

Anamchara's Book on Work and Spirituality

Greg Heylin, *Work and Spirituality: Finding the Balance*, Dublin: Veritas, 2007, €14.95, ISBN 978 1 84730 066 9, published November, 190pp.

Here is an intelligent and accessible book which invites readers to sympathetically consider the contemporary scene in relation to work and spirituality at individual and organisational level.

This book also encourages any one who is interested in the world of work today to actively engage with the wisdom within religious traditions on the topic of paid employment. In doing so the reader will find:

- help to survive and grow in the vicissitudes of working life today,
- a saner perspective on work with respect to the life of the individual worker, the family, the community, the environment, the world, and a power greater than the world that many call God, and
- power to act and/or speak out in new ways.

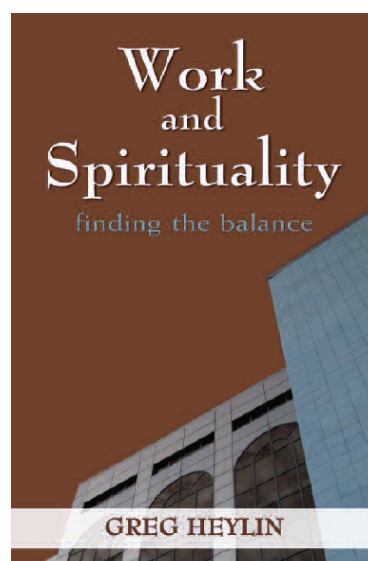
A number of relevant and helpful points of entry to the Christian tradition in particular are presented for workers at all levels, not just for leaders, chief executives and senior managers. These points of entry are: personal prayer, spiritual direction, worship, Jesus Christ, a prophetic stance, scripture and teaching.

By bringing their lived experience as workers into contact with the religious tradition, individuals and groups can distil new ways of negotiating the world of work in the twenty first century. Reconnecting in a new way with religious traditions allows the wealth of these traditions to be made available and made relevant to the current generations at work, as well as energising sometimes tired traditions.

The book in turn encourages religious traditions in the form of different churches to acknowledge that the spirit is abroad in the work lives of their members, and in the world of work in general. Churches can develop new perspectives on the world of work by:

- ongoing respectful listening, to those who go to church and to many other people of good will,
- reflection with those to whom they are listening, in the context of the wisdom of the tradition, and
- robust conversations leading to action.

The book will be of interest to those with a Christian or other religious commitment, agnostics and some atheists who are struggling to make more sense of their lives at work, teachers and students of spirituality, theology, religion, human resource management, industrial psychology, and sociology of work, human resource managers, equality professionals, seekers in the area of spirituality and work, spiritual directors, their clients, and clergy.



Greg Heylin