



## **Parish of the Nativity of the Lord**

**Book+Circle - December 2021**

### ***Interior Freedom –Rev Jacques Philippe***

#### **About the book**

This is a book that provides much hope and reassurance about God's love for each and everyone of us. Despite the most difficult situations that can restrain our physical movement, each person has deep inside, a place of freedom that no external power can take away, because God himself is its source. Rev Jacques Philippe writes in a simple and inviting style to remind us that a person wins *inner freedom* to the extent that he/she connects to its source – God himself – by practicing the virtues of faith, hope and charity. Rev Philippe is a member of the Community of the Beatitudes, ordained in 1985 in France. He has written several books

#### **How did the book make us feel?**

This is a very straightforward, relevant book that helps the reader open their mind to how much God loves us. We all thought this book is very refreshing, we felt reassured and encouraged. Once into the book, we very quickly picked up the key theme of 'Inner Freedom' and that everyone has their own 'internal space' where they can find God. No other human can take that 'space' away and it helped us understand how martyrs and people in very difficult situations have coped with the challenges they have faced. We read with interest the section about accepting suffering and sacrifice for true growth

#### **What did the group think were the book's main strengths?**

The book is very well written, it is short (134 pages) and yet every page was thought provoking. We agreed it is worth allowing time to read and consider each section before moving forward. The messages were very clear and 'believable' – we particularly liked the focus on today and although of course our past does influence our today we are told not to dwell on the past. Or indeed not to worry too much about the future as God will take care of that.

We were also reminded that we shouldn't spend time resenting others but should spend time building our spiritual life (St Therese's philosophy)

#### **And what were the book's main weaknesses?**

Very few weaknesses, on a practical point the reference to notes at the bottom of some pages were in small font and hard to read. A couple of us also found we had to concentrate hard to get 'into' the first few chapters

**Would we read another book written by the same author?**

We will add some of Jacques Philippe's books to our book list

**Would we recommend this book to someone else?**

We thought this book would be very good for anyone practising the Catholic faith

**Next book**

Praying the Truth by William Barry SJ (mentioned on Invited by Dom Stephen Ortiger)

Very useful to listen to Dom Stephen on the AB diocese website – Invited page talking about how to pray – he references this little book

- <https://www.abdiocese.org.uk/invited> - film 4

**Date of NEXT meeting:** Wednesday 26 January 2022 – 8.00 pm (location to be agreed)