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MEANING IN THE MOMENT

How Rituals Help Us Move through Joy, Pain, and Everything in Between

Amy F. Davis Abdallah

Creative Rituals to Mark the Ends, Middles, and Beginnings of Life

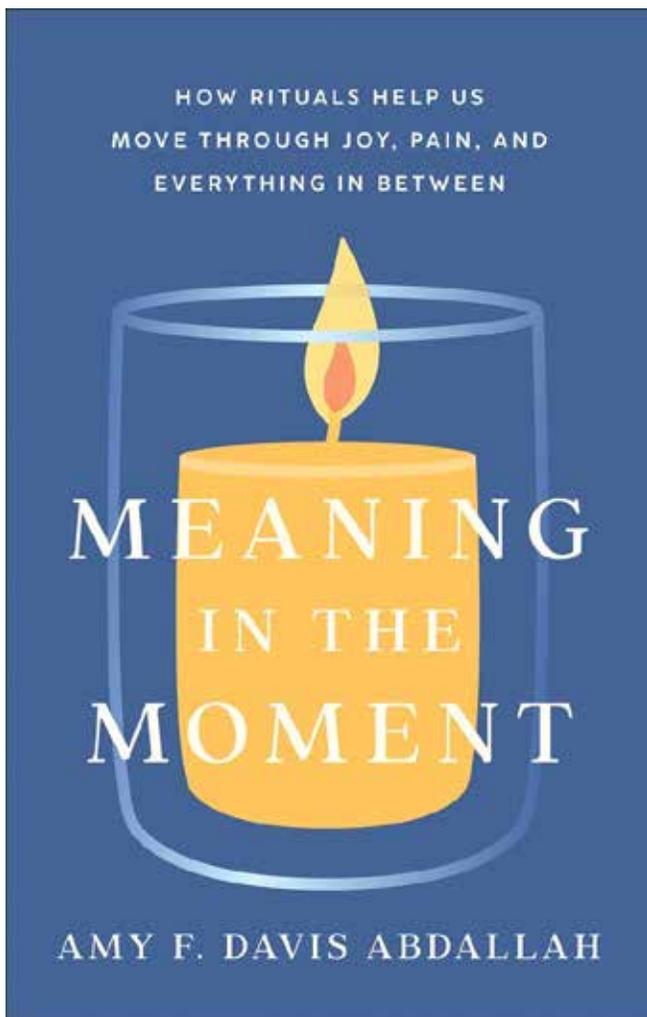
- Davis Abdallah has written for *Christianity Today* and CBE International
- Includes sample rituals for marking various moments and seasons of life
- Author is the founder and director of a popular rite of passage program for students at Alliance University

Life has its ups and downs, and it can feel like we're always in the middle of a transition.

Whether it's a painful end or a joyful beginning--or even an uncertain middle--theologian and minister Amy Davis Abdallah has found something that helps: rituals. In *Meaning in the Moment*, she shows why we need rituals to help survive and even thrive through various seasons of life.

Starting with the foundation that rituals are a core, and underexplored, part of Christian practice, Davis Abdallah draws from theology, psychology, and personal experiences in creating rituals for herself and others. She offers practical guidance for readers to create their own meaningful rituals, including three types requiring varying levels of planning and participation: right now, with friends, and at church.

Readers will emerge with fresh ways to bring their faith to life for themselves, their families, and their church communities--and ready to experience the transformative power of rituals.



SEPTEMBER 26 • US \$19.99 • CAN \$24.99 RELIGION / Christian Living / Personal Growth

9781587435812

RELIGION / Christian Rituals & Practice / General
RELIGION / Christian Ministry / Discipleship

Paperback / softback

8.500 in H | 5.500 in W

208 pages • Carton Quantity: 44

Amy F. Davis Abdallah (PhD, Drew University) is professor of practical theology and worship at Alliance University, where she is the founder and director of the *Woman Rite of Passage Program*. Davis Abdallah is the author of *The Book of Womanhood* and is a frequent speaker. Her work has been featured in *Christianity Today*, Missio Alliance, and CBE International, and she has spoken at the Missio Alliance Awakenings Gathering and the North American Academy of Liturgy. She lives with her husband and two sons in Sparkill, New York.

