



Coloring the Psalms: Seeing God's Patterns in Our Lives
Available December 2016
 \$15, 72 pages, paperback
 978-0-8308-4629-0

The Spiritual Discipline of Colored Pencils and Creative Patterns

Adele Calhoun, author of *Spiritual Disciplines Handbook* and *Invitations from God*, brings her spiritual formation experience and long history of publishing to a new set of coloring books, *Coloring the Psalms* and *Coloring Our Gratitude*, releasing in time for Christmas and Lent, respectively.

Calhoun, who has worked in Christian ministry for over forty years and is currently copastor, with her husband, Doug, of Redeemer Community Church in Needham, Massachusetts, says that she is “excited to provide a way for people to relax and be present to God with art and a guided meditation. . . . Meeting God with colored pencils in hand can be a healing thing that calms the soul.”

Calhoun formerly served as pastor of spiritual formation at Christ Church in Oak Brook, Illinois, and continues to lead as a retreat speaker and trained spiritual director. In the early 1970s she helped pioneer student work with the International Fellowship of Evangelical Students in Southeast Asia and the Middle East. She has also worked with InterVarsity Christian Fellowship in New England and Canada and with the International Fellowship of Evangelical Students in the West Indies and South Africa.

In *Coloring the Psalms*, beloved content from Calhoun’s *Spiritual Disciplines Handbook* is paired with intricate art created by James Newman Gray, a contemporary illustrator based in Sheffield, UK. The drawings allow the reader (or artist) creativity to add color and design to a multitude of patterns from the magnificence of the sun to the treasures of the deep while receiving inspiration from the Psalms and Calhoun’s teaching.

Likewise, in *Coloring Our Gratitude*, each spread includes new content from Calhoun, guiding readers into a deeper sense of gratitude. Calhoun’s meditations and the illustrations by Lizzie Preston, a designer and illustrator from Birmingham, UK, provide readers the opportunity to notice the gifts around them and then reflect, wonder, pray, and practice thankfulness.

Calhoun explains the experiential beauty of these coloring books in the introduction to *Coloring the Psalms*:

Spiritual disciplines give the Holy Spirit space to brood over our souls. Just as the Spirit hovered over the face of the deep at the dawn of creation, so he hovers over us today, birthing the life of Christ within us. The Christ-in-me identity is not formed through a generic one-size-fits-all program for union with God.

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Coloring Our Gratitude: The Art of Everyday Thankfulness

Available April 2017

\$15, 72 pages, paperback

978-0-8308-4630-6

Rather, the Holy Spirit knows the spiritual practices, relationships, and experiences that best suit our unique communion with God. He knows how to help us move into the “unforced rhythms of grace” that Jesus offers to teach us (Matthew 11:29, *The Message*). So there is no need to worry about mastering each discipline introduced here, or doing it exactly right. Let your coloring be a kind of holy play.

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