – why we make it, how to make it, what it has to teach us, the memories it gives us. Bread offers connection – as Jesus connected with his friends; as we connect with our children; as Demeter, the goddess of grain, bound herself to her daughter. People of every culture are tied together by the breads they bake. Bread helps us remember who we are and whom we love. Bread gives us calm. It is the opposite of fast food. You cannot make bread in ten minutes and the slow work of kneading and shaping and meditating heals our over-scheduled lives. Bread demands peace; you cannot grow grain in a battlefield. And justice: cheap bread that depends on the loss of the family farm is too bitter to eat. Bread, in fact, rises up out of the past into our fractured postmodern age. When we question all our assumptions and struggle to find a reason for existence, the making of bread gives meaning. There is no rational explanation for this – the healing power of making bread has nothing to do with the mind and everything to do with the wisdom of the hands. In this beautifully and lavishly illustrated book – you can almost smell the aroma of fresh baked bread – Donna Sinclair shares recipes and memories, stories and ideas about precious loaves that stir memory and bring pleasure. You can make your own bread (and memories) with this book; or simply contemplate the wisdom of stories found within as you visit your local bakery or make your morning toast.

ISBN 978-1-896836-85-0 | 8.5” x 9” | 160 PP | \$37.00





The Spirituality of Grandparenting

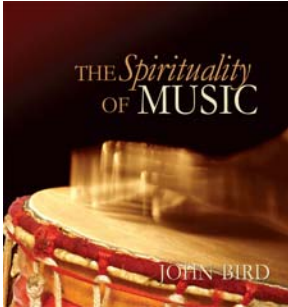
Ralph Milton and Beverley Milton

“Our spiritual vocation as grandparents is to delight in our grandchildren. That’s a one-sentence summary of everything in this book...”

So begins Ralph Milton, in this latest addition to the beautifully and lavishly illustrated *The Spirituality of...* series. Read a few pages, however, and it quickly becomes obvious that Milton delights not only in his grandchildren, but also in being a grandparent. More than a celebration of grandchildren, this book is a

celebration of grandparenting, and of the very real gifts it offers to both the grandchild and to the grandparent. Which is not to say that grandparenting is always easy or fun. While Milton shares lots of stories of hugs and giggles, of silly songs and tender moments, he also knows that many grandparents struggle with the challenge of long-distance grandparenting, with the pain and tension of separation from grandchildren due to marriage breakup, and with the anxiety and distress of grandchildren who are in trouble or who are ill. However, Milton doesn’t dwell on these things. Rather, he returns, always, to the delight, wonder, and love, which come first in the experience of any grandparent; and to the inherent potential goodness in all relationships between older adults and children. This book is for grandparents who are new to the role and for grandparents who have earned their degree in “grandparentology” through long experience. It’s for “traditional” grandparents and for grandparents of adopted children; it’s for surrogate grandparents and even for grandparents-in-waiting. Ultimately, it’s for all grandparents – who are never too old to love, and never too old to be loved back.

ISBN 978-1-896836-86-7 | 8.5" x 9" | 160 PP | \$37.00



The Spirituality of Music

John Bird

Author John Bird invites us to discover how music touches us throughout our lives, from the pulsing rhythms we experience in the womb, to the music that will escort us out of life. In between, Bird shows how music connects us with family and friends and the world of the spirit; how it can express our “authentic voice,” both as individuals and as members of particular cultural traditions; how it strengthens and unites us during times of protest, and comforts us during times of loss. He shows how music and word combine to integrate mind and spirit, and how music and movement combine to integrate spirit and body. As with all titles in this series, *The Spirituality of Music* is beautifully illustrated with full-color photographs throughout.

The simple singing of Happy Birthday renews our sense of personhood and identity within a community of friends and family. We seek the sublime sweep of violins at the symphony, the mighty roar of a massed choir, or the soaring scream of an electric guitar, to lift us out of our humdrum daily existence. Sometimes the music welds us for a few heightened moments, with all the other concert goers, into one mystical, organic whole, as together we celebrate our connection with one another and with the divine. Join John Bird as he journeys into the mystic heart and soul of the music that forms the soundtrack to our lives.”

ISBN 978-1-896836-88-1 | 8.5" x 9" | 160 PP | \$35.00

The Spirituality of Nature

Jim Kalnin

For many, the words “spirituality” and “nature” are closely linked, if not synonymous. Nature can seem to be the manifestation of the spiritual in our lives. When we feel on edge or lonely or sad we often seek out a place where we can be close to living things. Nature provides a touchstone, a connection to the spiritual essence that lies in each of us. Nature is to be found everywhere. Yet we often overlook it, or fail to honour it. Throughout this beautifully-illustrated, full-color book, Jim Kalnin opens reader’s eyes to the natural world. The book is full of fascinating tales that highlight the wonder and beauty of nature and the interconnectedness of all life. Kalnin spent his formative years first on the Canadian Shield and then on the Pacific coast. The untold hours he spent playing outside instilled in him a deep love and reverence for the natural world. Since then, he has traveled extensively and brings to the book personal stories that capture the spiritual in the everyday, wherever he happens to be.

ISBN 978-1-896836-87-4 | 8.5" x 9" | 160 PP | \$37.00

The Spirituality of Pets

James Taylor

Readers will recognize their own pets – and themselves – in the many stories about Mush, Brick, and Phoebe, some of the animal companions who have filled Taylor’s life. Fascinating insights from those who have studied the lives of pets and other animals add to the richness and depth of Taylor’s text. Heart-warming and inspiring, *The Spirituality of Pets* invites readers to explore their own spirituality, through the lens of the animals who share their lives. As Taylor says, “You may wonder, can animals teach spirituality if they don’t have spirituality themselves? Our pets may or may not have spirituality themselves – and by the way, I do think that many animals experience elements of awe and wonder, just as we do – but certainly our association with them affects our own spirituality.” Beautifully illustrated with full-colour photography, *The Spirituality of Pets* celebrates the love and life and learning our pets bring to us, and the many ways they can open us to the world of the spirit.

