



## BOOK ANNOUNCEMENT

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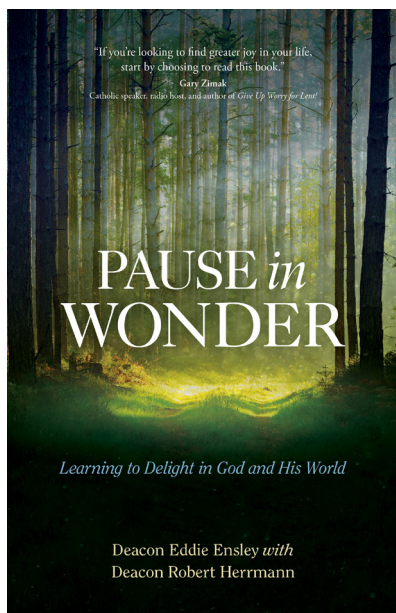
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## CULTIVATE PRACTICAL SPIRITUAL HABITS TO FIND JOY IN LIFE, SHARE IT WITH OTHERS

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**NOTRE DAME, Ind.**—Do you want more joy in life? Make room for a daily encounter with the Lord.

In *Pause in Wonder*, Eddie Ensley recounts stories from his own spiritual journey as a Native American and a Catholic deacon to show how you can experience joy even in the most difficult circumstances. Simple, spiritually sound prayer practices—based on scripture and tradition—heighten your sense of wonder and bring you greater joy in everyday life.

With compassion and wisdom, Ensley draws from his Native American heritage and spiritual journey to the Church to explore joy's true meaning, as well as how to find it and experience it in both happy and discouraging seasons of life. Combining prayer exercises with his personal testimony, Ensley and his ministry collaborator, Deacon Robert Herrmann, will help you appreciate the life-changing power of the sacraments and other riches of the Church, while being more mindful of the invisible realities all around you.

Ensley and Herrmann offer step-by-step pointers to help you cultivate practical spiritual habits such as engaging in contemplative prayer and journaling to enrich your prayer life. You will also learn how to:

- Choose joy, centering your whole being on God
- Become the custodian, rather than the prisoner, of your thoughts and emotions
- Experience release from stresses and worries by learning to “sing with the angels”
- Pour out your joy upon others through the intentional practice of compassion.

You will discover how to encounter God in deeply personal yet practical ways. Fresh approaches to prayer combined with scripture and the wisdom of the saints will help you rejoice always and appreciate life in all its messy excellence.

## ABOUT THE AUTHORS

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**Eddie Ensley and Robert Herrmann** are permanent deacons in the Diocese of Savannah who serve on the clergy staff at St. Anne Catholic Church in Columbus, Georgia. They have more than thirty years of experience leading parish missions, retreats, and renewals. Ensley and Herrmann operate Deacons in Ministry.



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*“Beautifully written, honest, tender and uplifting.”*

**Mary Healy**

Professor of sacred scripture at Sacred Heart Major Seminary

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