

Resources for Further Exploration of Rest, Gratitude, & Thriving

Compiled by Karen Carr & Nancy Crawford

Videos:

Trevor Hudson on The Cycle of Grace: <http://books.upperroom.org/the-cycle-of-grace/>

Christopher DeWelt on rest: <https://www.youtube.com/watch?v=XtHQgUULCRs>

Kid's President: 25 Things to be thankful for: https://www.youtube.com/watch?v=Lmcll_IJ2O0

David Steindl Rast: Want to be happy? Be Grateful:

https://www.ted.com/talks/david_steindl_rast_want_to_be_happy_be_grateful

Robert Emmons: Cultivating Gratitude: <https://www.youtube.com/watch?v=8964envYh58>

Books:

Dawn, Marva. *A Sense of the Call: A Sabbath Way of Life for Those Who Serve God, the Church and the World*

Goggin, J. & Strobel, K. *Beloved dust.*

Haley-Barton, Ruth. *Sacred Rhythms.*

Horsfall, Tony. *Working from a place of rest.*

Hudson, T. & Haas, T. *The Cycle of Grace: Living in Sacred Balance.*

Ortberg, John. *Grace: An Invitation to a Way of Life*

Lamott, Ann. *Help, Thanks, Wow.*

Voskamp, Ann. *One Thousand Gifts: A dare to live fully right where you are*

Emmons, Robert. *Thanks! How Practicing Gratitude Can Make You Happier*

Websites/Apps:

Frances Green: Thoughtful Reflections on Rest and Sleep.

<http://francesangreen.com/category/spiritual-formation/>

Sabbath Living: A Project of Blessed Earth – articles, videos, and retreat tools for Sabbath keeping. <http://sabbathliving.org/>

<https://play.google.com/store/apps/details?id=edu.northwestern.cbits.intellicare.slumbertime&hl=en> – Slumber Time app

Robert Emmons: Why Gratitude is Good

https://greatergood.berkeley.edu/article/item/why_gratitude_is_good