ISBN 978-1-77064-677-3 | 8.5" x 9" | 160 PP | \$39.00

The Spirituality of Sex

Michael Schwartzentruber,
Lois Huey-Heck, Mary
Millerd, and Charlotte
Jackson

In *The Spirituality of Sex*, Michael Schwartzentruber, Lois Huey-Heck, Mary Millerd, and Charlotte Jackson embrace a more holistic possibility. With evocative prose and beautiful images, they add their voices to an ever-growing chorus inviting people to recognize sex and sexuality as inherently sacred – as a divine way of being, as a potential window and way to know God. They show the role sexuality and the erotic has played in religion and spirituality from the dawn of human history, to ancient Greece and Rome, to the evolution of the world’s great religions.

ISBN 978-1-896836-90-4 | 8.5" x 9" | 160 PP | \$35.00

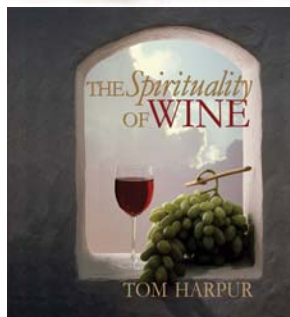
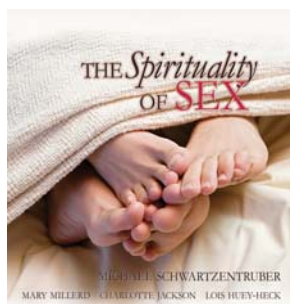
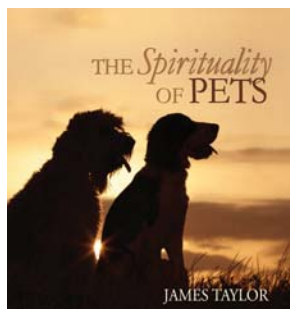
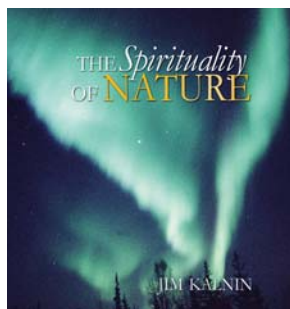
The Spirituality of Wine

Tom Harpur

Here is a sweeping look at the deep connection between wine and spirituality from ancient times to today. With its abundance of apt quotations, spiritual wisdom, and lavish images, *The Spirituality of Wine* is a

book to be treasured by wine lovers of every persuasion.

ISBN 978-1-896836-63-8 | 8.5" x 9" | 160 PP | \$37.00



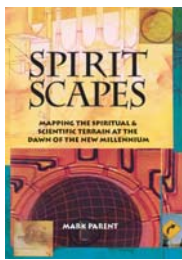
Spiritscapes

Mapping the Spiritual & Scientific Terrain at the Dawn of the New Millennium

Mark Parent

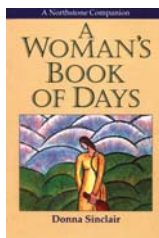
Alternative medicine. Quantum mechanics. Gaia. Near-Death Experiences. The New Age. Fundamentalism. Feminist and Liberation Theology. These are just some of the nine most significant spiritual/scientific movements analyzed by Mark Parent in his latest book *Spiritscapes*.

ISBN 978-1-89683-61-19 | 6" x 9" | 256 PP | \$19.95



baking bread and kids' art on the fridge, to friendship and the many transformations in a woman's life. You will find a story for every day of the year: stories about friendship, dreams, planting flowers and women's wisdom.

ISBN 978-1-896836-02-7 | 4" x 6" | 352 PP | \$12.95

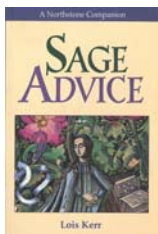


Sage Advice

Lois Kerr

Need some good advice? *Sage Advice* contains wisdom and advice from some of history's greatest minds, both past and present, and from many different cultures. In this book you will understand how wisdom is the antidote to the attitude that knows the price of everything and the value of nothing.

ISBN 978-1-55145-093-3 | 4" x 6" | 256 PP | \$12.95

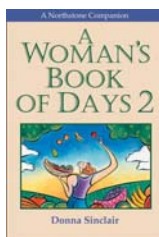


A Woman's Book of Days 2

Donna Sinclair

Here are 365 rich reflections that speak to the conversation women hold with each other and with themselves. Exploring topics such as friendship, courage, envy, and family, Donna Sinclair looks beneath the surface of daily living to create a rich spirituality grounded in a woman's view of the world. These glimpses of inspiration will resonate in your mind and in your heart.

ISBN 978-1-896836-61-4 | 4" x 6" | 352 PP | \$12.95

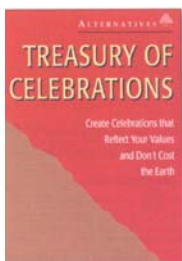


Treasury of Celebrations

Create Celebrations that Reflect Your Values and Don't Cost The Earth

This book is for those who are searching for more than the models of celebration offered by a consumer society. It is about joy, spontaneity, caring, justice, and concern for nature. The wide variety of celebrations means readers will use this book again and again.

