

Book Review: *A Deeper Faith: A Journey into Spirituality* by Jeff Gollhofer (Tarcher/Penguin, 2008)

Masud Ibn Sydullah

A Deeper Faith is an extraordinary book of spiritual guidance. Written in a style reminiscent of C.S. Lewis' *Screwtape Letters*, Jeff offers spiritual direction in the form of letters, responding to letters sent to him from a spiritual directee. Such an approach helps to create a sense of intimacy and personal care as Jeff engages the questions, concerns, and life situations of the directee.

A Deeper Faith is written for a broad spectrum of people on a spiritual journey. While being absolutely appropriate and helpful for dedicated Christians, it is quite accessible to the seeker – the one who is not quite sure of what path they may want to take, but are committed to responding to the call of Spirit in their lives.

The book is honest, addressing nearly all aspects of human experience and the life of faith. Jeff courageously shares his own experiences and challenges of faith and faithfulness. Remarkably he strikes a balance – telling enough of his own story to be self-revealing without being self-indulgent. The style convincingly conveys the relationship of a faithful spiritual director/soul friend sharing with another on a spiritual journey.

Organized in chapters relating to the Liturgical Year of the Church, one is able to relate the concerns of the letters to the themes of the Church Year, as well as have empathy with both the director and directee as the author guides us through what one of the collects of *The Book of Common Prayer* calls, "the chances and changes of life."



A Deeper Faith
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A Journey into Spirituality
 JEFF GOLLIHER
 "The beautiful beauty of Gollhofer's writing opens the way
 for anyone who knows to find the path ahead."

I highly recommend

A Deeper Faith, and since we are just about to enter Advent, it would be a perfect time to begin. However, wisely, Jeff has written this book so that it really does not matter when, or with what chapter, one begins to read. In any case, one is invited (and guided) into *A Deeper Faith*.

Jeff Gollhofer, Ph.D. is an Episcopal priest, cultural anthropologist, environmentalist, and spiritual director. He is parish priest of a parish in the Diocese of New York and also works for the Office of the Anglican Observer at the United Nations, serving as the environmental representative for the worldwide Anglican Communion. A professed Tertiary, Jeff is a member of the New York City Fellowship.