

VIER TÜRME

Autumn
2024

PROGRAMME
PREVIEW

In search of your own self

Who am I? This question probably occupies everyone of us throughout our lives. However, people often answer this question about their identity not with what really defines them at their core, but with the role they play socially and privately:

Child, parent, manager, profession, pensioner ... Therefore many people also understand self-actualisation to mean becoming an ever better version of this role: Instead of finding their identity, they work on optimising themselves.

In order to know who you really are, however, you first have to get to know yourself, with all your talents and flaws. While self-optimisation assumes that you can train away all the “weak points” in your own self, becoming yourself means discovering yourself and learning to love yourself. This also has an impact on our fellow human beings. Because only those who know themselves can approach other people openly.

finding meaning and self-love—

powerful and topical themes

concrete life help with a spiritual background



Father Anselm Grün | is considered the most successful Christian author. Over the course of his life, he has published over 700 titles and his works have been translated into over 30 languages. He will be 80 years old in January 2025.



Hsin-Ju Wu | is the chief editor at South & North Publishing in Taiwan. Together with Anselm Grün, she has written several books already, like “Selbstbestimmt im Alter” or “Wofür brennst du?”



new publication

Anselm Grün, Hsin-Ju Wu
Who am I?
Becoming Yourself Instead of Optimising Yourself
approx. 128 pp. | hardcover
August 2024

A mystical journey through the year

When the word “mysticism” is brought up, many people think of esoteric things from the world of the immaterial. However, there is hardly anyone who has both feet as firmly on the ground as most mystics. What characterises these people is that they not only practise their faith in rituals, prayers and spiritual exercises, but actually put it into practice in their daily lives. And that means standing up for others, usually the socially disadvantaged, working in a very practical way to ensure that the good news of faith becomes reality by making peace, breaking down prejudices, levelling hierarchies, living humanity and philanthropy. In this companion, Johannes Schleicher introduces a mystic for each week of the year. Not only does he tell exciting stories from their lives, he also makes references to current social developments and necessities. A multifaceted invitation to familiarise yourself with the fascinating personalities of this spiritual movement and to be inspired by their actions.



Johannes Schleicher | works as a seminar and course leader and spiritual counsellor. He is particularly interested in the path of mysticism as the “homesickness of the soul” as well as the numerous mystics—worldwide and up to the present day.



Johannes Schleicher
Heaven as a Gift
With MysticsThrough The Year
approx. 240 pp. | hardcover
August 2024

christian mysticism as a **trend topic**

an **unusual annual companion** that shows that **mysticism provides answers** to everyday questions

On the trail of happiness

Joy is an essential force in life. It gives us lightness and vitality, but also courage and strength in difficult times. In his writing, Anselm Grün succeeds time and again in making this joy visible in the little things of everyday life, but also in discovering it in the big questions of life. This book is therefore a wonderful gift—to yourself, but also to people who need encouragement or support. Because the joy we give to others will return to us.



Father Anselm Grün | is regarded the most famous of German monks. His books accompany readers through life regardless of religious denomination. In courses Anselm Grün always seeks contact with his readers and in doing so, finds inspiration for new books.



a gift for many occasions

for all those who **know Father Anselm**
or want to get to know him

Anselm Grün
What Gives Joy
Library of the Art of Living
approx. 128 pp. | hardcover
August 2024

You are not alone!

When someone dies, it is often very difficult to find the right words. What can you say in the face of this finality, the grief, the loss? Many people are therefore afraid to (re)establish contact with the bereaved. This is also because they find it so difficult to estimate which words might hurt the other person instead of comforting them, or sound hollow even though they are meant to be compassionate.

These postcards can help create a “word bridge” to the grieving person again. Because the author Anke Keil knows the situation from her own experience. Her texts express sympathy and solidarity, but they also make very specific offers of help. This makes it possible to stay in contact with the mourners and to make it clear time and again: I am thinking of you. I am at your side, even after the funeral, when everyone has gone, even when everyday life returns and the absence becomes unbearable.