SACRED BELONGING

A 40-Day Devotional on the Liberating Heart of Scripture

Kat Armas

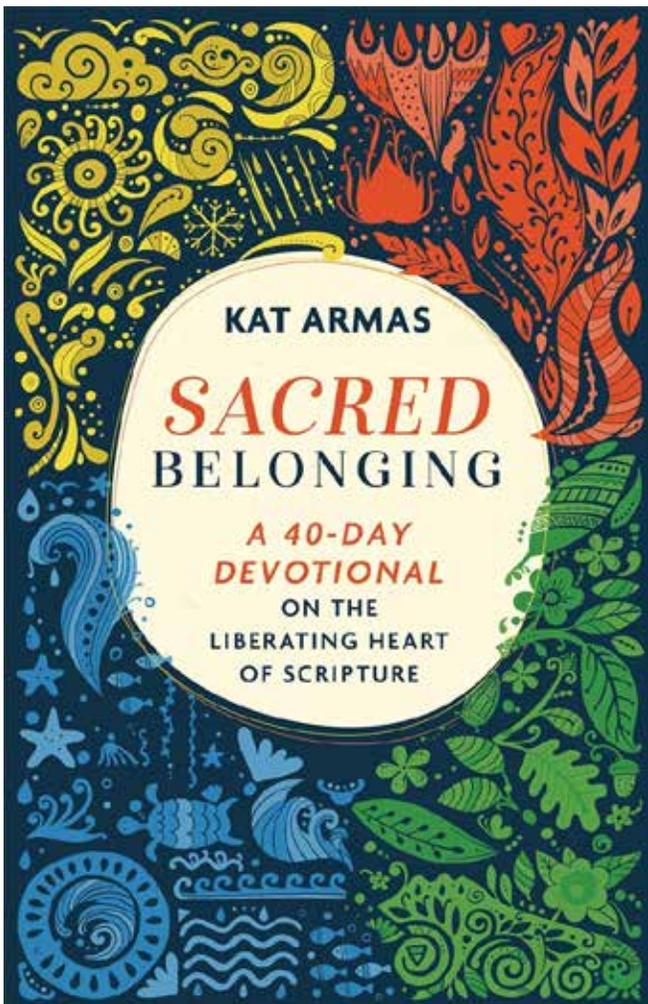
Reading the Bible through the Lens of Liberation

- Armas hosts *The Protagonistas* podcast and has written for *Sojourners* and *Relevant*
- Author has a consistently growing social media platform and an increasing number of podcast downloads
- This follow-up to *Abuelita Faith* meets a need for readers looking to disentangle biblical teaching from oppressive power structures

In this 40-day devotional, Cuban American writer Kat Armas shows us that reading the Bible with fresh eyes allows us to experience God in new and liberating ways.

Many Christians today are seeking to disentangle biblical teaching from power structures that marginalize women and people of color. There's a hunger for a new kind of devotional that offers refreshing and relevant ways to connect with God and the Bible--ways that challenge readers to seek out a more liberated and embodied faith.

Drawing from personal narrative and Scripture, Armas highlights biblical passages that point toward decolonized themes centered on creation, wisdom, spirit, the body, and the feminine. *Sacred Belonging* helps us see how Scripture directs us to live a liberated faith, where we belong to God, the earth, and one another.



SEPTEMBER 12 • US \$18.99 • CAN \$23.99 RELIGION / Christian Living / Devotional

9781587435096 RELIGION / Christian Living / Social Issues

Paperback / softback RELIGION / Christian Living / Spiritual Growth

8.000 in H | 5.250 in W

208 pages • Carton Quantity: 44

Kat Armas (MDiv and MAT, Fuller Theological Seminary), a Cuban American writer and speaker, hosts *The Protagonistas* podcast, where she highlights stories of everyday women of color, including writers, pastors, church leaders, and theologians. She is the author of *Abuelita Faith* and has written for *Christianity Today*, *Sojourners*, *Relevant*, *Christians for Biblical Equality*, Fuller Youth Institute, *Fathom* magazine, and Missio Alliance. Armas speaks regularly at conferences on race and justice and lives in Nashville, Tennessee.

WHEN RELIGION HURTS YOU

Healing from Religious Trauma
and the Impact of High-Control Religion

LAURA E. ANDERSON, PHD



OCTOBER 17 • US \$19.99 • CAN \$24.99
9781587435881

RELIGION / Christian Living / Social
Issues
PSYCHOLOGY / Psychotherapy /
Counseling
SELF-HELP / Spiritual

Paperback / softback
8.500 in H | 5.500 in W

240 pages • Carton Quantity: 50

Laura E. Anderson (PhD, Saybrook University; LMFT) is a trauma-informed psychotherapist, founder of the Center for Trauma Resolution, and cofounder of the Religious Trauma Institute. Her dissertation focused on healing after sexualized violence and trauma in connection with purity culture. Anderson has spoken on Christian and post-Christian podcasts and online platforms and has written for Religion News Service and *The New Republic*. She is actively engaged on Instagram and other social media platforms and lives in Nashville, Tennessee.

