

St. Luke's Book Group Winter 2023
Breathing Under Water (BUW)
Spirituality and the Twelve Steps

I've heard it said and I believe "we are all novices when it comes to having a spiritual life." This is good news. We are all a work in progress. One of the best pieces of advice I've received about growing spiritually, is to look for spiritual moments in surprising places.

As we come together to explore Rohr's book and share our journeys in faith, I hope we'll be open to exploring wherever the spirit takes us. This outline is only a starting point. I expect to discover other resources, from other faiths and other Christian theologians as we go, and I'll share them with you. I hope you'll do the same.

I'll post this outline on our website page and adjust it as we go along. Any other resources we use, I'll post there too. I'm looking forward to jumping in!!

DATE	TOPIC	Resources
January 30	Introductions and Group Orientation	12 Steps BUW Intro: pages xii - xxiv
February 6	Honesty, Faith, Hope	Chapters 1-3
February 13	---	No Class this night
February 20	Courage & Integrity Moving past Vague Guilt, Making Connections	Chapters 4-5
February 27	Willingness & Humility	Chapters 6-7
March 6	Forgiveness Our sense of justice ≠ God's capacity to love	Chapters 8-9 Isaiah 43 John O'Donohue Blessing
March 13	Acceptance Pneumatology	Chapter 10 Romans 8:26-27; 1Corinthians 2:9-16
March 20	Prayer & Contemplation	Chapter 11 Buddhism: The foundation of prayer is mindfulness, concentration and insight. -- Thich Nhat Hahn
March 27	Transformation & Awakening Turning things upside down	Chapter 12 "The three things I cannot change are the past, the truth, and you." -- Anne Lamott