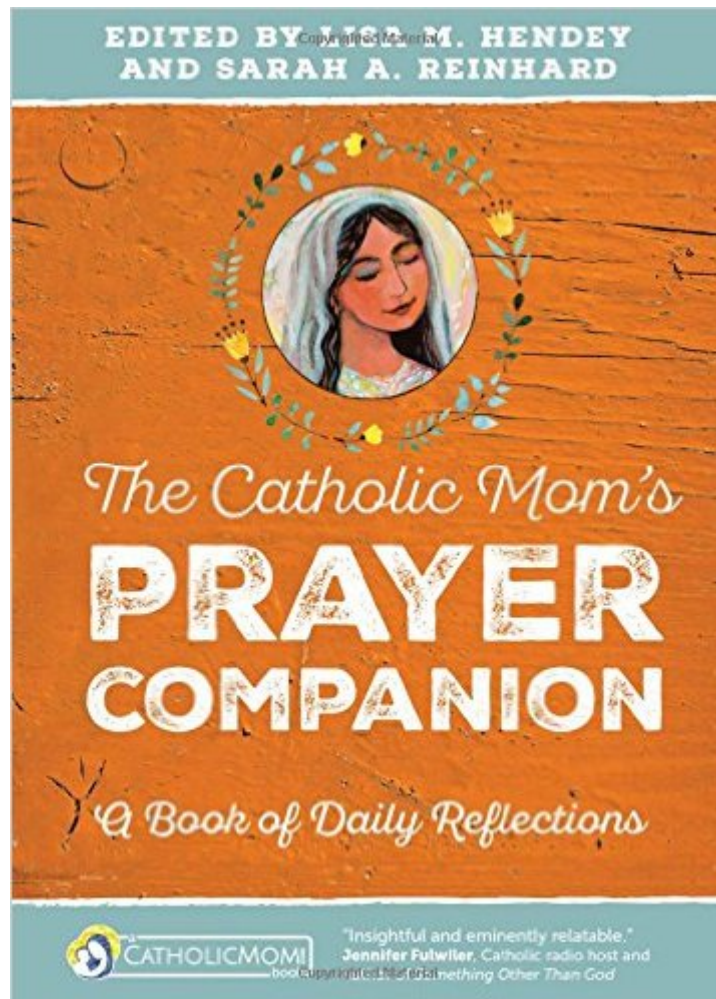


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# The Catholic Mom's Prayer Companion: A Book Of Daily Reflections (Catholicmom.com Book)



## Synopsis

Are you a Catholic mom who prays for the wisdom and patience to get through each day? Do you pray for your children, husband, family and friends, and sometimes even yourself? The Catholic Mom's Prayer Companion offers a new, daily resource to make the most of those few, precious minutes you have to pause and reflect. For more than fifteen years, the award-winning CatholicMom.com website has been a trusted source for sound, practical, and spiritual guidance. In their new book, authors Lisa M. Hendey and Sarah A. Reinhard bring together more than eighty moms, dads, and trusted spiritual companions to provide fresh, uplifting meditations for every day of the year. You'll find encouragement when you're struggling, reassurance when you feel alone, and comfort when you're distracted by worry. Created by moms for moms, these hope-filled meditations touch on the issues and concerns you face as you try to get through the day with a sense of God's presence in your life. Whether you are a new or seasoned mom working in or outside of your home, this inspiring collection of reflections for every day of the year will help you stay in touch with the seasons of the Church year: remember Mary's loving presence on her feast days: keep company with both new and familiar saints: see the spiritual meaning of secular holidays: and make you smile with occasions such as Houseplant Appreciation Day and National Popcorn Day. Each day begins with a brief quotation from scripture, saints, recent popes, or important spiritual writers. A personal reflection--written by contributors including Danielle Bean, Donna-Marie Cooper O'Boyle, Lisa Mladinich, Elizabeth Scalia, Carolyn Woo, Mark Hart, and Jeff Young--focuses on some dimension of your spiritual, emotional, intellectual, or physical life. Each day also includes a brief prayer and a question or thought to ponder throughout the day. In just a few minutes of quiet you'll find the boost you need from a friendly voice. Each month also has a special theme such as love, family fun, and slowing down. Start these reflections any time throughout the year and feel your days become more grace-filled and inspired.

## Book Information

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## Customer Reviews

We're all crunched for time! Moms who know they can't do it alone want prayer to be part of how day. How do we reconcile the two? This book is the answer. With reflections short enough for our schedules, but Spirit filled enough to touch our hearts, these authors help us bring a special and blessed moment to our day- where we meet God and draw strength from community. Then faith and prayer fuels the day instead of stress ruling the day! Daily reflections can be read and re-read each year. Each month has a theme, and the authors are rich in background, age, and experience. Highly recommend!