Anke Keil | studied theology and general rhetoric. She works as a grief counsellor and accompanies individuals, couples and groups in Esslingen and Stuttgart. She is the author of several books on bereavement topics, such as “Als Frau Trauer bei uns einzog” (...) and “Finden, was bleibt”

(e. g. Finding what remains (hier die entsprechenden Titel der englischen Ausgabe)).



special mourning cards that can also be sent to mourners after the funeral

with cards for **specific offers of help** and certain anniversaries or festive days

Anke Keil
By Your Side
30 Cards to Stay in Touch
With Mourners
30 Cards | in Box
August 2024

Ora et labora



Spirituality and everyday life are often unconnected. “Ora et labora”—pray and work—, the 1500-year-old formula of the Benedictine monks, shows a way to unite both sides of life. The Rule of St. Benedict shows us how we can get in touch with our inner source and draw strength from it. With the advice from the rules of the monk father Benedict, we can also succeed in integrating spirituality into our everyday working life. Because you don’t have to leave the world behind to reach God

start of the „Benedictine Library“ series

new edition of the classic from the Münsterschwarzacher Kleinschriften

Anselm Grün, Fidelis Ruppert
Pray And Work
A Christian Rule of Life
approx. 140 pp. | hardcover
August 2024

Benedictine art of living



The life of Benedict of Nursia has only been handed down through the so-called “Dialogues” penned by Pope Gregory the Great. This description of the life of the monk father Benedict has often been dismissed as a mere miracle story. Anselm Grün’s deep psychological interpretation allows us to discover the stages of a path of maturation on which Benedict accepts his shadow and thus becomes more and more one with God, the people and himself. A path that is open to all of us.

on the life and path of St. Benedict

Anselm Grün’s **classic** in a new guise

Anselm Grün
Becoming One
The Path of St. Benedict
approx. 124 pp. | hardcover
August 20024

Anselm Grün—what you definitely didn't know about him!

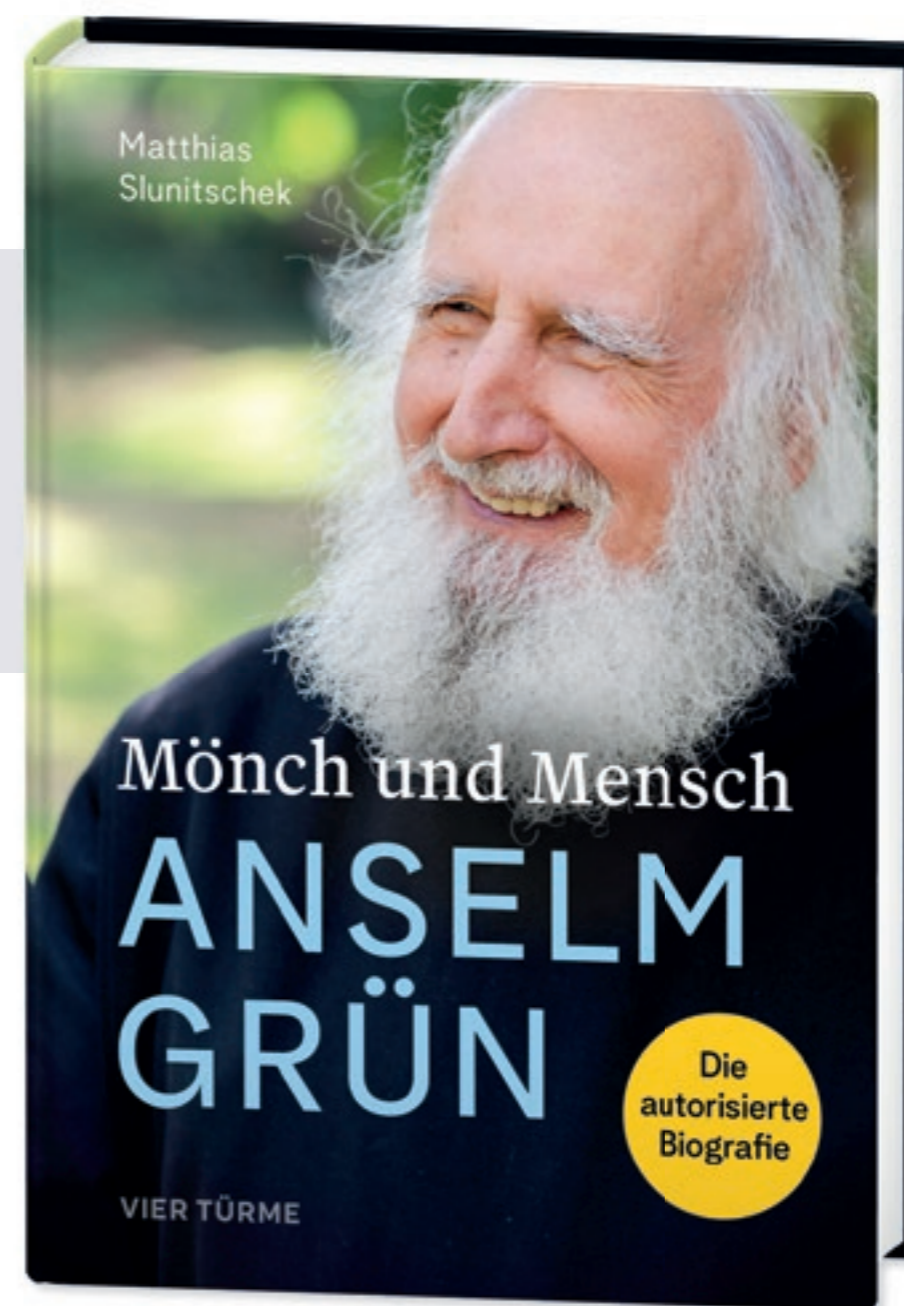
“How much does a chaplain actually earn?”, little Willi Grün asks. “One hundred marks”, replies his father. “That’s not enough for me!” What nobody could have guessed at the time: The ambitious boy, who called himself Anselm Grün at Münsterschwarzach monastery, would one day become the most famous Benedictine monk, the most successful author of religious books and a real media star.

