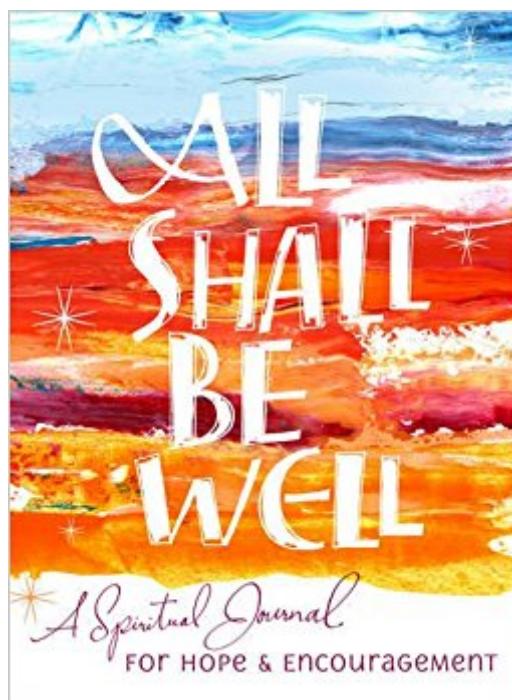


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# All Shall Be Well: A Spiritual Journal For Hope & Encouragement



## Synopsis

Need an antidote to the political divisions in our country? Joyful quotes and spiritual wisdom from across the centuries will lift your heart! Julian of Norwich • "All Shall Be Well!" Hildegard of Bingen • "So Sing the Song - Rejoicing Softens Hearts" Thomas A Kempis  
"When God is present, All is Well and Nothing Seems Difficult" Hand-lettered words of wisdom are paired with joyful paintings and interactive exercises. Featuring 60 inspiring quotes along with uplifting, colorful art and writing prompts, this small personal journal encourages reflection, revelation, and creativity. A perfect gift to give yourself or someone you love.

## Book Information

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## Customer Reviews

Hilda St. Clair has been an artist and writer for many years and is a member of a monastic community on Cape Cod in Massachusetts. She loves beauty and creativity and teaching through the visual arts.

I received an advance copy of ALL SHALL BE WELL by Hilda St. Clair as a PDF and immediately ordered four copies! Described in the subtitle as "A Spiritual Journal for Hope and Encouragement," this book is all that and much more. St. Clair is an artist and writer who brings new life to already inspired quotes from saints and other spiritual teachers. Her bold joyful paintings are complemented by her dynamic hand-lettering. Each painting and quote is paired with a simple exercise that invites readers to contemplate the sacred and God's grace in daily life. I can easily imagine doing these exercises annually (if not quarterly) and planning to begin during Advent 2016. I invite you to do

likewise.

I saw this first in passing at a church bookstore. I thought it was beautiful and inspiring it but didn't need it at the time and was trying to distinguish between needs and wants in my life! :-) Still, it lingered in my thoughts. When I wanted to send a gift for a close friend celebrating Passover, I ordered this - mostly sure it would be suitable, although I knew I was taking a bit of a risk since I hadn't combed the book previously for content in light of people of other faiths. For those considering this as a gift -- the quotes are all/primarily from Christian thinkers and writers, but all use the term "God" not Jesus, so it may be suitable for non-Christian friends. I can't remember if there were references to the Holy Spirit, but if there were they were minimal. For those open to describing God as male or female, this book only uses "He" or are gender neutral, so none of the quotes that compare God to mother or wisdom (Sophia) are going to show up. There are a good number of gender neutral ones available. The art on each page is really lovely. It is what first drew my attention to the book and made it linger in my mind. I don't recall that there are any images of God or Jesus in the art; it is fairly abstract and colorful, so for faiths that don't believe in representing God through images, this would still be suitable.

Three years ago, I started keeping a journal. I had been given one as a gift (one done by Levenger with a beautiful tan leather cover) quite a few years ago. It had been unused, until, for some forgotten reason, started writing in it. I use it (and its various successors) for just about everything. It's notes on interesting books, draft articles and reviews, sermon notes, draft poems, notes from online lectures, planning schedules, it's a mix of a real hodgepodge. Paraclete Press has published a spiritual journal, compiled by Hilda St. Clair, that's devoted entirely to one's journey in faith.

"All Shall Be Well: A Spiritual Journal for Hope and Encouragement" is a simple journal to use and filled with beautiful artwork designed around sayings of well-known historical church figures. The journal entries are actually exercises, such as "write your fears in these boxes," "write the lyrics to the song your soul is singing, list five things you are truly grateful for and five things you are anxious about. They are meant as prompts, and you can write as much or as little as you desire. The quotations accompanying each of the approximately 60 exercises are by Teresa of Avila, Julian of Norwich, Hildegard of Bingen, Francois Fenelon, Thomas a Kempis, Catherine of Siena, and John of the Cross (the book contains multiple

quotations by each). The journal also includes a list of works by them for further reading. St. Clair is also the author of the forthcoming “Love Never Fails: A Journal to be Inspired by the Power of Love.” Simply sitting and examining each of the quotations within the artworks is an exercise in stillness and quieting of the soul. “All Shall Be Well” is a beautiful way to reflect and record one’s journey in faith.

All Shall Be Well: A Spiritual Journal for Hope and Encouragement is a beautiful, inspirational journal, written and illustrated by Hilda St. Clair. This is a unique, colorful journal that inspires writing by incorporating quotations from different saints and philosophers and questions to prompt writing. One example is a page with a quote from St. Teresa of Avila, “Anyone who truly loves travels securely,” with the following writing prompt: “On your journey called TODAY, List 5 things you want to put on your carryon. Give specific examples of things you might want to carry: faith, positivity, pictures of loved ones, your favorite book “whatever means most to you.” Another page includes a quote by St. Catherine of Sienna: “Start being brave about everything” and the opposite page includes a picture of a shield and a scroll with the prompt: “Choosing to act in the midst of fear is one attribute of courage. In each of the 4 sections of this shield, write one area in which you’d like to be more courageous. Choose a personal motto and write it on the scroll. (Some samples to choose from are “Stand firm,” “Go forward, Pilgrim,” “Always faithful,” “Live life to the fullest,” or write your own). “All Shall be Well” is the kind of journal I would take with me on a spiritual retreat. It’s also perfect for those graduating from high school or college, for anyone embarking on a new path in life, for new parents, and even for those who are going through a struggle. I plan on keeping a few of these myself on hand as gifts for the right occasion. Paraclete Press provided me with a free copy of this book to review on my blog at: [...]

All Shall be Well by Hilda St Clair is an uplifting and engaging day by day or whenever you need a ‘pick me up’ ray of hope devotional /journal. The short faithful clips are concrete and the activities to engage in make the words practical to your life. The words of hope are taken from the faithful of the church; Hildegard of Bingen, Teresa Avila, Thomas a Kempis assure you that others have been there before you, experienced what you have experienced and can lead you on. The book is wonderfully colorful and there is considerable creativity and variety in the words chosen and the

response activities. I find this book a thoughtful gift for those suffering and those simply leading a daily life. I need hope as do we all!

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