



Earth, Our Original Monastery
*Cultivating Wonder and Gratitude
through Intimacy with Nature*
By Christine Valters Paintner
ISBN: 978-1-932057-20-1
160 pages • \$15.95
Also available as an eBook.

*"Practical and insightful,
this beautiful book is perfect
for any seeker of renewed
contemplative styles and
practices. It invites you to
enter the creative side of
your inner monastery and
discover faith in fresh and
relevant ways."*

Br. Mickey McGrath, O.S.F.S.
Artist and storyteller

BOOK ANNOUNCEMENT

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Ave Maria Press, Inc., P.O. Box 428 Notre Dame, IN 46556

A Ministry of the United States Province of Holy Cross

PAINTNER HELPS READERS PRACTICALLY CONTEMPLATE EARTH IN THE LIGHT OF FAITH

NOTRE DAME, Ind.—How can we meet God in our everyday lives?

In *Earth, Our Original Monastery*, Christine Valters Paintner, bestselling author and online abbess for Abbey of the Arts, shares how living contemplatively with an appreciation for the natural world can make you more aware of the presence of God in every aspect of your life. She explores monks, mystics, and saints who have experienced the goodness of the Divine in nature and invites you to find solace and spiritual revelation in the wonder of God's creation.

Paintner provides seven ways of seeing the earth in light of faith and pairs each one with a practical invitation to a practice. These include:

- the earth as original cathedral—where you first learn to worship and feel God's presence around us, paired with the practice of stability
- the earth as original saints—plants and animals live their calling without trying to be something they're not and inspire you to do the same, paired with the practice of gratitude
- the earth as original icon—nature can serve as a window to the holy in the same way that icons do, paired with the practice of lament

As you explore what these connections between the earth and faith mean for how to see God in the world around you, you can also look at saints and mystics who experienced nature and the flow of the divine in similar ways. They provide practical examples of practices, showing you how to deepen your roots where you are and grow in new ways. In *Earth, Our Original Monastery*, you are invited to be more gentle with yourself and the difficulties you face each day, as well as to challenge yourself to reach past your carefully constructed plans and meet God beyond the edges of your life.

ABOUT THE AUTHOR

Christine Valters Paintner is the online abbess for Abbey of the Arts, a virtual monastery offering classes and resources on contemplative practice and creative expression. Paintner is the author of thirteen books on monasticism and creativity, including *The Soul's Slow Ripening*; *Water, Wind, Earth, and Fire*; *The Artist's Rule*; *The Soul of a Pilgrim*; *Illuminating the Way*; *The Wisdom of the Body*; and a collection of poems called *Dreaming of Stones*. She leads writing retreats and pilgrimages in Ireland, Scotland, Austria, and Germany, and lives out her commitment as a Benedictine Oblate in Galway, Ireland, with her husband, John.

