



# Atchison Blue: A Search for Silence, a Spiritual Home, and a Living Faith

*Judith Valente*

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## **Atchison Blue: A Search for Silence, a Spiritual Home, and a Living Faith** Judith Valente

In this meditative spiritual memoir, Judith Valente, celebrated PBS religion journalist and celebrated poet, invites readers along on her transformative pilgrimages to Mount St. Scholastica monastery in Atchison, Kansas. The Benedictine sisters who invited Valente presented her with a view of monastic life and wisdom that brought spiritual healing to her fast-paced life--and promises to do the same for her readers.

The first time Judith Valente arrived at Mount St. Scholastica monastery, she came prepared to teach a course on poetry and the soul. Instead, she found herself the student, taking lessons from the Benedictine sisters in the healing nature of silence, how to cultivate habits of mindful living, and the freeing reality that conversion is a lifelong process.

With the heart of a poet and the eye of a journalist, she tells how her many visits and interviews with the Benedictine sisters forced her to confront aspects of her own life that needed healing--a journey that will invite readers to healing of their own. A beautiful and heartfelt work that crosses *The Cloister Walk* with *Tuesdays with Morrie*, *Atchison Blue* will resonate with readers of Thomas Merton, Henri Nouwen, Mary Gordon, and Anne Lamott.

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