

VIER TÜRME

PROGRAMME PREVIEW

Autumn
2025



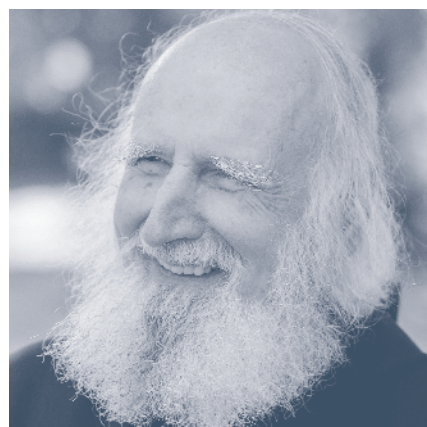
A power to create a new world

Hope is a central theme for our time. In view of the developments in our society, but also the news from all over the world, it can be an important counterweight to feelings of powerlessness and sometimes despair that threaten to overwhelm us. In this book Anselm Grün and Hsin-Ju Wu look at hope from a philosophical, psychological and spiritual point of view. What distinguishes hope from expectation? How can even pessimists practise hope? How can we hope for peace despite war? To these and other important questions on the subject, the two authors find viable answers. In a second part, they show practical ways in which we ourselves can nourish hope on a daily basis and make it effective, how we can live from hope. In this way, it becomes a force to work together with others on a more humane world.

a topic that moves people

with **practical ideas**

anchoring and living hope in everyday life



Father Anselm Grün OSB | is considered the most successful Christian author. In the course of his life published over 700 titles, his works have been translated into over 30 languages. In January 2025 he turned 80 years old.



Hsin-Ju Wu | works as the managing director of the South & North Publishing in Taiwan. Together with Father Anselm, she has already written several books such as **"Self-determined in Everyday Life"** and **"What are you burning for?"**.



BOOKS BY THESE AUTHORS
WERE SOLD TO:

Italy
Slovakia
Brazil
Korea
Poland



Anselm Grün, Hsin-Ju Wu
Living out of Hope
approx. 144 pages | hardcover
August 2025

Finding gold traces in life

“In the entrance area of our church hangs a small, heavily darkened icon. The shimmering gold in the background is more to be guessed at than seen. Sometimes I think: How nice it would be if you could lean against it and a bit of gold dust would stuck to your back. As a promise of things to come”, writes Sister Carmen in the foreword.

In this book, which guides the reader through the year, there are references to these “traces of gold” in our everyday lives, through which another reality shimmers. It begins with Advent, which also marks the start of the church year. For the rest of the year, the 52 impulses are organised thematically, so that you can browse through them at your leisure and pick out something that seems appropriate. As a reader while you walk through these little stories and reflections, you always discover a little glimmer of gold, that lingers and makes life shine anew.



Sister Carmen Tatschmurat | studied sociology and worked in research and teaching on marginalised groups, gender and spirituality. After her partner's death, she joined the Benedictine the Venio Abbey in Munich. From 2010 to 2020 she led the community, from 2013 as abbess. Her book is published by Vier-Türme-Verlag “**Reorganising my life**” is already in its second edition available.



LESEPROBE

27 What makes us strong

What do I want to and should I absorb more intensively so that it can shape me? Where do I absorb new things with enthusiasm? Which word spoke to me, which image goes with me? Which people are important to me?

But before this reflection, there is a call to confront the negative quickly and decisively. For the external wars and the internal wars are connected: “Where do wars come from among you, where do disputes come from? Is it not from the passions that war in your members?” (Jakobus 4,1) And: “Put away all filthiness and much wickedness, and receive with meekness the word that is planted in you, which has power to save you. But become doers of the word and not hearers only, or you will deceive yourselves” (Jakobus 1,21f).

Accept “with meekness” the word that has been implanted in you. To this end, the Desert Fathers, above all Evagrius

Ponticus, recommend choosing a word from the Bible that particularly speaks to you and fits the situation at hand, and to counter the negative influences that oppress you with determination and strength, for example with the words: “My strength and my song is the Lord; he has become my salvation” (Psalm 118,14).

This needs to be repeated like a mantra until it becomes second nature. This is different from fighting the annoying thoughts. By placing the positive word next to it, I learn to feel its power. When I concentrate on it, I realise that this energy becomes stronger. Distance is created, which helps me to deal with the problem at hand in peace. Because the problems have not disappeared. But I am no longer trapped in my emotions. That would be the first, the essential step towards repentance. Then we can become “doers of the word”.



Carmen Tatschmurat
Finding the Golden Ground in Everything
A Benedictine Companion for the Year
approx. 200 pages | hardcover
August 2025

a valuable gift for many occasions

inspiration from the long tradition
of Benedictine spirituality

November will be wonderfully bright

When it gets gloomy and dark in November, many people find it difficult to remain confident. In addition to the lack of light, we have to deal with the commemoration of the dead and the memory of the suffering caused by the terror of the National Socialists.

