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**Spiritual Resources**

**Future With Hope Women Conference 2017**

These are resources suggested by those involved with the Conference though not an official endorsement. They are resources which have encouraged, edified or strengthened the faith of individual participants. We hope you find a new favorite for your spiritual journey. Enjoy!

**Websites**

[FORMED](http://www.formed.org)! This is the equivalent of a Catholic multimedia candy store! Parishes subscribe and make this available to parishioners for FREE.

* Go to <https://formed.org/>
* Scroll down to the “REGISTER” tab and put in your email and the code provided by your parish. (If your parish does not subscribe to FORMED, email Joan Sheppard, joan@gs-cc.org.)

[CatholicStand.com](http://www.catholicstand.com/) – Living the Truth the Church teaches

[Family of Jacopa Association](http://www.familyofjacopa.com/) - a Public Association of the Christian Faithful in the Diocese of Steubenville including religious Sisters (in habit) and Dedicated Widows or Singles. Open to women 40 years old and over.

[VirtueConnection.com](http://www.virtueconnection.com)

Short, pithy articles and resources to help you become more patient, forgiving, and prayerful.

[Heavenly Mother, Help Me](https://www.journeytoourlady.com/)

A compilation of personal reflections, thoughts, and prayers meant to encourage us on our spiritual journey; seek a closer relationship with Mary, and help us open our hearts.

[Conversation with Women](http://www.conversationwithwomen.org/)

A website for women to share their stories and support each other on their journeys of faith.

[Diocese of Arlington Evangelization and Adult Faith Formation newsletter](http://us8.campaign-archive1.com/?u=9e3c7eccc950c946fbbd88272&id=c20c1f897d&e=7107c0b208)

**Apps** Use these titles to search in the App Store (iPhones) or Google Play (Droids)

* Sacred Space
* Examen
* 365 Days with Mary
* iMissal
* Laudate
* Rosary Deluxe
* Pray As You Go

**Books**

*From our Conference Speakers:*

By Pat Gohn

* [“All In: Why Belonging to the Catholic Church Matters”](file:///C%3A%5CUsers%5CJoan%5CDownloads%5CAll%20In%3A%20Why%20Belonging%20to%20the%20Catholic%20Church%20Matters)
* [“Blessed, Beautiful and Bodacious: Celebrating the Gift of Catholic Womanhood”](https://www.amazon.com/Blessed-Beautiful-Bodacious-Celebrating-Womanhood/dp/1594713707/ref%3Dpd_bxgy_14_img_2?_encoding=UTF8&pd_rd_i=1594713707&pd_rd_r=FTFM0SFQMPF6MRRJ3SVP&pd_rd_w=aR9FI&pd_rd_wg=eEdzQ&psc=1&refRID=FTFM0SFQMPF6MRRJ3SVP)

By Mary Beth Bonacci, [www.reallove.net](http://www.reallove.net)

* [“We're On A Mission From God”](https://www.amazon.com/Were-Mission-Mary-Beth-Bonacci-ebook/dp/B003Z9JN1K/ref%3Dsr_1_1?ie=UTF8&qid=1507578437&sr=8-1&keywords=we%27re+on+a+mission+from+god)
* [“Real Love: Answers to Your Questions on Dating, Marriage and the Real Meaning of Sex”](file:///C%3A%5CUsers%5CJoan%5CDownloads%5CReal%20Love%3A%20Answers%20to%20Your%20Questions%20on%20Dating%2C%20Marriage%20and%20the%20Real%20Meaning%20of%20Sex)

*Other Recommendations:*

By Fr. Jacques Philippe

* *Interior Freedom*
* *Keeping and Maintaining Peace*
* *The Way of Trust and Love*

By Wayne Muller

* *Sabbath: Finding Rest, Renewal, and Delight in Our Busy Lives*
* *A Life of Being, Having, and Doing Enough*
* *How Then, Shall We Live?: Four Simple Questions That Reveal the Beauty and Meaning of Our Lives*

By Gretchen Rubin

* *Better Than Before: What I Learned About Making and Breaking Habits--to Sleep More, Quit Sugar, Procrastinate Less, and Generally Build a Happier Life*

By Joan Chittister

* *Scarred by Struggle*
* *Transformed by Hope*

By Sister Theresia Aletheia Noble

* *The Prodigal You Love*

By Wilkie Au:

* *The Enduring Heart: Spirituality for the Long Haul*

By Gabriel-Marie Cardinal Garrone

* *Poor In Spirit; The Spirituality of Jeanne Jugan*

By Father Andrew Apostoli

* *Fatima for Today*

By Father Michael Gaitley

* *33 Days to Morning Glory by Father Michael Gaitley*
* *33 Days to Merciful Love by Father Michael Gaitley*
* *Consoling the Heart of Jesus by Father Michael Gaitley*

By St. Louis de Montfort

* *True Devotion to the Blessed Virgin*

Scriptural Rosary – English

* <https://www.amazon.com/Scriptural-Rosary-English-Christianica/dp/0911346163>

**Daily Reflections and Meditations** (click on hyperlinks to view)

* [Magnificat](https://us.magnificat.net/):
* [Give us this Day](https://www.giveusthisday.org/)
* [Catholic Company’s Morning Offering](https://www.catholiccompany.com/subscribe-morning-offering.tr)
* [Living Faith](http://www.livingfaith.com/)
* <http://www.ignatianspirituality.com/>
* [Blessedisshe.net](http://blessedisshe.net/)

**Spiritual Direction**

By Henri Nouwen, [‘Spiritual Direction: Wisdom for the Long Walk of Faith’](https://www.amazon.com/Spiritual-Direction-Wisdom-Long-Faith/dp/0060754737)

Spiritual Director Institute: <http://chestermichael.com/spiritual-directors/>