

Menstrual Cycle Resources

Below is a few handouts and guides to help develop spiritual rhythms around your menstrual cycle, helping women engage with God in different ways according to the unique advantages of each phase. The wheels are based on a cycle length of 30 days, but the grid is adaptable to any cycle length. Print them off and stick 'em on your wall!

For the readers among you, here a list of further books and articles to help continue the journey.

Periods & The Menstrual Cycle

Baker, Claire. *50 Things You Need to Know About Periods*. London: Pavilion, 2020.

Delaney, Janice, Mary Jane Lupton, and Emily Toth. *The Curse: A Cultural History of Menstruation*. New York: E.P. Dutton & Co., 1976.

Murphy, Ngāhuia. *Waiwhero: The Red Waters—A Celebration of Womanhood*. Ngaruawahia: He Puna Manawa, 2014.

Peach, Lucy. *Period Queen*. Sydney: Murdoch Books, 2020.

The Body & Rhythms

Bailey, Lloyd R. *Leviticus-Numbers*. SHBC. Macon: Smyth & Helwys, 2005.

Turner, Bryan S. “The Body in Western Society: Social Theory and Its Perspectives.” Pages 15-41 in *Religion and the Body*. Edited by Sarah Coakley. Cambridge: Cambridge University Press, 1997.

Ware, Kallistos. “‘My Helper and My Enemy’: The Body in Greek Christianity.” Pages 90-110 in *Religion and the Body*. Edited by Sarah Coakley. Cambridge: Cambridge University Press, 1997.

Miller, Bruce. *Your Life in Rhythm*. Carol Stream: Tyndale House Publishers, 2009.

Spiritual Disciplines & Practices

Calhoun, Adele Ahlberg. *A Spiritual Disciplines Handbook—Practices that Transform Us*. Downers Grove: IVP, 2016.

Saunders, Martin. *The Beautiful Disciplines*. Oxford: Monarch Books, 2011.

Felker Jones, Beth. *Practicing Christian Doctrine: An Introduction to Thinking and Living Theologically*. Grand Rapids: Baker Academic, 2014.

30 Menstrual Days of Spiritual Practice

Autumn

Days 23-30
(pre-menstruum)

- Reflect on scripture as creative literature, e.g., the Psalms.
- Recall scripture from the spring phase and engage with it creatively.
- Practices of truth: meditation, praying scripture, breath prayers, journalling.

Summer

Days 16-22
(ovulation)

- Spend intentional time in fellowship and community.
- Engage in intercessory prayer.
- Practices of joy: gratitude, celebration, and hospitality.

Winter

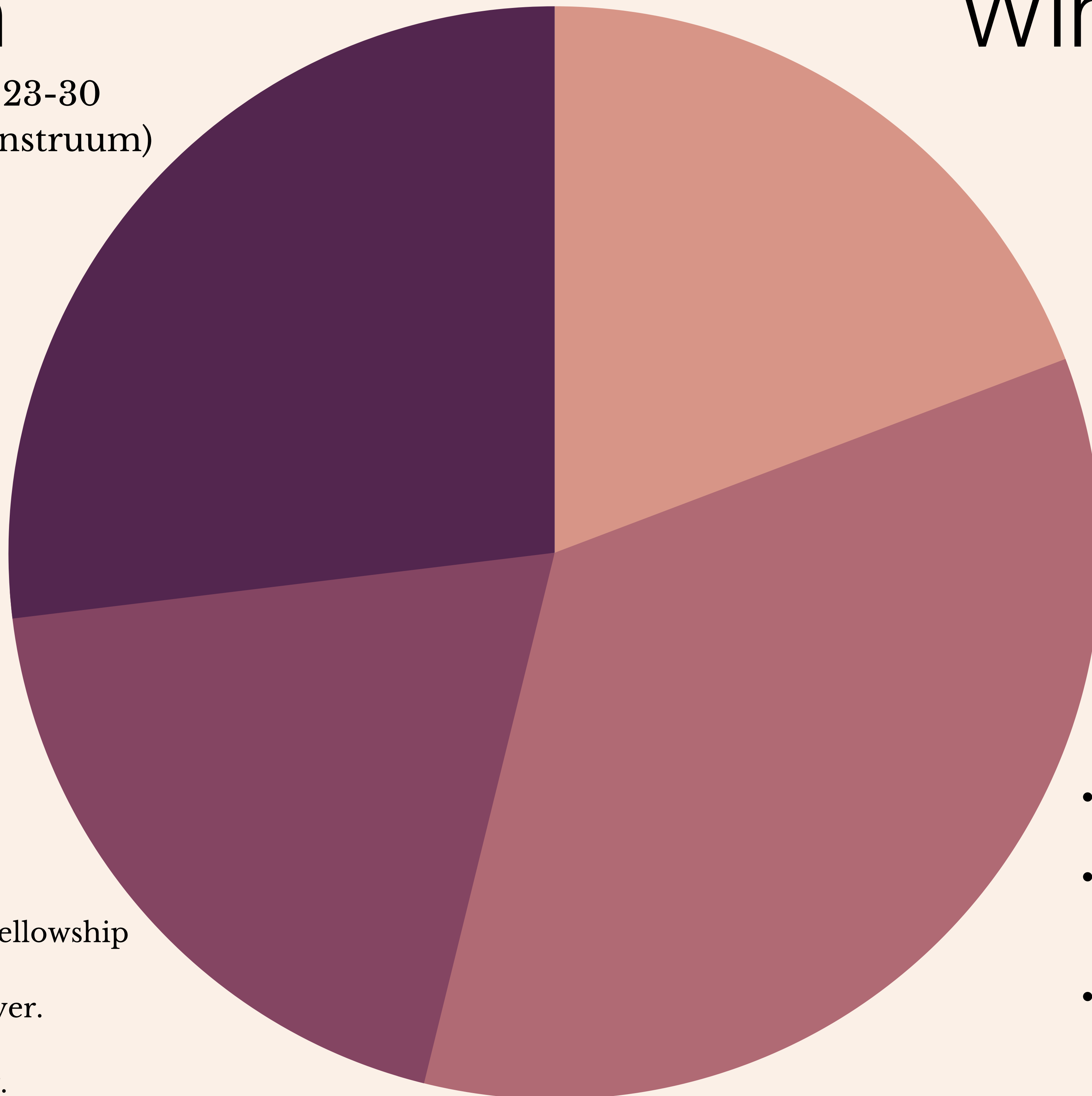
Days 1-5
(menstruation)

