This anthology was born out of the compiler's personal tragedy and over time the extracts have given her hope and courage. The foreword and afterword are written by Timothy Radcliffe. The material comes from a variety of sources and periods of time, extracted from the Bible, the saints, poets and secular writers - like Gerald Manley Hopkins, George Herbert, Carl Jung, Simone Weil, Plato to name just a few. Extracts are compiled under 45 headings ranging from praise and thanksgiving, the beauty of the world, faith, the will of God, suffering, grief, death, the resurrection, sin, purgatory, the doctrine of hell, mystery. This book has a strong Catholic flavour, but as there are sources and opinions from people who are not Christian, there is a great variety in these 500 extracts. It is interspersed with passages that made me smile, it is grounded in reality and speaks to me in my daily life, and I think would be a valuable companion for others too.

Over the past months I have found it a very useful book to 'dip into'; I've used it when working with house groups on a mission in a parish, and also in my personal prayer and meditation. Two snippets that made me smile because of the grains of reality and humour contained within them are: On religion - 'Pain is an interesting subject for discussion between people who are not suffering. Those who do suffer have no time to discuss it. They have all their work cut out to cope.' (Eleanor Hamilton King) On the doctrine of hell - 'Indeed the times are troubled,' he said, 'But we must remember that we are in God's hands.' 'I know we are,' said Mrs Brandon earnestly, laying her hand on the Vicar's sleeve, 'and that is what is so very dreadful.' (The Brandons)

I certainly recommend this book to readers of this magazine.

Beverley CSF