



Praying Our Lives: A Woman's Treasury of Catholic Prayer

Eleanor Bernstein C.S.J.

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A treasury of Catholic prayer, meditation, reflection, and ritual--classic and contemporary--crafted especially for women and designed to help them see how their lives and their Catholic heritage are vitally connected.

Praying Our Lives is a comprehensive and deeply intimate prayer book meant to empower women to understand and live their Catholic faith through deeper connection to their spiritual heritage. Not just a compilation, the book is a treasury of Catholic wisdom that teaches women *how* to pray as women--both alone and in community.

Eleanor Bernstein, C.S.J., begins by guiding women to recognize how their life experiences--in the workplace, in their communities, and as mothers, daughters, and wives--relate to those of the great women of the Bible and the great saints. Readers will discover fresh ways to pray with scripture, to know the saints and mystics, and to participate in the Liturgy of the Hours. The great mystery of the Eucharist as well as the feasts and seasons of the Church year will be enlivened in a way that is fresh and relevant for today's Catholic women.

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