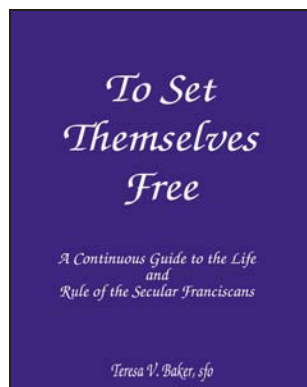


BOOK REVIEW: TO SET THEMSELVES FREE

by *Teresa V. Baker, OFS*

Reviewed by **Anne H. Mulqueen, OFS**



If you asked Teresa Baker what is the most important component of her formation book, *To Set Themselves Free*, she would tell you it is its Praxis format. Praxis is an ancient form of Greek learning. Its purpose is to effect a change in social and political spheres. She chose this particular mode of formation from the exhortation of Article Four of our Rule: to go from gospel to life and life to the gospel. As we know, Secular Franciscans are expected to take the Gospel message into the various arenas of our unique daily lives. Teresa believes each of us will share the Gospel in a manner and a place and with persons that may not have anyone else to bring the Gospel to them.

Each lesson begins with a Franciscan Focus that sets the stage for the lesson to come. The Reflection Questions invite the individual to enter into the story presented and then asks each to examine why the Focusing Activity affected them in the way that it did. So you can see that Praxis engages everyone present.

Then the Article of the Rule to be studied is presented with an accompanying lesson to be shared. This may be presented in various ways, depending on the fraternity and its circumstances.

The Integration and Decision Questions allow the fraternity members to share their personal insights of the material presented. The third question of this portion of the lesson calls for a commitment of each participant of how they will integrate this lesson into their living out the Gospel message in their lives until the next gathering.

To Set Themselves Free is an ideal formation guide for fraternities that have persons in both initial and ongoing formation, as there are separate questions for each level of the formative process.

Unfortunately, there is not space enough to enumerate Teresa's many past accomplishments; however I do want to tell you a bit about Teresa herself and her current pursuits.

Teresa is married to Raymond, has two adult sons and nine grandchildren. Currently, she is in the process of becoming a Spiritual Director through the Post-Graduate Certificate program at Boston College. Teresa is employed as the Adult Faith Coordinator at St. Thomas Aquinas Parish in Derry, N.H., and serves on the St. Elizabeth of Hungary Regional Formation Commission. She is also involved in Rachael's Vineyard Retreat Ministry, a healing ministry for women and men who suffer the pain of abortion. Teresa has also written a reflection on the Stations of the Cross, *Never to Be Left Alone: Walking with the Abused Jesus on the Way to Calvary*.

Copies of *To Set Themselves Free* can be purchased through:

Smoky Valley Printing,
Box 189, Lindsborg, Kan., 67456,
Telephone No. (785) 227-2364,
E-mail: lindabce@kans.com.