

# EVERYDAY SACRED, EVERYWHERE BEAUTY

*Readings from an Old Monk's Journal*



**Mary Lou Kownacki**

Edited by Anne McCarthy, Linda Romey,  
Jacqueline Sanchez-Small, and Katie Gordon

ORBIS  BOOKS  
Maryknoll, New York 10545

Founded in 1970, Orbis Books endeavors to publish works that enlighten the mind, nourish the spirit, and challenge the conscience. The publishing arm of the Maryknoll Fathers and Brothers, Orbis seeks to explore the global dimensions of the Christian faith and mission, to invite dialogue with diverse cultures and religious traditions, and to serve the cause of reconciliation and peace. The books published reflect the views of their authors and do not represent the official position of the Maryknoll Society. To learn more about Maryknoll and Orbis Books, please visit our website at [www.orbisbooks.com](http://www.orbisbooks.com).

---

Copyright © 2024 Anne McCarthy, OSB, and Linda Romey, OSB.

Published by Orbis Books, Box 302, Maryknoll, NY 10545-0302.

Scripture quotations from the Psalms used in this work are from *That God May Be Glorified*, an inclusive language psalter of the Benedictine Sisters of Erie. Used by permission of the Benedictine Sisters of Erie. All other scripture quotations are personal interpretations/versioning by Mary Lou Kownacki.

The permissions listed on pages 205–7 represent an extension of this copyright page.

All rights reserved.

No part of this publication may be reproduced or transmitted in any form or by any means, electronic or mechanical, including photocopying, recording, or any information storage or retrieval system, without prior permission in writing from the publisher.

Queries regarding rights and permissions should be addressed to: Orbis Books, P.O. Box 302, Maryknoll, NY 10545-0302.

Manufactured in the United States of America.

Manuscript editing and typesetting by Joan Weber Laflamme.

---

#### Library of Congress Cataloging-in-Publication Data

Names: Kownacki, Mary Lou, author.

Title: Everyday sacred, everywhere beauty : readings from an old Monk's journal / Mary Lou Kownacki ; edited by Anne McCarthy [and three others].

Description: Maryknoll, NY: Orbis Books, 2024.

Identifiers: LCCN 2024010884 (print) | LCCN 2024010885 (ebook) | ISBN 9781626985889 (trade paperback) | ISBN 9798888660454 (epub)

Subjects: LCSH: Reconciliation—Religious aspects—Christianity. | Peace. | Spiritual life. | Christian life.

Classification: LCC BT738.27 .K67 2024 (print) | LCC BT738.27 (ebook) | DDC 234/.5—dc23/eng/20240417

LC record available at <https://lcn.loc.gov/2024010884>

LC ebook record available at <https://lcn.loc.gov/2024010885>

# Contents

*Introduction* 7



## **Part One**

### SAVED BY LOVE

*Journal Entries, 2011–2013*

11–66



## **Part Two**

### THIS I BELIEVE

*Journal Entries, 2013–2019*

67–148



## **Part Three**

### HOLD FAST TO BEAUTY

*Journal Entries, 2019–2022*

149–200



*Afterword by Joan Chittister, OSB* 201

*Sources* 205