ISBN 978-1-55145-088-9 | 6.75" x 9.2" | 288 PP | \$24.95

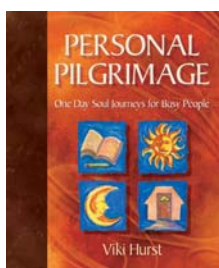


Personal Pilgrimage: One Day Soul Journeys for Busy People

Viki Hurst

Busy busy busy. Your life is filled with endless day-to-day activities, and you love it! But, you know that you need to take time for renewal to maintain balance - if only you could find a spot in your full calendar. Many people think of a pilgrimage as one of their ultimate lifetime goals - an expensive, lengthy journey to one of the world's holy sites that takes years to plan. You don't have to wait until you have saved the money and can spare the time to start benefiting from a sacred journey. You can create rewarding, simple pilgrimages close to home. *Personal Pilgrimage: One Day Soul Journeys for Busy People* introduces a life-practice that fits into tight budgets and busy schedules. These short, affordable, local versions of the traditional pilgrimage rejuvenate, inspire and enlighten.

ISBN 978-1-896836-44-7 | 7" x 9" | 224 PP | \$24.95



A Woman's Book of Days

Donna Sinclair

A moving collection of spiritually-grounded reflections explores the everyday experiences that mark the lives of women.

Donna Sinclair brings a deep appreciation of women's reality to these daily meditations. They touch on the wide-ranging experiences of women's day-to-day lives - from

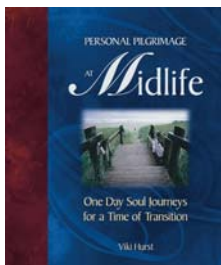
Personal Pilgrimage at Midlife

One Day Soul Journeys for a Time of Transition

Viki Hurst

Through the practice of personal pilgrimage she developed, Viki Hurst offers readers a tool to explore, contemplate, and reflect upon key midlife issues – careers, relationships, sexuality, finances, spirituality, body image, mortality, and more. It encourages readers to take the time-out needed when midlife challenges crowd their busy calendars and psyches. Drawing on the insights of people from Plato to Pierre Elliot Trudeau, Hurst introduces each of these concerns with a mini-essay, then asks 10 questions for reflection. Part 2 outlines 12 pilgrimages users can take to work on these issues, for example Abundance point (finances), Artist's Cove (relationships), and Career Paths (Career).

ISBN 978-1-896836-45-4 | 7" x 9" | 224 PP | \$24.95



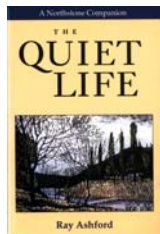
The Quiet Life

Ray Ashford

Stressful thoughts and feelings can build up from demands at work, situations at home, and life in general. We all need moments of reflection and meditation to nurture *The Quiet Life* in ourselves.

A thoughtful gift for a person who spends time at home; for someone who is overworked; or for yourself, for moments when you could meditate, but would like something to help focus your thoughts.

ISBN 978-1-55145-083-4 | 4" x 6" | 256 PP | \$9.99

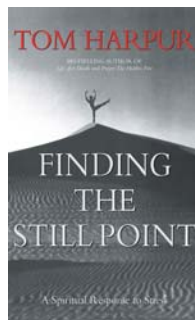


Finding the Still Point A Spiritual Response to Stress

Tom Harpur

Tom Harpur shows how ancient wisdoms, together with exciting new scientific findings, are combining to show why mere coping techniques are not enough for meeting the stress crisis. Divorced from their spiritual underpinnings and/or religious understanding, such techniques lack the potency which they originally had. Central to a spiritual response to stress is the practice of spiritual meditation in its various forms. While many within traditional Christianity still view meditation with suspicion, Harpur shows it to be one of the lost jewels of a historic treasury of Christian gifts designed for healing. More than that, it is a revitalizing gift, which the church can reclaim for its own sake, and offer the outside church who are seeking identity, meaning and purpose.

ISBN 978-1-896836-71-3 | 6" x 9" | 256 PP | \$19.95

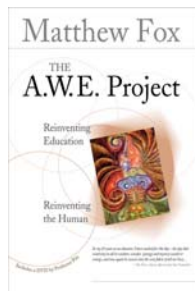


The A.W.E. Project Reinventing Education Reinventing the Human

Matthew Fox

Matthew Fox has done it again. As one of the most prophetic voices of our time, he has created a unique new project that speaks the concerns and hopes of all of us who care about creating lives of meaning – for ourselves, our communities, our children and our children's children... *The A.W.E. Project* reminds us that awe is the appropriate response to the unfathomable wonder that is creation – from the magnificence of galaxies, to the complex and brilliant process of cell-differentiation, and the miracle of the humanhand (product of 14 billion years of evolution). Imagine how much richer learning will be for all ages when we intentionally cultivate a sense of appreciation and wonder. A.W.E. is also the acronym for Fox's proposed style of learning – an approach to balance the three R's. With passion and conviction, Fox turns conventional "education" upside down, shakes out what is no longer working, and offers visions of what can be.

ISBN 978-1-896836-84-3 | 6" x 9" | 192 PP | \$24.95

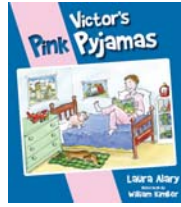


Victor's Pink Pyjamas

Laura Alary and William Kimber

Victor loves his pink (accident-in-the-washing-machine) pyjamas. But not everyone does. His father and sister think pink is just for girls. But Victor knows that lots of wonderful things are pink – like strawberry ice cream, bubble gum, and walruses basking in the sun – and they're not just for girls. What will happen when Victor outgrows his pink pyjamas and needs a new pair? This engaging and humorous book explores what it is like to make choices that are different from the cultural norm. The full-colour illustrations capture the playful yet respectful tone of the book beautifully.

