



5 Minutes with the Saints: More Spiritual Nourishment for Busy Teachers

Lou DelFra C.S.C., Ann Primus Berends

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Building on the popularity of *5 Minutes with Christ* (2011), this unique book of meditations draws on insights and anecdotes from great Catholic saints on the subject of education to encourage and inspire teachers and others on the front lines of Catholic education.

Drawing its inspiration from the great saints and founders of religious orders dedicated to teaching, *5 Minutes with the Saints* offers today's educators the bite-sized moments of spiritual motivation and affirmation they need to continue their challenging and often thankless work. Each reflection features a short excerpt on the spirituality of Catholic education by saints such as Andre Bessette, Ignatius Loyola, and Elizabeth Ann Seton, followed by a personal reflection and a short prayer. Like *5 Minutes with Christ*, this book was crafted from the writings of members of the University of Notre Dame's Alliance for Catholic Education (ACE), the most prestigious Catholic educator-training program in America.



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