With his bestsellers, courses, lectures and podcasts, he reaches millions of people who don't seem to have anything to do with God and the church anymore. Where does he come from? What has shaped and inspired him? What is close to his heart? The extraordinary biography of a simple monk—and two answers that Father Anselm gives when asked about the meaning of life. With voices by Konstantin Wecker, Bodo Janssen, Hsin-Ju Wu, Walter Kohl and many others.



© Katharina Gebauer

Matthias Slunitschek | is an author, editor and brand copywriter based in Schwäbisch Hall. In his own publishing house, he specialises in books about Baden-Württemberg and biographies.



Matthias Slunitschek
Monk And Man—Anselm Grün
The Authorised Biography
with illustrations
approx. 160 pp. | hardcover
October 2024

the only **biography authorised by Anselm Grün**

personal insights into the life and work of the famous monk

Overcoming sorrow

Pain, or rather the release of pain, is a central theme for many people today. It is far less about physical pain and more about psychological pain: childhood injuries, partings, losses, but also feelings of guilt and the longing for forgiveness play a major role. But pain is not just a contemporary issue. As a fundamentally human emotion, it connects people across all boundaries such as religion, origin, wealth, generation or world history. When we talk about pain, we are speaking a language that is understood all over the world.

In this book, the well-known Benedictine Father Anselm Grün and the renowned Islamic author Ahmad Milad Karimi address the cross-cultural significance, but also the spiritual dimension of pain. They show how it is possible to allow pain, but also to overcome it, to reconcile with it, to accept it and in this way to find healing.



Father Anselm Grün | is a spiritual counsellor for many people, regardless of their denomination. The exchange with other religions is very important to him. Together with Ahmad Milad Karimi, he has already published '**Frieden stiften, Frieden sein**'.



Ahmad Milad Karimi | born 1979 in Kabul, studied philosophy and Islamic studies in Darmstadt, Freiburg and New Delhi. He has been Professor of Islamic Philosophy at the Westfälische Wilhelms-Universität Münster since 2016.

interreligious dialogue between two important representatives of Christianity and Islam

pain and its transformation—an **important spiritual theme**



new publication

Anselm Grün, Ahmad Milad Karimi
Transforming The Pain
An Interreligious Journey
to Spiritual Healing
approx. 144 pp. | hardcover
September 2024

We are the ones who light up the world!

