



Pilgrimage of a Soul: Contemplative Spirituality for the Active Life

Phileena Heuertz

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You can only go so far for so long before you find the limits of yourself. For Phileena Heuertz that moment arrived, mercifully, around the same time as a sabbatical to mark her twelfth year of service with Word Made Flesh, a ministry to some of the poorest people in the world. With six months' respite from the daily task of serving those who have nothing, Phileena rediscovered the genius of contemplative spirituality. Activists often see contemplation as a luxury, the sort of thing that must necessarily be laid aside in the quest to see the world set aright. But in *Pilgrimage of a Soul* we see that contemplation is essential--not only to a life of sustained commitment to the justice and righteousness of God, but to the growth in faith and discipleship that the Holy Spirit beckons each of us to. Tracing seven movements from a kind of sleepfulness to a kind of wakefulness, Heuertz shows us that life is a journey that repeats itself as we are led by Christ deeper and deeper into our true selves and a truer knowledge of God.

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