This calendar of light does not want to deny the darkness. Quite on the contrary: it is important to recognise it, to commemorate and to mourn. But the light is also there. You just have to search for it—in things as simple as sunsets or open fires, but also in poems and songs, but especially in people. And that completely regardless 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.

unrivalled, established product

own website **www.novemberlicht.com**

additional material, interviews, live talks
and much more



Marlene Fritsch | began her career after her studies of Catholic theology and German, working as a freelance editor, publisher and author. She also accompanies as a hiking guide and grief counsellor people on their way.



Angela Krumpen | learned to love making radio programmes 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.

© Markus Bollen



Marlene Fritsch, Angela Krumpen
November Light
It is You Who Illuminates the World
31 cards | in box
August 2024

Inner pages 2024

Blessing in dark times

In times of illness, it is often difficult not to lose heart. But a visit, a kind word, the feeling that someone is thinking of you can help you feel confident again. This set of cards is intended as a gift for people who are ill or going through difficult times. Anselm Grün's words provide support and strength, and each card can be personalised with a greeting and good wishes. A healing and helpful gift that gives blessing and encouragement.

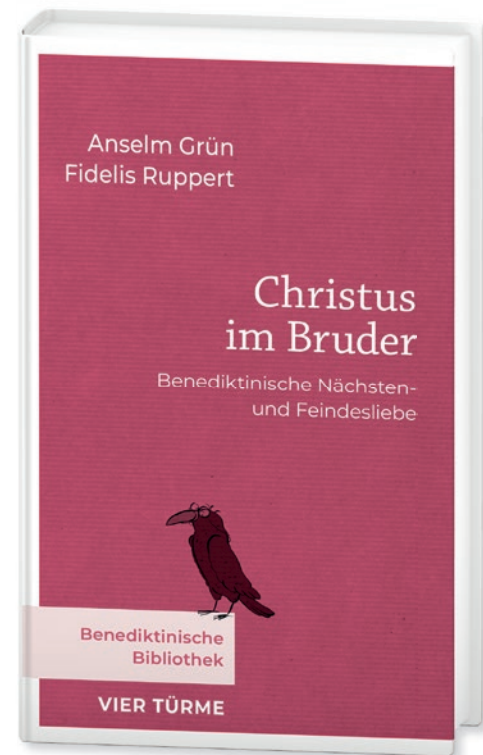
personalised gift **for the visit to the sick**
unrivalled



80
Years

Anselm Grün
What Gives Courage
25 Cards in Times of Illness
25 cards | in box
August 2025

Recognizing God in man



If every person is the image of God, I can also recognise God in everyone. This makes it possible to deal with difficult fellow human beings and, if not to love them, then to respect and accept them. The commandment to love your neighbour and your enemy has lost none of its relevance. Anyone who recognises Christ in their brother and sister will believe in the good core in every person. Even in those who are hostile to us, we can discover the longing for goodness. What Benedict teaches can also help today to bridge the gap between people and nations and thus lay the foundations for peaceful and humane coexistence.

respect and empathy: current social issues

new edition of the long-standing
bestseller

| Spirituality
| Autumn 2025

| BENEDICTINE LIBRARY
| NEW EDITION

BOOKS BY THESE
AUTHORS
WERE SOLD TO:

Italy
Brazil
Korea
Spain
China
Poland
Slovenia
Hungary

80
Years

Anselm Grün, Fidelis Ruppert
Christ in the Brother
approx. 92 pages | hardcover
August 2025

What do I really need?



In a world full of offers and opportunities, many people find it difficult to maintain moderation. We waste resources, plunder nature and exploit ourselves not only on the world stage, but also in our everyday lives. So how do we find the right balance? This central question of life is about sustainability, our consumption, but also about our self-image, our mental and physical health, greed and avarice, appreciation of others and mindfulness. Anselm Grün traces all the facets of this ancient monastic virtue. He is not interested in moral appeals, but in showing us a way to a contented life that suits us.

bestseller—now **in a new edition**
available again

| Spirituality
| Autumn 2025

| NEW EDITION

80
Years

Anselm Grün
The Art of Finding the Right Balance
approx. 142 pages | hardcover
August 2025

Small families as the norm?

Despite emancipation and a wide variety of life plans, having children is still considered “normal” today. For people who have remained childless for various reasons, this repeatedly leads to experiences of alienation.

This book aims to support people who do not have children in shaping their diverse life plans and exploring the question of how a life without children can be fertile. It also addresses the grief and loss of not fulfilling the wish for a child. The authors offer suggestions and practical ideas for dealing with this grief. However, the focus is on the special opportunities that life without children offers. Concrete exercises help to recognise these and to implement them in one's own life plan and with one's own talents.



