



# Julia Monnin, OCDS

AUTHOR | SPEAKER | SPIRITUAL COMANION

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Julia Monnin is a small-town girl whose “rocky” young adult years were followed by a massive conversion in her late twenties. After living a life of deadly sin for more years than she would like to admit, she eventually found God’s endless love and mercy and her fresh start in the practices of the Roman Catholic faith she grew up in. She published her first book *The World Is Noisy – God Whispers: Volume I, My Wanderings* in 2017, her second *The World Is Noisy – God Whispers: The Daily Devotional* in 2019, and her most recent *The World Is Noisy – God Whispers: Volume II, My Trials and Tribulations* in 2023. Julia is the founder and president of Journeys Revealed Ministries and is also serving as JRM’s Director of Apostolic Works. Julia has a degree in Psychology and made her Definitive Promises in the Secular Order of Discalced Carmelites (OCDS) on December 14, 2021. She lives with her husband and son in west central Ohio where she joyfully and gratefully lives out her vocation as a wife and mother.

## SPEAKING TOPICS

### A SINFUL WOMAN FORGIVEN

“I’m a sinful woman forgiven.’ In essence, this pretty much sums up my soul’s journey. And I’m humbled to share the goodness of our great and merciful God, who ransomed, healed, restored, and forgave me, and who continues to draw me into the depths of His love.”

### TRUSTING IN GOD’S MERCY

While sharing some of her own witness story, Julia turns to the wisdom of Scripture as she sheds light on the beauty of God’s infinite love and the endless abyss of His mercy.

### THE FOUR TEMPERAMENTS: A SPIRITUAL PERSPECTIVE

Though we are complex beings in which there are endless reasons for any of our tendencies to react, having a basic understanding of the four temperaments has helped many to find truer and more lasting peace in their relationship with themselves, with others, and with Christ.

### HEROIC VIRTUE

What it is, what it isn’t, and the perfect opportunity the challenges of parish life give us to grow in it. A day of recollection for priests, staff members, and parish leaders.

### DO YOU LOVE ME? . . . WILL YOU FIGHT FOR ME?

A day of recollection for both women and men spent unpacking the beauty of authentic masculinity and femininity aimed at helping those in attendance better embrace what it truly means to be “man” and “woman.” (Couples are encouraged to attend together.)

## LISTEN IN

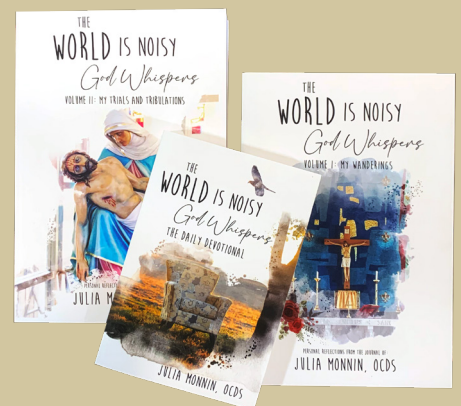
***The World Is Noisy - God Whispers*® podcast\***

***Darting Through The Faith*** podcast with Fr. Sean Wilson\*

***The Schoenstatt Way of Life*** podcast\*

***Living the Lectionary*** - LIVE on Radio Maria every 1<sup>st</sup>, 4<sup>th</sup>, and 5<sup>th</sup> Monday of the month at 9:30 AM EST

\*Podcasts available at [theworldisnoisy.com](http://theworldisnoisy.com).



# THE FOUR Temperaments: A Spiritual Perspective



with **Julia Monnin, OCDS**  
hosted by **Journeys Revealed Ministries**

Ever wonder why you have a tendency to react a certain way in certain situations? Why one person might prefer to be in charge and call all of the shots while another would rather stay hidden and let someone else make all of the decisions? What about the seven deadly sins? Why do some of us find it especially hard to forgive, others can't seem to get their outbursts of anger under control, others struggle avoiding the party and overcoming sins against the flesh, and still others seemingly lack the desire to do anything at all as they battle sloth on a regular basis? Though we are complex beings in which there are endless reasons for any of our tendencies to react, having a basic understanding of the four temperaments has helped many to find truer and more lasting peace in their relationship with themselves, with others, and with Christ.

- This is typically a 2 hour event given in a Catholic setting
- It can be reduced to as little as 30 minutes and given in a secular setting as well

## **Psalm 139:1–6, 13–16**

*LORD, you have probed me, you know me:  
you know when I sit and stand;  
you understand my thoughts from afar.  
You sift through my travels and my rest;  
with all my ways you are familiar.  
Even before a word is on my tongue,  
LORD, you know it all.  
Behind and before you encircle me  
and rest your hand upon me.  
Such knowledge is too wonderful for me,  
far too lofty for me to reach. . . .  
You formed my inmost being;  
you knit me in my mother's womb.  
I praise you, because I am wonderfully made;  
wonderful are your works!  
My very self you know.  
My bones are not hidden from you,  
When I was being made in secret,  
fashioned in the depths of the earth.  
Your eyes saw me unformed;  
in your book all are written down;  
my days were shaped, before one came to be.*

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**Speaker fee: \$200 minimum**

Additional fees may apply. Please contact  
jrm@journeysrevealed.com for more information.