ISBN 978-1-77064-571-4 | 8" x 9" | 32 PP | \$12.95

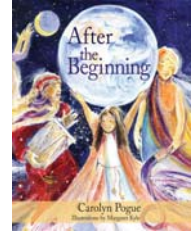


After the Beginning

Carolyn Pogue and Margaret Kyle

After the Beginning opens with the Divine Family (God, Goddess, and all the angels) celebrating the completion of the universe – sun, moons, and eight perfect planets, with no mistakes at all. But when Little Angel suggests that there could be one more planet, one where “things aren't the same all the time,” things begin to unravel... God, Goddess, Little Angel, and the whole family of angels – Inventor Angel, Artist Angel, Musician Angel, Arithmetic Angel, Scientist Angel, Geometry Angel, Biology Angel, and Fire Angel – eagerly create a beautiful blue-green planet, filled with plants and animals and birds and fish. And for a long time, everything runs “just right.” But then, some of the “new ones,” who are just like angels, begin to get greedy and careless with their planet. They poison the water, pollute the air, and cut down the forests. Things get worse and worse, until children – from all around the world – cry “Remember!” “Remember the forest!” “Remember to share!” “Remember the water!” “Remember the air!” In this wise and marvelously enchanting tale, Carolyn Pogue connects the sacredness of the earth, the ecological crisis, and children's leadership in a way that will inspire children and adults alike. A perfect complement, Margaret Kyle's vibrant illustrations create a sense of awe that will move and delight readers of all ages.

ISBN 978-1-896836-83-6 | 8.5" x 11" | 32 PP | \$18.95

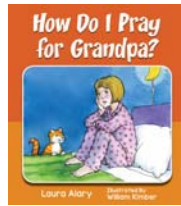


How Do I Pray for Grandpa?

Laura Alary and William Kimber

Miriam's grandpa gets ill one day and everyone in the family is worried. Miriam asks God to make Grandpa better, but he stays sick. During this time, Miriam finds that there are many ways to see and speak to God, and that prayer may not be answered in the way we would like. This book is a gentle exploration of how children might pray, and how adults can help them understand some of the mystery of prayer.

ISBN 978-1-77064-682-7 | 8" x 9" | 32 PP | \$12.95



Jesse's Surprise Gift

Laura Alary and Ariane Elsamak

What Jesse wants most is a guitar. But it seems beyond his reach. His mom can't afford to buy him one, but she gives him an ocarina instead. Jesse is grateful and disappointed at the same time, so he goes out for a walk. Along the way he meets others who need his help. He gives what he can and learns that we can't always predict the results of our actions.

ISBN 978-1-77064-443-4 | 8" x 8" | 32 PP | \$12.95

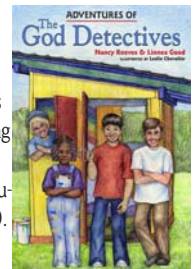


Adventures of the God Detectives

Nancy Reeves and Linnea Good

When seven-year-old Tabitha hears a message from Jesus while listening to a Bible story, she tells her three best friends – Emma, Jacob, and Fu-Han (who are aged eight and nine). Intrigued by her experience, the friends find themselves wondering about how God speaks to people, and to kids in particular. And with that simple question, the God Detectives are born.

Adventures of the God Detectives is about a group of young friends who form a club to discover the variety of ways God invites us into a relationship. The book contains seven stories for children aged six to ten years old, and is



illustrated with black and white line drawings. Each story includes "Notes for Adults," and "Questions to consider with Children," designed to help parents talk with children about spiritual experiences. *Adventures of the God Detectives* chronicles the discoveries Tabitha, Emma, Jacob, and Fu-Han make, as they meet a native elder and a Franciscan monk, encounter a little sister's "imaginary companion," interpret a dream, wrestle with their conscience, read the Bible, and pray.

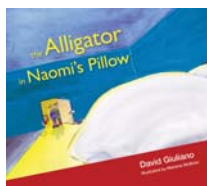
ISBN 978-1-551455-42-6 | 5.13" x 7.63" | 96 PP | \$8.95

The Alligator in Naomi's Pillow

David Giuliano and Marlene McBrien

The Alligator in Naomi's Pillow is an engaging story about a little girl struggling to overcome her fears. The text and the delightful illustrations are infused with humour and allow an easy rapport with Naomi and her nightly situation. Naomi's parents gently allow her to explore her fear in a supportive way that is neither sentimental nor harshly dismissive. What can be seen as a troubling and upsetting event (for both parents and child) is sensitively and realistically dealt with by the author's deft and light hand.

ISBN 978-1-55145-586-0 | 9" x 8" | 28 PP | \$12.95

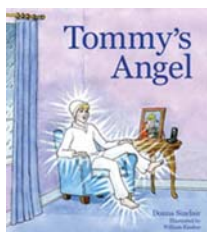


Tommy's Angel

Donna Sinclair

When Tommy's dog, Paddy, dies, Tommy is sad. He doesn't want another dog. He just wants Paddy. Then, an angel visits Tommy. The angel reminds Tommy that he was a great dog owner, and that Paddy loved him very much – as much as Tommy loved Paddy. Tommy finds that his heart can hold even more than his enormous love for Paddy. This gentle and honest look at the loss of a loved one ends with "I wonder" questions for children, and a section for adults on talking to children about loss.

