



HEROIC VIRTUE

DAY OF RECOLLECTION

**A Day of Recollection for Priests,
Staff Members, and Parish Leaders**

*My child, when you come to serve the Lord,
prepare yourself for trials.*

*Be sincere of heart and steadfast,
and do not be impetuous in time of adversity.*

*Cling to him, do not leave him,
that you may prosper in your last days.*

*Accept whatever happens to you;
in periods of humiliation be patient.*

*For in fire gold is tested,
and the chosen, in the crucible of humiliation.*

*Trust in God, and he will help you;
make your ways straight and hope in him.*

- Sirach 2:1-6



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

HEROIC VIRTUE

What it is, what it isn't, and the perfect opportunity the challenges of parish life give us to grow in it.

Four Main Themes:

- (1) Growing in **Holiness**: Become a Saint!
- (2) Building **Saintly Relationships** (as a Parish Team/Family): Remember you're on the same team!
- (3) Understanding **Realistic Expectations**: Be prepared for trials and have a "Battle-Mode" mindset.
- (4) Battle Plan Practicalities: Thoughts for those who are ready and willing and committed to continue...

THE WORLD IS NOISY
God Whispers®



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**Speaker Fee (for an Entire Day
of Recollection): \$500 Minimum**

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

A Note from Julia

If you are working “on the inside” of parish life at the moment and are struggling in any way with all that is going on, please consider hosting this Day of Recollection centered around the discussion of growing in “Heroic Virtue.” During our time together, you’ll not only find a companion on the journey who has walked a mile in your shoes (that is, ME), my hope is that you’ll also leave with a little inspiration, encouragement, and a few practical ways you can embrace the opportunity—IN FULL—to grow in virtue as you continue your life of service to our Bridegroom and His Bride, the Church. (But, please note, putting all “rah-rah” positivity aside for a second, I encourage you to have realistic expectations before participating. After all, growing in virtue is NOT easy. And growing in HEROIC VIRTUE is even more radical! So, prepare yourself accordingly, and know that any thoughts I share with you during this Day of Recollection will come with an invitation to pick up the cross as you follow Christ who first carried it for you.)



*“Blessed be the Lord, my rock,
who trains my hands for battle,
my fingers for war.”*

– Psalm 144:1

Sample Schedule

- 9:00 Talk #1 (Themes 1-3)
- 10:30 Individual Prayer/Silence
- 11:00 Mass
- 11:30 Holy Hour (Exposition/
Adoration/Benediction)
- 12:30 Lunch
- 1:15 Talk #2 (Theme 4)
- 2:00 Small Group Discussion
- 2:30 Talk #3 (Wrap up/Q&A)





Julia Monnin, OCDS

AUTHOR | SPEAKER | SPIRITUAL COMPANION

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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* in 2017 and her second, *The World Is Noisy – God Whispers: The Daily Devotional* in 2019. (The Second Editions of both of these books were released in 2021.) Her third book, *The World Is Noisy – God Whispers: Volume II*, was released in January of 2023 followed quickly by the release of her fourth book, *The World Is Noisy – God Whispers: The Second Daily Devotional* in November of 2023. She also hosts *The World Is Noisy – God Whispers@Podcast* and has previously hosted *The Shoenstatt Way of Life Podcast* as well as *Darting Through the Faith* with Fr. Sean Wilson. Links to all of these episodes can be found on her website theworldisnoisy.com. Julia is the founder and president of Journeys Revealed Ministries and is also serving as JRM’s Director of Apostolic Works. She 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.”

SAINT MARY MAGDALENE, “APOSTLE TO THE APOSTLES”

Julia shares insights into the life of this great saint who, after a profound conversion, loved the Lord with such ardor and zeal that she followed Him all the way to the foot of the Cross and was also graced to be the first our Resurrected Lord appeared to at the empty tomb on Easter Sunday. Julia draws her inspiration from the book *Saint Mary Magdalene: Prophetess of Eucharistic Love* by Fr. Sean Davidson.

6 SESSION SERIES: CATECHISM OF THE CATHOLIC CHURCH, PART IV

In this 6 session series, Julia discusses in full Part Four (the section on prayer) of the Catechism of the Catholic Church.

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.

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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.)

A PRAYERFUL APPROACH TO PLANNING

Learn how to plan as a fruit of prayer and even a way of prayer so as not to let the work and “to-do’s” of the day (and one’s life) become overwhelming. This workshop ties basic planning strategies into the life of prayer and offers practical tips and suggestions for the “how to” part. Great for annual planning strategies as well as for Advent and Lenten strivings.