



## BOOK ANNOUNCEMENT

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## IN FIRST REFLECTION BOOK FOR LENT, RUPP HELPS READERS BECOME MORE LIKE JESUS

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**NOTRE DAME, Ind.**—Bestselling author and beloved retreat leader Joyce Rupp has offered companionship and gentle guidance throughout the seasons in such books as *May I Have This Dance?* and *Anchors for the Soul*. In *Jesus, Friend of My Soul*—Rupp’s only meditation book for Lent and Holy Week—each two-page daily reflection brings our attention to the Lenten season, providing reflections for growth and inviting us to follow Jesus and become more like him.

Because our lives are filled to the brim with activity, it is easy to drift away from trying to live as Jesus did, and we find ourselves in need of time to focus on drawing close to him again and learning from his example. In her newest book, Rupp guides us from Ash Wednesday through Easter Sunday illustrating both how Jesus called his followers to change and how his actions provide us a blueprint for growth.

Rupp helps us learn from the qualities of Jesus and the actions and teachings that marked his time on earth, including:

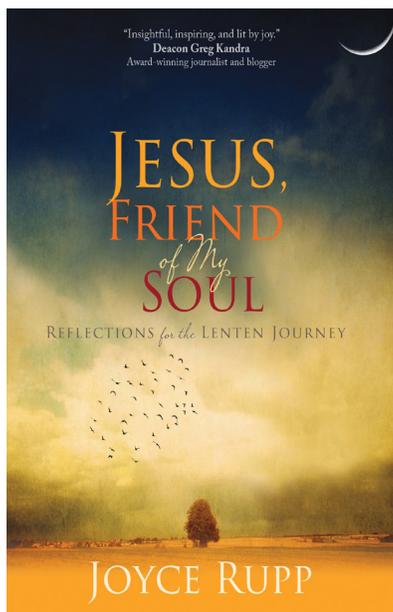
- how Jesus extended mercy after Peter’s denials
- how Jesus trusted in his Father, even as he experienced other emotions when troubling events occurred
- how Jesus spoke and acted with integrity, which made him a valuable and trustworthy person for others to listen to and follow

Each day’s reflection begins with a verse from scripture and a meditation centered on Jesus’ life, actions, and teachings that are applied to our lives. We are then offered a prayer and an intention to carry with us throughout the day. Each brief reflection gently leads us to new growth in our lives and invites us to reach new depths in our faith. Questions for individual or group study are included.

## ABOUT THE AUTHOR

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Joyce Rupp is well known for her work as a writer, spiritual midwife, international retreat leader, and conference speaker. She is the author of numerous bestselling books, including *Praying Our Goodbyes*, *Open the Door*, and *Fragments of Your Ancient Name*. Her 2018 book, *Boundless Compassion*, won awards from the Association of Catholic Publishers and from the Catholic Press Association. Her books *Fly While You Still Have Wings* and *Anchors for the Soul* also have earned CPA awards. Rupp is a member of the Servite (Servants of Mary) community.



**Jesus, Friend of My Soul**  
*Reflections for the Lenten Journey*

By Joyce Rupp

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128 pages • \$13.95

Also available as an eBook.

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*“Rich and enriching, Jesus, Friend of My Soul provides us with a beautiful companion for our journey through Lent: Jesus himself.”*

**Deacon Greg Kandra**  
*Award-winning journalist and blogger at The Deacon’s Bench*

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