ISBN 978-1-77064-569-1 | 8" x 9" | 32 PP | \$12.95

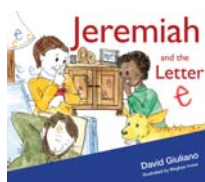


Jeremiah and the Letter "e"

David Giuliano

Author David Giuliano and illustrator Meghan Irvine team up to create an engaging and humorous look at facing the ongoing challenges of life. There is always something new to learn, including how to listen to the small voice inside that encourages us to keep trying – with surprising results.

ISBN 978-1-77064-442-7 | 9" x 8" | 32 PP | \$12.95



That's What Moms Are For

Spiro Vouladakis and Margaret Kyle

Written by Spiro Vouladakis and illustrated by his mom, Margaret Kyle, *That's What Moms Are For* celebrates the enduring love between a mother and her son as he grows as a child at home, struggles with math homework in grade school, goes off to college, and eventually becomes a parent himself. This heartwarming book is a delight for children of all ages and a perfect gift for any mom.

ISBN 978-1-77064-678-0 | 5.5" x 8.5" | 24 PP | \$6.95



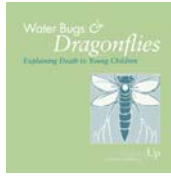
Water Bugs and Dragonflies - Hardcover

Explaining Death to Young Children

Doris Stickney

Looking for a meaningful way to explain the death of a five-year-old friend to neighborhood children, Stickney adapted a graceful fable about a water bug that left its pond and was transformed into a dragonfly. The water bugs' questions about their friend's whereabouts are similar to those questions children ask when someone dies.

ISBN 978-0-82981-180-3 | 4" x 6" | 26 PP | \$10.00



Stickney (now deceased) as a book in 1982, this story has become The Pilgrim Press' bestselling book, *Water Bugs and Dragonflies*. Now in a full-trim, full-colour edition, it features delightful illustrations by artist Robyn Henderson Nordstrom of Cleveland, Ohio.

ISBN 978-0-82981-858-1 | 10" x 10" | 32 PP | \$21.00

Water Bugs and Dragonflies Colouring Book

Explaining Death to Young Children

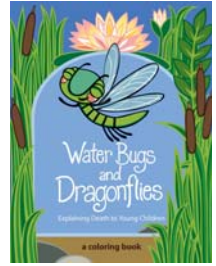
Doris Stickney

The Pilgrim Press introduces its perennial bestseller *Water Bugs and Dragonflies: Explaining Death to Young Children* by Doris

Stickney in a colouring book format.

Children can interactively experience the same wonderful story as the storybook by coloring or painting the black-and-white illustrations that fill each page. Coupled with the *Water Bugs and Dragonflies* storybook, those who do ministry with children in grief will find this to be an invaluable tool. The colouring book includes the story text.

ISBN 978-0-82981-830-7 | 8.5" x 11" | 24 PP | \$7.00



Water Bugs and Dragonflies - Softcover

Explaining Death to Young Children

Doris Stickney

Looking for a meaningful way to explain the death of a five-year-old friend to neighborhood children, Stickney adapted a graceful fable about a water bug that changed into a dragonfly. First published as a book in 1982 by The Pilgrim Press, it has become a bestselling book *Water Bugs and Dragonflies*.

ISBN 978-0-82981-624-2 | 5.5" x 5.5" | 24 PP | \$5.00

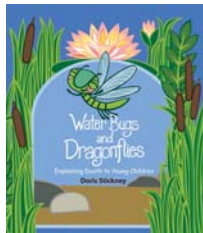


Water Bugs and Dragonflies - Large Hardcover

Explaining Death to Children

Doris Stickney

Looking for a meaningful way to explain the death of a five-year-old friend to neighborhood children, Stickney adapted a graceful fable about a water bug that left its pond and was transformed into a dragonfly. The water bugs' questions about their friend's whereabouts are similar to those questions children ask when someone dies. First published by

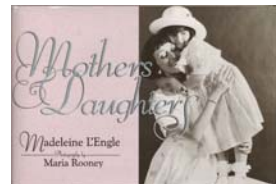


Mothers & Daughters

Madeleine L'Engle

Award-winning writer Madeleine L'Engle and her photographer daughter Maria Rooney created this inspiring book of poems, prayers, photographs, and reflections on the special relationship between mothers and daughters.

ISBN 978-1-896836-05-8 | 9" x 6" | 120 PP | \$24.95



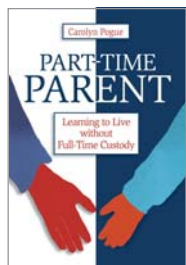
Part-Time Parent

Learning to Live without Full-time Custody

Carolyn Pogue

The only book on the market for non-custodial parents. It follows the stories of 20 men and women as they go through the initial separation, first birthdays and holidays without the kids, roller-coaster emotions, reflections, regrets, letting go and getting on with their lives. In this sensitively written book, Carolyn Pogue speaks from personal experience to those who have had to adjust to unoccupied bedrooms and breakfasts alone. Originally published as *The Weekend Parent*, this long out-of-print book is reintroduced at the request of family support groups everywhere.

