Table of Contents reprinted from Circle of Catholic Women—Journal One: Personal reflection and group sharing to help you deepen your faith and find balance in your everyday life. ©2009 by Karen Pavlicin. Used with permission. Published by Juloya, an imprint of Elva Resa Publishing. T 651-357-8770 orders@elvaresa.com

Journal One

Introduction	I
Connecting with God: Personal prayer practices1	1
Rituals & Traditions: Family traditions for Catholic holidays2	5
Relationships: Seeing Jesus in my relationships	9
Spiritual Role Models: Mary; Mother Teresa; personal5	7
Values & Beliefs: Money & wealth7	3
Discernment & Witnessing: God's call through life's milestones8	7
Life Balance: Mind-body-spirit connections	1
Reflections11	5