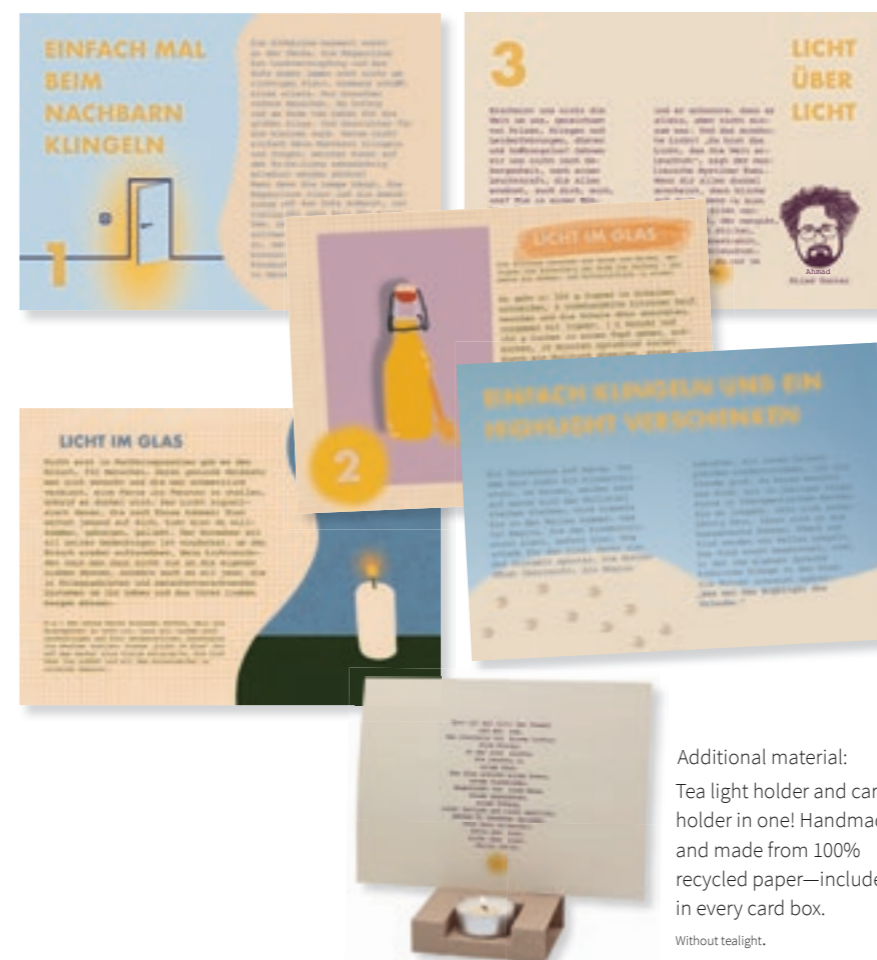
Like all living beings, we humans are dependent on light. If we don't get enough of it, it not only harms us physically, but also psychologically. This is precisely why many people find it difficult to get through the dark season. This light calendar does not want to deny the darkness. Quite the opposite: it is important to recognise it, to remember and to mourn it. But the light is also there. You just have to go and look for it. The two authors of the calendar have done just that. They discovered it not only in things as simple as sunsets or open fires, but also in poems and songs, and especially in people. And this is completely independent of whether someone believes in something or not, where someone comes from and lives, how much or little someone owns, whether they live alone or in a community. Light illuminates and warms and connects people across all borders. The calendar wants to create this community. It wants to remind and encourage people and reinforce where everyone can start: with themselves. Because it is our light that illuminates the world.



Marlene Fritsch | studied Catholic theology and German studie. After that she began working as a freelance editor, publisher and author. She also accompanies people on their journey as a hiking guide and grief counsellor.



Angela Krumpen | learnt and fell in love with radio after completing her studies (Romance studies and history). As a journalist, author and presenter, she has followed stories on all continents, and in her programme "Menschen" she has portrayed people in search of the light within them for over 20 years.



Additional material:
Tea light holder and card holder in one! Handmade and made from 100% recycled paper—included in every card box.
Without tealight.

a light idea for every day in November:
recipes, activities, poems, portraits ...
with its own website, where you can discover lots of additional material and a community

Marlene Fritsch, Angelika Krumpen
November Light
It is You Who Illuminates The World
31 cards | in box
September 2024

Advent is like coming home



During Advent, we long for light. And for the security it gives us, whether in the glow of a candle or a fire, in the lights in the houses and streets and on the Christmas trees. This sense of security connects us with the child in the manger, whose birth we celebrate anew every year and who gives us hope. A star shone over the stable on his arrival, which still shows us the way today and illuminates the darkness. Anselm Grün follows this encouraging thought and accompanies us through Advent until we finally arrive in the security and light that emanates from Christmas.

**the only Advent calendar by
Father Anselm Grün**

ideal gift in the run up to Christmas

Anselm Grün
**Sheltered in The Light
The Advent Calendar From
The Monastery**
approx. 48 pp. | stapled
September 2024

Helpful souvenirs



| Keep your head up

Illness often leaves us speechless. Anselm Grün shows us a way of coming to terms with illness, accepting it and living with it. And he makes it clear that we can trust in God in these difficult times.