ISBN 978-1-896836-23-2 | 6" x 9" | 160 PP | \$17.95



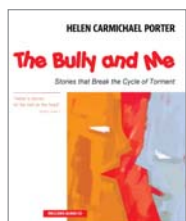
The Bully and Me

Stories that Break the Cycle of Torment

Helen Carmichael Porter

Helen Carmichael Porter has been touring her stories about victims and bullies for over seven years. The stories in *The Bully and Me* are first person accounts by both victims and bullies. The victims try to change the situation and usually, but not always, succeed. The stories are descriptive narratives of what happens to real people. They are based on Porter's observations, countless interviews, personal experience, and imagination. The book explores the idea that victims and bullies are two sides of the same coin and that the healing of both lies in dealing with this paradox. There is not a lot of real violence in these stories; there is some, and much of it is implied in threats, taunts, gossip, e-mails, gestures, and language. Most of the bullying is teasing and it is always designed to torment and ridicule. The *Bully and Me* also refers to biblical and folk tales in the comments showing how bullying is not a new problem. This is not a self-help book; it is about listening to and thinking about the stories of bullying that happen everyday in our homes, our schools, and our communities.

ISBN 978-1-896836-79-9 | 7.25" x 9" | 160 PP | \$29.95



9 Ways to Bring Out the Best in You and Your Child

Maggie Reigh

Many parents are waking up to the fact that parenting is not about controlling their children, but about empowering themselves and their children. *9 Ways to Bring Out the Best in You and Your Child* is about turning power struggles into powerful relationships. It is about raising children who are full of spirit and life, and about teaching them to be caring human beings. Maggie Reigh teaches that parenting is a matter of the heart. Combining profound insights with practical ideas, Reigh shows parents how to raise respectful, responsible, and resilient children, and at the same time, add more life and laughter to their children's lives and their own.

ISBN 978-1-896836-64-5 | 6" x 9" | 224 PP | \$19.95



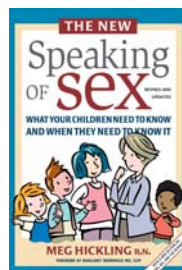
The New Speaking of Sex

What Your Children Need to Know and When They Need to Know It

Meg Hickling

This updated and expanded version of the bestselling *More Speaking of Sex*, delivers non-nonsense facts in a humorous yet scientific manner. With new chapters related to the Internet, and multi-faiths, parents will find the latest and greatest information about sexual health. Meg Hickling gently dispels misconceptions and unhealthy beliefs about sex by telling even more humorous stories from over 25 years of experience working with children, families, teachers, and other professionals. Hickling touches on the physical, intellectual, emotional, and spiritual aspects of sexuality – a “whole” person approach to sex. She knows that many parents had no information given to them by their parents, their churches, or their schools, when they were growing up, and Hickling hopes this book will provide the knowledge parents need. Hickling provides age-appropriate information, guidelines on how to talk with children at various stages of their development, and examples of how to answer tough questions.

ISBN 978-1-896836-70-6 | 6" x 9" | 224 PP | \$19.95



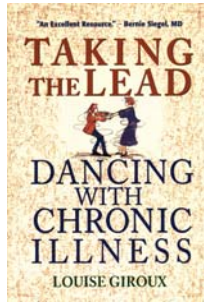
Taking the Lead Dancing with Chronic Illness

Louise Giroux

Take the lead in the dance of life with Louise Giroux in *Taking the Lead*, her book for those living with chronic illness. With her characteristic compassion and pragmatism, Louise helps you to reclaim who you are so you can live your life to the fullest.

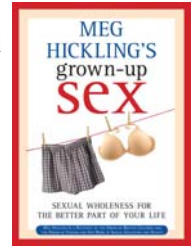
Those who work with chronically ill people know how identifying with one's illness is a hazard. Louise Giroux's excellent resource helps the chronically ill redefine their relationship to their illness and so celebrate life with body and soul.

ISBN 978-1-896836-20-1 | 6" x 9" | 192 PP | \$19.95



wounds, male and female midlife changes, the use of pharmaceutical and other aids to sex, homosexuality and homophobia, and the sexuality and sexual needs of elders. Meg's "whole person" approach respects the roles of personal and family values, spirituality, and community.

ISBN 978-1-55145-567-9 | 5.5" x 7.5" | 160 PP | \$18.95

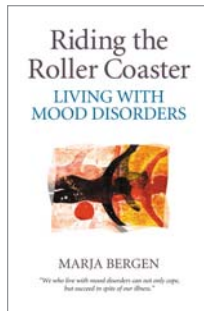


Riding the Roller Coaster Living with Mood Disorders

Marja Bergen

Mood disorders, such as depression and manic depression, affect up to 10% of the population. Marja Bergen is one of those people. Over the 30 years that she has had manic depression, she has gradually adopted a lifestyle that makes it possible not only to cope, but to live a full and productive life. In *Riding the Roller Coaster*, she shares very practical tips on such things as escaping the blues before they grab you, what to do when you don't feel like doing anything, and keeping life stable.

ISBN 978-1-896836-31-7 | 6" x 9" | 154 PP | \$21.95



Meg Hickling on DVD

The New Speaking of Sex

Meg Hickling

This 2-DVD set (4 hours total) is perfect for parents and grandparents who want easy access to Meg Hickling's amazing, age-appropriate sexual health presentations, as their children grow and mature.

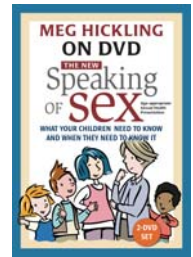
Children, too, will enjoy watching Meg discuss babies and body science with their parents over and over again in the safety and privacy of their own home.

Meg Hickling on DVD: The New Speaking of Sex records Meg speaking live in front of a large audience of adults and children. Each disk in the set contains two presentations.

Disk 1: Parents and Grandparents; Primaries (Grades 1-3);
Disk 2: Intermediates (Grades 4-7); Teens (Grades 7-12)

Whether your child is three and asking where babies come from, or 13 and starting to experience difficult decisions and concerns about their own sexuality, this 2-DVD set is for you. With sensitivity, honesty, and a good deal of humour, Meg addresses the real questions she has been asked during 30-plus years spent working with children of all ages, providing parents and grandparents with practical, up-to-date advice and encouragement.