The Catholic Mom's Prayer Companion, a new daily devotional from Ave Maria Press, boasts over 80 authors for the 366 reflections it contains. Each day's entry begins with a quote as a jumping-off point; these come from sources as varied as Scripture, the saints, famous authors and historical figures. A short (300 words, give or take) reflection follows the quote. Like Forrest Gump's famous box of chocolates, "you never know what you're gonna get." With more than 80 voices behind this book, the daily topics are as varied as the women and men writing about them. Men? In a book for Catholic moms? Absolutely. This intentional inclusiveness points to the truth that we can be inspired and encouraged by people who are not exactly like us. Variety among the book's contributors brings a richness of perspective that would not be seen in a book written by a team of people with the exact same background and life circumstances. These reflections lead into one-line prayers and finally to a question to ponder throughout the day. These are wonderful journal prompts! The daily entries in The Catholic Mom's Prayer Companion are intentionally kept short, because not everyone has a lot of time for daily devotions. If you have 5 minutes, you can pray with this book. If you have 30 minutes, you can pray with this book. It's my privilege to be among the many writers included in this book.

I was very anxious to get this book and it is so much more than I expected. The daily reflection

really centers and grounds me for the day. If you need encouragement for the day, this is the book to get! It is not only for moms, but aunts, sisters, grandmothers, stepmothers, etc. It is really for women. Thanks again Lisa Hendey!

I've been using the Prayer Companion for a couple of weeks now, usually finishing up my Morning Prayers by reading the day's meditations, and I have yet to be disappointed. Each day brings a fresh perspective from one of over 80 writers that includes Danielle Bean, Pat Gohn, Judy Landrieu Klein, Elizabeth Scalia, and, of course, the editors of the book: Lisa Hendey and Sarah Reinhard. The book has pulled together mothers, fathers, deacons, sisters, people in lay orders — in other words, not just moms. This variety of writers means that the book isn't meant just for mothers, just as CatholicMom.com is not a site solely for mothers. There's wisdom to be had in each day's reading, which is followed up by a short prayer and some provoking questions to ponder throughout your day. Not only that, but each day has a theme to it ("Jesus the Nurturer" or "Embracing Limitations") and many days include the Saint of the day or a National [Fill in the Blank] Day. For example, did you know that August 17 is National Thrift Shop Day? My younger daughter, who loves the outdoors and is always asking to go hiking or out walking on the local trails, was tickled to learn that her birthday is Father-Daughter Take a Walk Together Day. And this beautiful book is the first one I've seen with Saint Teresa of Calcutta written in bold print on September 5! When I heard about this project, I knew it was going to be good. After all, the Daily Gospel Reflections on CatholicMom.com have been going strong with thoughtful meditations for years now, and if some of those folks were involved, it had to be great! But the book is surpassing my expectations. The idea of including those silly themes (Leave Work Early Day, anyone?) was brilliant because even those silly themes can be related to our faith and our vocations in life.

Like many moms, I struggle to make time for personal prayer. And reflection? Forget it. Somehow The Catholic Mom's Prayer Companion makes short daily reflection seem do-able. I'm a little embarrassed to say so, but I'm so glad the reflections aren't based on bible passages. Making Scripture part of these reflections would, frankly, require too much concentration for me most days. Instead, entries are based on simple, short quotes and informal reflections that I can digest quickly and easily and then return to mentally during the day when I **\*\*gasp\*\*** have a free moment. With such a wide variety of contributors from diverse backgrounds, even if one day's meditation doesn't grab you, another will. And another. And another. I'm already making a list of all the Catholic moms (such as my children's Catholic school teachers) who will be receiving a copy of the Prayer

Companion this Christmas.(I received an advance review copy from NetGalley for my honest review.)

Some mornings, whether it is sleep deprivation or a mind full of stress; I wake wanting to pray but at a loss of where to start. The Catholic Mom's Prayer Companion offers 365 days of prayer jumpstarts! Bringing together over 80 contributors (of which I am grateful to be counted); each entry is unique and enlightening. The format is fantastic - quotes or scriptures kick off each morning; followed by a 300 or so word reflection (the perfect length for busy moms)- then a original prayer and a question to ponder.The size is perfect too - put it in your purse; diaper bag; glove box or desk! Read whenever you get a minute your day. While I love morning prayer; the companion is so readable and can fit seamlessly into your prayer life. Makes a great gift for a Birthday, Christmas; Mother's Day; or someone entering the Chruch through RCIA - the price is right for a book of this length! Such a gem!

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