WHEN RELIGION HURTS YOU

Healing from Religious Trauma and the Impact of High-Control Religion

Laura E. Anderson, PhD

Finding Healing after Leaving a High-Control Religious System

- Anderson is a trauma-informed psychotherapist, founder of the Center for Trauma Resolution, and cofounder of the Religious Trauma Institute
- Author has written for Religion News Service and *The New Republic*
- Author speaks on religious trauma to religious and nonreligious audiences

Spiritual abuse is something that happens far more often than most people realize.

In *When Religion Hurts You*, Dr. Laura Anderson takes an honest look at a side of religion that few like to talk about. Drawing from her own life and therapy practice, she helps readers understand what religious trauma is and isn't, and how high-control churches can be harmful and abusive, often resulting in trauma. She shows how elements of fundamentalist church life--such as fear of hell, purity culture, corporal punishment, and authoritarian leaders--can cause psychological, relational, physical, and spiritual damage.

As she explores the growing phenomenon of religious trauma, Dr. Anderson helps readers embark on a journey of living as healing individuals and finding a new foundation to stand on. Recognizing that healing is a lifelong rather than a linear process, she offers markers of healing for those coming out of painful religious experiences and hope for finding wholeness after religious trauma.

WHAT IF JESUS WAS SERIOUS ABOUT HEAVEN?

A Visual Guide to Experiencing God's Kingdom among Us

Skye Jethani

An Exciting New Volume in a Popular and Engaging Series

- Follows Jethani's successful *What If Jesus Was Serious?* books, which have collectively sold more than 85,000 copies

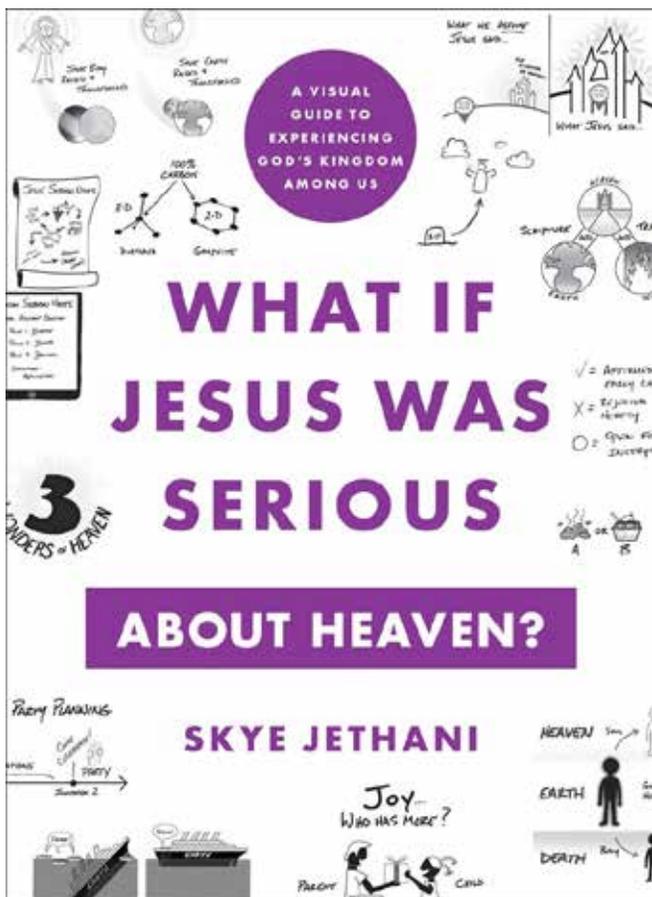
- Author is a writer, speaker, and cohost with Phil Vischer of the *Holy Post* podcast

- Author writes a popular daily devotional for people who don't like daily devotionals called "With God Daily"

Many Christians think about heaven as a distant place we go after we die. But what if it's a very real kingdom available to us right now, here on earth?

In *What If Jesus Was Serious about Heaven?*, Skye Jethani unpacks what Jesus really said about heaven and how it can transform our faith today. The fourth in Jethani's popular *What If Jesus Was Serious?* series, this guide includes the author's hand-drawn illustrations in each chapter.

Jethani explores the importance of the kingdom of heaven in Jesus's ministry, message, and parables. In doing so, he redefines the popular understanding of heaven as a celestial home for the dearly departed and reimagines our role in God's kingdom here on earth. This book shows what Jesus and his first followers knew about heaven that we get wrong and helps us recapture what it means for God's kingdom to be present on earth right now.