Dr Silke Luca Obenauer | born in 1975, and **Dr Andreas Obenauer** | born in 1968, have been offering courses for people without children at Münsterschwarzach Abbey and other locations for several years. After a long period in parish ministry, they both work as pastors in the education sector of the Evangelical Church in Baden. They specialise in adult education, spirituality and religious education. Silke Luca Obenauer is a member of the Oblate Community of the Benedictine Abbey of Münsterschwarzach.

a topic that moves many, but is still a taboo
with helpful exercises and **practical tips**
on **how to live a successful** and fertile life
without children



Silke Luca Obenauer, Andreas Obenauer
Childless on the Trail of Life
approx. 144 pages | hardcover
August 2025

Monks have holidays too

“Phew, so many rules, it’s like being in prison!”—The little monk is actually always happy when guests come to the abbey. But this sentence from a visitor gives him a lot to think about. Because the father abbot always knows good advice in such situations, the little monk immediately asks him for a chat. But instead of talking, he gives him a day off—and money to buy whatever he wants. The little monk sets off enthusiastically—and soon realises that eating ice cream has a lot to do with freedom, but also quite a lot with responsibility ...

In this volume, Zacharias Heyes takes up the thoughts and reflections of the little monk and analyses the deeper meaning of the warm-hearted and humorous story. In doing so, he gets to the bottom of the shining concept of “freedom”—and its dark sides, which are often overlooked or hidden.

An ideal companion for the journey to work, a break in the park or a rainy day at home—to smile and browse through, give as a gift or buy for yourself!



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

new volume in the successful series

spirituality—true to life and suitable for everyday life



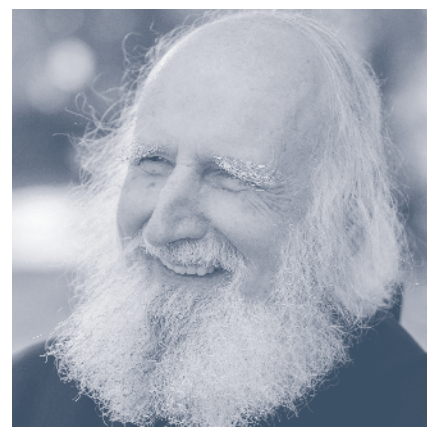
BOOKS BY THIS AUTHOR
WERE SOLD TO:

USA
Brazil
Croatia
Korea
Slovakia
The Netherlands
Spain
Portugal
France
Italy

Zacharias Heyes
The Little Monk Takes Time Off
approx. 160 pages | hardcover
September 2025

Every day is a new opportunity

Be mindful and find serenity, calm down and enjoy life, experience the beauty of our world and discover sensuality—in this book, Anselm Grün gives readers inspiring thoughts for every day of the year. In addition, there is an impulse for each day to start the day in the morning and one to end it in the evening. The thoughts can provide guidance in difficult times and encouragement that becomes a source of new strength during lean periods. A companion that transforms everyday life into a year full of happiness.



Father Anselm Grün OSB | is probably the most best-known monk in Germany. His books accompany people through life. In courses Anselm Grün always seeks contact with his readers and finds inspiration for new books.



annual companion by Anselm Grün

festive features

wonderful **gift**

80
Years

Anselm Grün
A Year Full of Happiness
Good Thoughts for Every Day
approx. 400 pages | hardcover
September 2025

What really counts in life

It was not only Dietrich Bonhoeffer who experienced this, but also Hilde Domin, Mahatma Gandhi and Nelson Mandela, as well as many completely unknown people: In the darkest times of their lives and even in the face of death, they felt the certainty that they were supported, that there was something there to hold them. But do we have to go through existential hardship to experience something similar? Is it just a special “grace” that happens to such people, or can everyone open themselves up to this experience? What really carries us through life? Daniel Rumel gets to the bottom of these and other profound questions in this book. It is a practical reflection on such testimonies—and the realization that they are more common than we often think. Each chapter ends with a few questions and further reflections that invite readers to take action themselves. This enables readers to find a trust that accompanies them through everyday life. And to experience that they themselves are carried.