- Spend time in retreat and solitude.
- Engage with scripture as a love letter or story.
- Practices of release: confession, repentance, and forgiveness.

Spring

Days 6-15
(pre-ovulation)

- Spend time in musical worship and explore creation.
- Memorise a verse or passage, or study a passage in scholarly depth.
- Practices of growth: self-examination and spiritual direction.



Menstrual Cycle Seasonal Grid

Winter

Days _____
(menstruation)

I will use this time of **rest**
and **release** to:

Spring

Days _____
(pre-ovulation)

I will use this time of **focus**
and **growth** to:

Summer

Days _____
(ovulation)

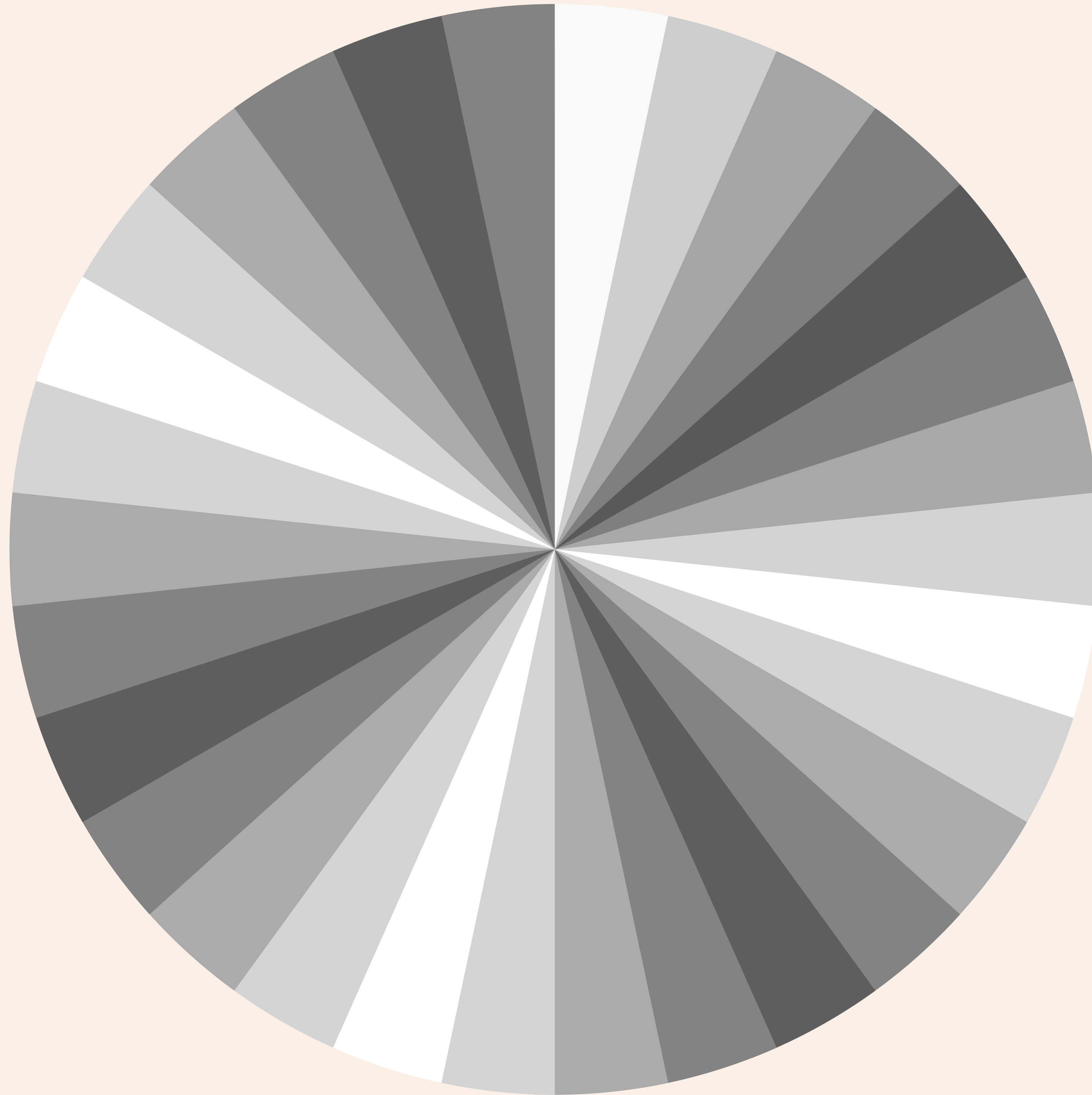
I will use this time of **connection**
and **confidence** to:

Autumn

Days _____
(pre-menstruum)

I will use this time of **honesty**
and **kindness** to:

30 Menstrual Days Cycle



Design your
own rhythms
for each of the
30 day cycle.

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Designed by Andrew Clark-Howard.
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