

***Finding Grace at the Center*, by M. Basil Pennington, Thomas Keating, and Thomas E. Clarke** (St. Bede's Publications, 1978), 62 pp.

This little book is refreshingly direct about the nature of centering prayer, how best to cultivate it, and the historical roots of centering prayer in the medieval classic, *The Cloud of Unknowing*. The fact that the book was published back in 1978 gives the reader a sense of how the contemplative community has perhaps shifted its focus since then.

There are four essays, one each by Pennington and Clarke, and two by Thomas Keating. The book's title also heads the most challenging essay, the one by Clarke, whose Jesuit training leads him to articulate theological insights in a way seldom found in spiritual writings.

You'll find this book in the Contemplative Prayer (**CPR**) section of the Lending Library, shelved alphabetically among Keating's works.