Completely new gift booklet

Anselm Grün
You Can Trust
Series: Münsterschwarzacher Gift Booklets
32 pp. | stapled
August 2024

| God at your side

To bless means to wish another person well, to place them under God's protection. Anselm Grün encourages us to speak words of blessing ourselves, because for him it is clear: everyone can bless, everyone can become a blessing for others.

Newly compiled

Anselm Grün
May Blessings be With You
Series: Münsterschwarzacher Gift Booklets
32 pp. | stapled
August 2024

More time, more light— more Advent!

In this small postcard Advent calendar, you will find kind of like 24 letters to yourself. They help to bring back into focus what is actually important during this time and what so many people wish for during Advent instead of the hectic pace and the many appointments: silence, for example. Anticipation. But also enjoyment and gifts, light and time together. And to ensure that none of this remains theoretical, the cards contain recipes and craft ideas, tips and thoughts on how to make everyday Advent life a little simpler, easier and less stressful. So that it really is Christmas again.



Marlene Fritsch | studied Catholic theology and German studie. After that she began working as a freelance editor, publisher and author. She also accompanies people on their journey as a hiking guide and grief counsellor.



Marlene Fritsch
Christmas Post For Me
24 Ideas For That Little Extra
during Advent
25 cards | in box
September 2024

small ideas that do you good—for every day of Advent

for sending by post and **setting up**

little pre-Christmas messages for yourself

Can hardly wait

“Anticipation is the greatest pleasure”, as the saying goes. Especially in the cold season, it is often difficult to look forward to anything—except perhaps Christmas or the start of spring. Yet this time of the year is also full of joyful moments, full of bright spots that dispel the darkness in and around us. This book is a treasure chest filled with stories and poetry that can help us enjoy this time of calm and retreat. A time to stay at home, to be more yourself and to let the light shine even brighter in the darkness. A book full of joy, hope, longing and rays of hope that are worth waiting for.

wonderful gift book for all joyful occasions

with unusual texts—also for reading during Advent



Sarah Östreicher (ed.)
Glimpses of Light
A Reading Book of Anticipation
approx. 144 pp. | hardcover
September 2024

Imperfect is also perfect

Advent and Christmas time, finally snuggling up in front of the fire, baking biscuits with the children, time to read, time for silence—that's how we always imagine it. And then it usually turns out quite differently. Because Advent is clogged with appointments. Or because the biscuits burn and you fail every day due to your own and other people's expectation management. This calendar is a loving companion for people who have good intentions and then fail again because their expectations are too high. For those who want to discover beauty in imperfection and find a home in chaos. Because time and silence can perhaps also be found in places where you wouldn't normally look for them. A calendar for people whose Advent is quite different from what they expected.



Anke Keil | studied theology and general rhetoric. She works as a grief counsellor and accompanies individuals, couples and groups in Esslingen and Stuttgart. She is the author of several books on bereavement topics, such as "Als Frau Trauer bei uns einzog" (...) and "Finden, was bleibt"



the **unusual Advent calendar** beyond
Christmas romance
for those **who find it difficult to cope**
with all the expectations during Advent



Anke Keil
Different Than Expected
Advent Calendar For Everyday Life
And Imperfection
approx. 66 pp. | stapled
September 2024

A slightly different view of Christmas

F. Zacharias is not only an author, but also an artist. Alongside metal and stone, wood is one of his favourite materials. Using ancient trees that had to be cut down along the riverbank next to the abbey, he has created a nativity scene that expresses the message of Christmas in a very special way. In this book, F. Zacharias combines his two talents and takes us as readers into his interpretation of the events in and around the manger. It is essential for the central figure of Mary with the child that the wood has a deep longitudinal crack at the “back” through which light falls on the child. Setting out and departure are therefore at the centre of F. Zacharias’ reflections. The result is an Advent companion up to Christmas and beyond to Epiphany, which offers inspiring texts alongside impressive photos—also of the process of creating the manger—and thus shows the “road to Christmas” from a completely new perspective.



P. Zacharias Heyes | works as an artist, spiritual counsellor and course leader in the abbey’s guest house. His courses focus on combining craftsmanship and spirituality: for F. Zacharias, the Benedictine idea of “pray and work” unfolds in artistic and creative work.



an **unusual Advent companion** from the monastery

with impressive pictures of the author’s nativity scene

Zacharias Heyes
Setting Out
A Companion Through Advent
approx. 80 pp. | hardcover
with numerous colour photos
September 2024

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