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

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

**Author:** Karen Pavlicin  
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[www.circleofcatholicwomen.com](http://www.circleofcatholicwomen.com) or  
[www.elvaresa.com/pressCCW2.html](http://www.elvaresa.com/pressCCW2.html)

(St Paul, MN) Juloya, an award-winning inspirational imprint of Elva Resa Publishing, is pleased to announce the release of *Circle of Catholic Women—Journal Two*. This is the second journal released in the Circle of Catholic Women program. 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 Two* includes sections on spiritual intimacy and inspiration, personal rituals and routines, parents, Martha and Gianna Beretta Molla as role models, modern science and technology, social justice—life and dignity, and energy. It has received a Nihil obstat and Imprimatur from the Archdiocese of Saint Paul and Minneapolis. *Journal One* is also available and the journals are nonsequential.



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).