ISBN 978-1-55145-581-5 | \$24.95



Meg Hickling's Grown-up Sex Sexual Wholeness for the Better Part of Your Life

Meg Hickling

Meg Hickling, a retired R.N., has been teaching parents, children, grandparents, caregivers, teachers, and other professionals how to talk about sex and sexual health for over 30 years. Now she answers the many questions adults ask. Meg's down-to-earth, no-nonsense style engages readers in topics such as the importance and meaning of sexual maturity, healing from old sexual

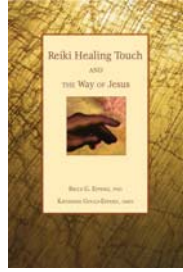
Reiki Healing Touch And the Way of Jesus

Katherine Gould Epperly and Bruce Epperly

One of the first books to offer a broadened understanding of the spiritual depth of Reiki healing touch by examining it in the light of one of the world's enduring religions! Explore the origins of Reiki and the Hebraic roots of Jesus'

own healing ministry, and discover the use of Reiki in church, hospital, and hospice settings, as well as in the context of the treatment of cancer, chronic and terminal illness, and death and bereavement. Bruce and Katherine Gould Epperly also provide healing rituals and spiritual practices that will help practitioners consciously integrate the inner and outer healing journey.

ISBN 978-1-89683-67-51 | 6" x 9" | 160 PP | \$19.95



Healing Times

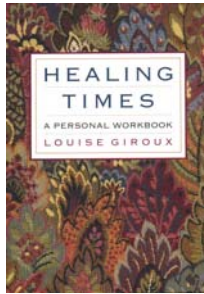
A Personal Workbook

Louise Giroux

If you're looking for a hands-on resource to help you increase your self-awareness and improve your day-to-day life, then Louise Giroux's *Healing Times* is for you.

The twelve chapters cover such subjects as family or origin, inner-child work, sexuality, couple relationships, career, parenting, illness and divorce. Includes case studies, as well as a variety of creative, insightful exercises for you to use for personal healing.

ISBN 978-1-55145-089-6 | 6.75" x 9.75" | 256 PP | \$24.95



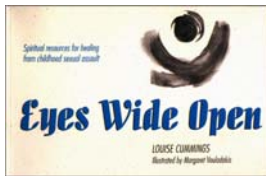
Eyes Wide Open

Spiritual Resources for Healing from Childhood Sexual Assault

Louise Cummings

In this intimate, passionate, and honest portrait of her experiences recovering memories of sexual abuse, Louise Cummings's book *Eyes Wide Open* addresses the feelings and issues survivors must face in order to heal: grief, anger, trust, fear, and change.

ISBN 978-1-55145-038-4 | 9" x 6" | 128 PP | \$19.95



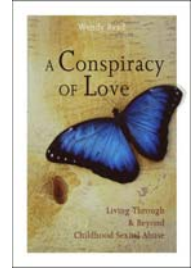
A Conspiracy of Love

Living Through and Beyond Childhood Sexual Abuse

Wendy Read

Though this book is intended to speak primarily to adults who have suffered childhood sexual abuse, anyone who seeks to find meaning in suffering, or who grapples with the concepts of evil and holiness, will appreciate the truth and wisdom contained in this book. Issuing from a deep appreciation of and wrestling with scripture, *A Conspiracy of Love* can also empower preachers, educators, and pastoral care providers to hear the Word anew, from the perspective of one who has suffered much. In short, those who have been abused, their friends, and their ministers will find *A Conspiracy of Love* thought-provoking, inspirational, and a beacon of comfort and hope. Not that it is an easy read. At times the reflections lay bare both the horrific reality that some children endure, and the searing emotional and spiritual pain that is carried into adulthood. The Archbishop of Canterbury, Rowan Williams, has described the writing as "heart-breaking and heart-enlarging."

ISBN 978-1-896836-77-5 | 6" x 9" | 160 PP | \$9.95



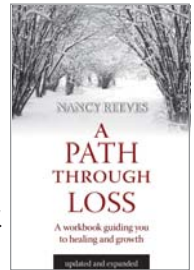
A Path Through Loss

A Guide to Writing Your Healing & Growth

Nancy Reeves

A Path Through Loss is a self-directed workbook to guide the reader through the process of grief. Grief can result from many things:

divorce or separation, abuse, unemployment, a serious injury or chronic/terminal illness, death, loss of childhood due to a parent illness or substance abuse, or a life transition, such as career change, a move, or retirement. You will learn why working with your grief through various means, including journaling, is helpful. You will also become aware of the different issues that affect and prevent or assist healing and growth. Author Nancy Reeves provides practical information and easy-to-use tools to help the reader nurture the physical, emotional, and spiritual aspects of the self. Although it is intended for individual use, it is a valuable resource for



counselors, and this updated and revised version includes questions suitable for group discussion. It also includes a section on children and grief.

ISBN 978-1-77064-438-0 | 6" x 9" | 224 PP | \$19.95

Found Through Loss Healing Stories from Scripture and Everyday Sacredness

Nancy Reeves

Whether your loss is new or ancient, whether your grief is about death, a relationship estrangement, a move, or the shattering of a dream, any of these 30 stories may have something to say to you. Nancy Reeves' hope in sharing the tales in *Found Through Loss: Healing Stories from Scripture and Everyday Sacredness* is that readers will grow through their experience. Growth pushes the griever past limitations, enhances personal qualities, teaches healthier living patterns, and encourages the griever in the expression of their true self – a self that is made in God's image. The grieving people who shared their stories in this book were changed as their grieving diminished. In some ways, they became "more" than they had been before their loss – they were found through loss. Concepts and strategies for healing provided in *Found Through Loss* can be used individually, in groups, or as material for sermons. Reeves reads selected stories on the two CDs provided in the book. The courage, the love, and the wisdom shown by these grieverers are deeply touching.