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192 pages • Carton Quantity: 48

RELIGION / Christian Ministry /
Discipleship
RELIGION / Christian Living / Spiritual
Growth
RELIGION / Christian Living /
Devotional

Skye Jethani (MDiv, Trinity Evangelical Divinity School) is an award-winning author, former pastor, and speaker. He is cohost of the popular *Holy Post* podcast, with over 600,000 downloads per month. Jethani has written numerous books, including the *What If Jesus Was Serious?* series, and served for over a decade in numerous editorial and executive roles at *Christianity Today*. He also writes a daily devotional called "With God Daily." He and his wife live in Wheaton, Illinois, with their three children.

THE DEEP DOWN THINGS

Practices for Growing Hope in Times of Despair

Amber C. Haines and Seth Haines

How to Overcome Despair and Become Agents of Hope in the World

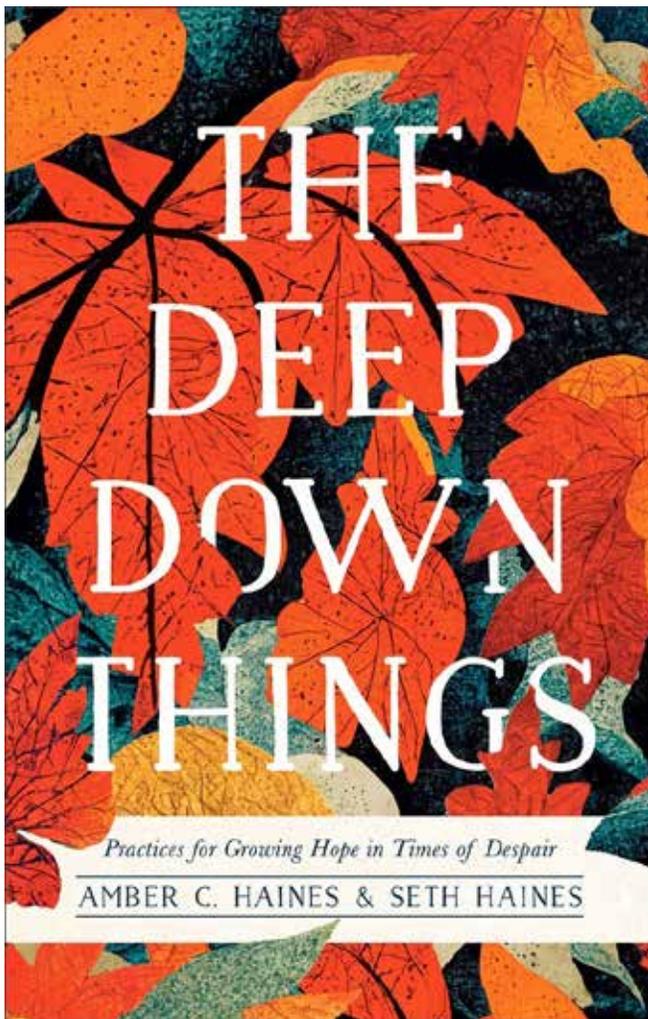
- Amber and Seth Haines have a combined following of more than 40,000 newsletter subscribers and social media followers
- Seth cohosts the *A Drink with a Friend* podcast with Tsh Oxenreider
- Seth wrote *Coming Clean*, which won a *Christianity Today* Book Award of Merit

There's no escaping it: Everyone experiences seasons of pain and despair.

In 2019, when Amber Haines resigned from her position as church curate and walked out the church doors for the last time, she entered into her own season of pain and despair. That season taught her--and her husband, Seth Haines--that the journey toward hope starts with recognizing "the deep down things."

In *The Deep Down Things*, Amber and Seth point to a simple truth: Even in the darkest times, there are tangible signs of hope all around us. The authors demonstrate how tasting, touching, feeling, holding, and participating in these tangible acts of hope picks us up, builds our strength, and moves us into beauty, even in times of despair. They invite readers to participate with those signs of hope and thereby experience the divine love of God, even in the struggle of their everyday lives.

A lifeline for those who desperately need it, this book helps readers overcome despair, find hope, and spread that hope to an aching world.



OCTOBER 17 • US \$19.99 • CAN \$24.99
9781587435638

RELIGION / Christian Living / Spiritual Growth
RELIGION / Christian Living / Personal Growth
RELIGION / Spirituality

Paperback / softback
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192 pages • Carton Quantity: 48

Amber C. Haines is the author of *Wild in the Hollow: On Chasing Desire and Finding the Broken Way Home* and *The Mother Letters*.

Seth Haines is the author of *Coming Clean* (winner of a *Christianity Today* Book Award of Merit) and *The Book of Waking Up*. Together with Tsh Oxenreider, he cohosts the podcast *A Drink with a Friend*.

Amber and Seth have experience speaking at conferences and events. They live in Fayetteville, Arkansas, with their four boys.