



Wild Goose Chase (Paperback)

By Annie Heppenstall

Wild Goose Publications, United Kingdom, 2007. Paperback. Condition: New. Language: N/A. Brand New Book. Annie Heppenstall points us towards finding God in all aspects of daily life and in the natural world around us. She provides prayers, reflections and practical suggestions on such topics as how to create sacred space in the home and how to use contemplation and prayer in relation to times of the day, days of the week and the seasons. The book's many resources for individuals and groups include body prayers, bead prayers, a covenant of salt, shrine-making, contemplations for various daily activities, and a leaderless Eucharist. Writing from a Christian perspective but drawing on several other traditions as well, and emphasising an ecological outlook, the author brings out the spiritual within everyday, simple things, to help us live a life grounded but aligned with spirit. Annie Heppenstall has a degree in Theology and Religious Studies from Cambridge University, is involved in lay ministry in the church and works as a primary school teacher specialising in music, art and religious education. She is the author of *Reclaiming the Sealskin: Meditations in the Celtic Spirit*, also published by Wild Goose Publications.



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