

RESOURCES

Below are a number of resources that may be helpful in moving deeper into the topics in our "Life Beneath the Surface" series.

COUNSELING, SPIRITUAL DIRECTION & PRAYER

- Counseling - a list of counselors are provided. In searching for a therapist, we recommend that you meet with two or more therapists to find a match that is helpful to you.
- Spiritual Direction - In spiritual direction, a spiritual director helps you become more deeply attentive to what God is speaking and doing through listening and asking questions. We have a few spiritual directors available at New Life. If you are interested in exploring meeting with a New Life spiritual director, please email Pastor Helen at helen@newlife.nyc to check for availability. You can also reference ESDA for a robust list of Christ-centered spiritual directors.
- Prayer - Please fill out this form to share a prayer request or desire to meet with someone for prayer.

ANGER

Books

- Emotionally Healthy Relationships by Peter & Geri Scazzero (Session 4: Explore the Iceberg)

Podcast

- Being Known Podcast with Dr. Curt Thompson:
 - Season 1 Episode 7: Emotion
 - Season 2 Episode 4: You're Right. You're Left. And In That Order.

ANXIETY

Books

- Managing Leadership Anxiety: Yours and Theirs by Steve Cuss
- Anxious for Nothing: Finding Calm in a Chaotic World by Max Lucado

Apps

- Centering Prayer app ([Apple](#)) ([Google](#))

SOLITUDE

Books

- The Spirit of the Disciplines: Understanding How God Changes Lives by Dallas Willard
- Invitation to Solitude and Silence: Experiencing God's Transforming Presence by Ruth Haley Barton



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SOLITUDE CONT'D

Books

- *The Way of the Heart: The Spirituality of the Desert Fathers and Mothers by Henri Nouwen*

Podcasts

- Bible Project's Practicing Faith podcast - Episode 1: Solitude and Community
- Transforming Center's podcast - Season 5: Invitation to Solitude and Silence with Ruth Haley Barton

SABBATH

Books

- *Keeping the Sabbath Wholly: Ceasing, Resting, Embracing, Feasting* by Marva Dawn
- *Embracing Rhythms of Work and Rest: From Sabbath to Sabbatical and Back Again* by Ruth Haley Barton and Ronald Rolheiser
- *Sabbath: Finding Rest, Renewal, and Delight in Our Busy Lives* by Wayne Mueller
- *Sabbath as Resistance, New Edition with Study Guide: Saying No to the Culture of Now* by Walter Brueggemann

Videos

- Bible Project Video: Sabbath

Podcast

- Bible Project: Seventh-Day Rest- Sabbath

GRIEF

Support Group

- GriefShare: This support group is a safe, welcoming place to help understand the difficult emotions of grief. Through this 13-week group, you'll discover what to expect in the days ahead and what's "normal" in grief. Since there are no neat, orderly stages of grief, you'll learn helpful ways of coping with grief, in all its unpredictability—and gain solid support each step of the way. We will hold one at New Life in 2024 but there are also other groups in the area listed here.

Podcast

- Adam Young.podcast
 - Episodes #132-135: Five Part Series on How to Heal from Sorrow and Grief with Mary Ellen Owen



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FAMILY OF ORIGIN

Books

- *Emotionally Healthy Relationships* by Peter & Geri Scazzero (Session 3: Genogram Your Family)
- *Emotionally Healthy Spirituality* by Peter Scazzero
- *Deeply Formed Life* by Rich Villodas (Chapter 6: Practices of Interior Examination)

Podcast

- Adam Young Podcast
 - Episode 2: Why Your Family of Origin Impacts Your Life More than Anything Else
 - Episode 131: Engaging Your Family of Origin Story with Dan Allender