ISBN 978-1-896836-49-2 | 6" x 9" | 160 PP | \$24.95

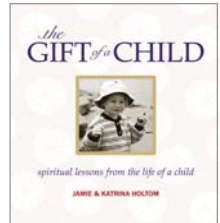
The Gift of a Child Spiritual Lessons from the Life of a Child

Jamie Holtom and Katrina Holtom

Often the birth of a child can prompt parents to turn more intentionally to God. They think about nurturing their child's faith, but soon discover that their children have much to teach them as well. This book will help parents (and grandparents, aunts and uncles) deepen their relationship with God and with their children by providing short reflections based on everyday experiences to which parents of young children can easily relate, such as bath, bed, fears, and food. All parents of young children will easily be able to relate these experiences to their own. Each devotion contains a scripture passage, a reflection

based on the authors' experience as parents, questions for reflection, and a prayer. This book was prompted by the tragic death of the Holtom's two-year old son, Lucas, who was killed in a tornado in the summer of 2000. In an effort to capture the memories of their lives with him, they wrote down the many daily activities and experiences they shared, and these form the core of the manuscript. It is not a manuscript for grieving parents, but rather a way for anyone to take the time to celebrate the gift that children are to us.

ISBN 978-1-896836-53-9 | 6.5" x 7" | 160 PP | \$24.95



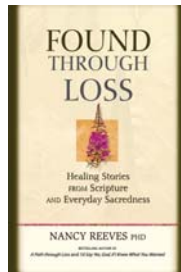
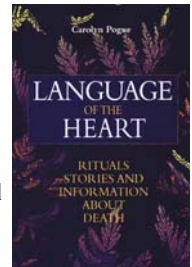
Language of the Heart Rituals, Stories and Information About Death

Carolyn Pogue

Funeral or memorial ceremonies are important in meeting the social and emotional needs of survivors. They can be important rituals to help us acknowledge a death.

Ceremonies can help people express pain. Rituals can help us remember. Ceremonies can help people heal. In *Language of the Heart*, author Carolyn Pogue offers stories and resources for creating meaningful and healing ceremonies. The book answers the questions many of us have about financial and legal matters, living wills and ethical wills, organ donation, and what to expect at a funeral home. It also contains sample memorial ceremony outlines, prayers, and suggested scripture readings. Includes unique resources for situations when there has been a death of a child, when the relationship was unloving, or when the death was a suicide

ISBN 978-1-896836-17-1 | 6" x 9" | 192 PP | \$17.95



Precious Days & Practical Love

Caring For Your Aging Parent

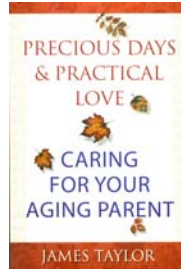
James Taylor

When one of our parents needs care, the relationship that we have known all of our lives turns upside-down. Suddenly, we are responsible for the woman who read us bedtime stories, or for the man who walked us to school.

Caring for an aging parent involves more than finding a care facility or dealing with legal and financial matters. It means feeling the frustration of always being “on call” if you live close by, or feeling helpless and guilty because you live far away and can do relatively little. It means riding the emotional roller coaster of having your roles reversed. It’s about the pain of being unable to change the inevitable, but of having an inner compulsion to do what you can to make those final weeks or years as gentle as possible. It’s about continuing to love, in spite of everything, until the very end ... and beyond.

Precious Days & Practical Love will help children of aging parents make the final months or years among the best experiences they’ll have to remember. and it will help counsellors understand the joys and challenges families may face.

ISBN 978-1-896836-34-8 | 6" x 9" | 224 PP | \$19.95



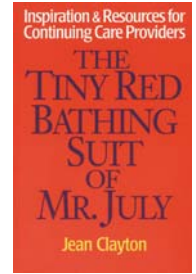
The Tiny Red Bathing Suit of Mr. July

Inspiration & Resources for Continuing Care Providers

Jean Clayton

Most residents of continuing care facilities are dealing with losses and many changes. This book, written by hospital chaplain Jean Clayton, deals with key issues for the chronically ill, aging, and disabled including sexuality, grief, and mental illness. It includes: sample worship services, prayers, hymns, and suggested biblical readings; communication tips – from self-care and empathy, to listening skills and healing touch; non-technical descriptions of chronic illnesses and diseases, including Alzheimer’s and Parkinson’s.

ISBN 978-1-55145-246-3 | 5.5" x 8.5" | 128 PP | \$12.95



Enough

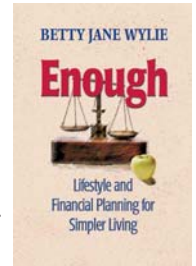
Lifestyle and Financial Planning for Simpler Living

Betty Jane Wylie

Have you ever wondered how you can simplify your life, enjoy greater spiritual fulfillment, and still pay off the mortgage, put your kids through college, and save enough for retirement?

You don’t need to starve yourself to live a simpler life. There is such a thing as having enough, and Betty Jane Wylie addresses that very issue while examining options for living simply in her latest book, *Enough*.

ISBN 978-1-896836-18-8 | 6" x 9" | 224 PP | \$19.95



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