

Kane, Sue and Leo. ***The Little Brown Book: Mary McKillop's spirituality in our everyday lives.*** Strathfield: St Pauls 2009. ISBN 9781921472268. 176 pages. \$17.95.

This is a well presented book to introduce people to the idea of regular meditation.

It is based on the writings of Mary MacKillop and it presents seventy-four exercises for reflection. There is also a very helpful section at the end of the book to assist people in taking their spiritual life further and in facilitating small groups for meditation.

The individual meditations are based on the writings of Mary MacKillop gathered together under key thoughts. The reader is invited to enter into the thoughts of Mary as they focus on the issue of the meditation concerned. Each is interesting yet with an inviting simplicity; "*God's Love is too Deep for Words to Express*" (1870) and "*See the Beauty of God*" (1873) being two examples.

Are they helpful?

As with all spiritual exercises what a person gets out of the exercise depends much more on the person themselves than on the exercise.

The introductory section is quite helpful in this regard and I particularly appreciated the invitation to "have a cup of tea with Mary". It seemed to me that these simple approaches make it easier to get into spirituality in general.

Whilst this book would be useful for people of all ages potentially it would have greater appeal for younger people and for those who have never indulged in the joys of spirituality before.

Review by Chris & David Cheetham

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