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**New Journal Series Helps Catholic Women Deepen Their Faith and Enrich Their Daily Lives**

**Title:** *Circle of Catholic Women—Journal One: Personal reflection and group sharing to help you deepen your faith and find balance in your everyday life*

**Author:** Karen Pavlicin

**ISBN:** 978-1-934617-03-8

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**Retail Price:** \$16.95

**Format:** Softcover, 7-3/8" x 9", 128 pages

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www.circleofcatholicwomen.com or  
www.elvaresa.com/pressCCW1.html

(St Paul, MN) After a successful two-year pilot program, Juloya, an inspirational imprint of Elva Resa Publishing, is pleased to announce the launch of its *Circle of Catholic Women* journal series. Through personal journaling and group sharing, the journals allow Catholic women to thoughtfully explore their beliefs and the role faith plays in their daily lives.

The *Circle of Catholic Women* program began when the women's group at St. Ambrose of Woodbury (Minnesota) was looking for a way for its members to reflect on how they were living their faith each day. The women wanted to inspire each other to deepen their faith, better understand the Catholic Church's teachings, and support each other as they put their spirituality to work. And so the group asked author Karen Pavlicin to create a weekly journaling program they could use for personal reflection and group discussion.

"Honest, personal reflection is part of what helps us better understand our faith in the context of everyday life, so we can put our trust in God and respond to his call," Pavlicin says. "As women of faith, it's important to consider whether our thoughts and actions truly reflect our beliefs."

The *Circle of Catholic Women* program complements existing adult faith formation programs, fostering spiritual friendships and building trusted circles within the parish community. The journals' flexible structure allows them to be used for weekly sessions or retreats, and chapters can easily be combined or rearranged to fit liturgical themes or varying schedules.

Each journal in the series includes:

- sections on prayer, traditions, relationships, role models, values, discernment, and life balance
- Bible verses and references to Catholic documents to reinforce Catholic teachings
- journaling prompts to encourage deeper personal reflection and application to daily life
- group discussion questions
- a separate facilitator guide with additional guidance and ideas for group leaders.

*Journal One* includes sections on personal prayer practices, family traditions for Catholic holidays, seeing Jesus in relationships, Mary and Mother Teresa as role models, money and wealth, God's call through life's milestones, and mind-body-spirit connections. It has received a Nihil obstat and Imprimatur from the Archdiocese of Saint Paul and Minneapolis. *Journal Two* will be released in 2010.

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For more information about the series and to see sample chapters and a table of contents, go to [www.circleofcatholicwomen.com](http://www.circleofcatholicwomen.com).

**About the author**

Karen Pavlicin is an award-winning writer and dynamic international speaker known for her practicality, inspirational insight, and sense of humor. An accomplished business leader, hall of fame athlete, singer-songwriter, and devoted mom, Karen strives to inspire others through her everyday celebration of life. Find out more about Karen at her web site, [www.karenpavlicin.com](http://www.karenpavlicin.com).

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Juloya is an inspirational imprint of Elva Resa Publishing. A portion of all sales of the *Circle of Catholic Women* series is donated to outreach programs that support women and families. Elva Resa Publishing is an independent publishing company whose mission is to make a positive difference in people's lives. For more information, visit [www.elvaresa.com](http://www.elvaresa.com).