



Seasons of a Family's Life: Cultivating the Contemplative Spirit at Home

Wendy M. Wright

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In *Seasons of a Family's Life*, Wendy M. Wright-- parent, Church historian, and follower of the contemplative tradition-- offers a reflective, story-filled, and inspirational examination of the spiritual fabric of domestic life. This practical and insightful book explores family life as a context for nurturing contemplative practices in the home. Rooted in an appreciation of our deep and wise spiritual traditions that probe the sacred alongside everyday human experience, *Seasons of a Family's Life* challenges us to wrestle with the great religious questions that shape our lives and offers parents a model for integrating family life and spiritual awareness.

Every chapter in Wendy M. Wright's thoughtful book is a lesson in gaining an awareness of the joy in our experience as families and letting the sacred be more present in our frantically paced daily lives. Wright shows us how to pay attention to the silence that underlies our lives and encourages us to be sensitive to the ordinary moments that connect us. She reveals a family life replete with sacred spaces, rituals that enrich our time together, shared family stories, and much more. Interwoven throughout the book is a wealth of inspiring, personal stories.

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