Daniel Rumel | studied mathematics, catholic theology, philosophy and Buddhism. After several years of training in the field of meditation and contemplation and therapeutic training, he has been a meditation teacher, retreat leader and spiritual companion for more than 10 years.

for people in search of **support** and **confidence**.

with practical help and concrete ideas
for everyday life



Daniel Rumel
Experience What Sustains
A Spiritual Practice Book For Our Time
approx. 144 pages | hardcover
September 2025

The prayer of gathering

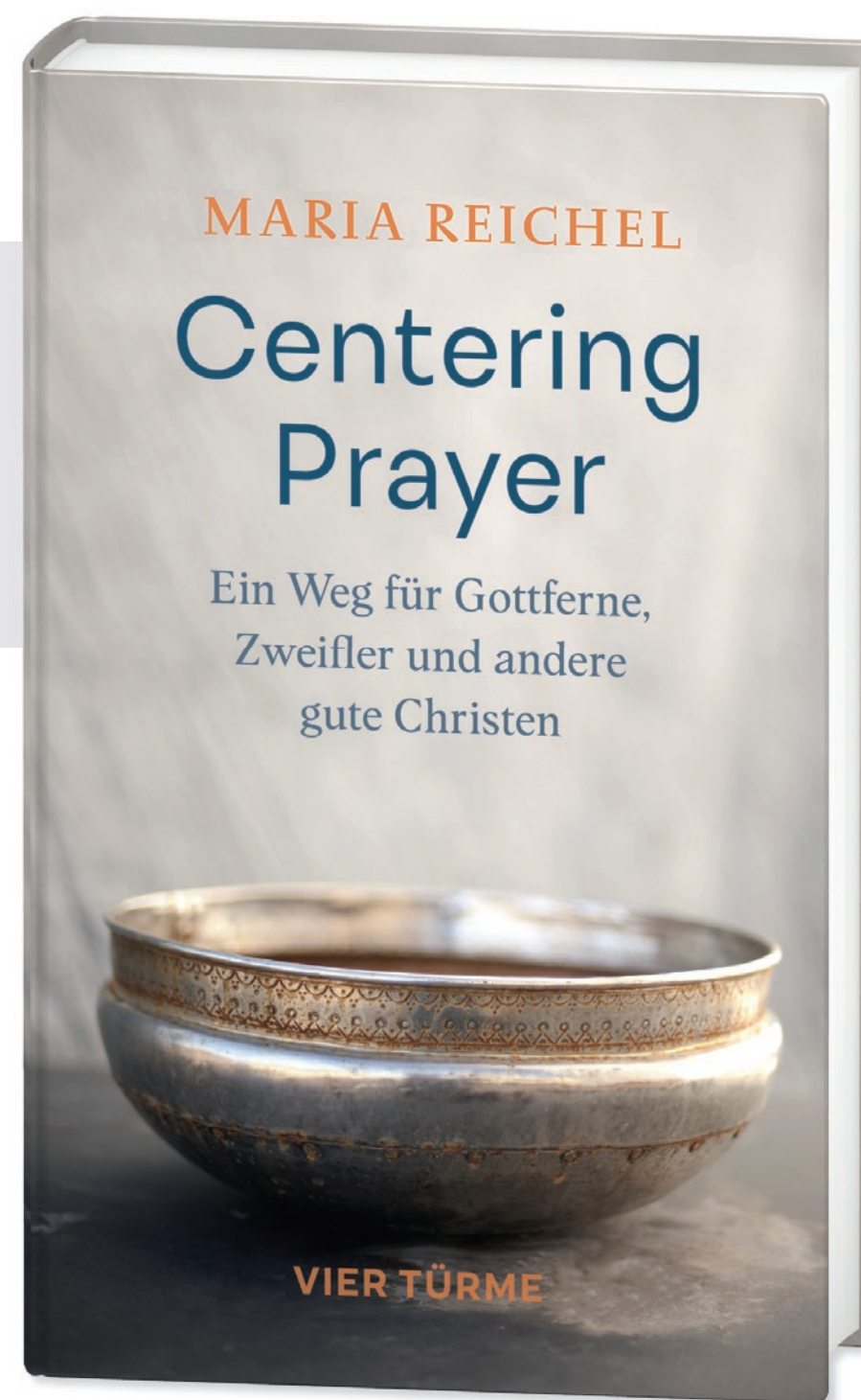
Centering Prayer or the “prayer of gathering” is a form of prayer that is becoming increasingly well-known and popular in Germany and goes back to the American Trappist monk Thomas Keating. This contemplative path essentially consists of setting aside a time of silence and focusing unconditionally on the mystery of life from the depths of the heart. Unconditional means: first of all, you have to leave behind everything you have heard, thought or read about “God” and free yourself from all preconceptions. The only thing you need to bring with you as a praying person is an open expectation: the desire that God may be present and work on you. It is about simply being there, being in relationships, without doing anything, just looking, listening and taking in what is. In this book, Maria Reichel shows that practicing this form of prayer does not just satisfy a private need for contemplation and retreat. Rather, it is about practicing an attitude for everyday life, in which one turns to the world and people in union with God. For those who open themselves to the healing dimension of Centering Prayer will feel that we are one with everything and everyone at this deepest level of our humanity.



Maria Reichel | was a Protestant pastor, most recently at the Protestant monastery in Schwanberg at the Casteller Ring community. She is a contemplation teacher and spiritual companion and has been leading courses on Centering Prayer according to Thomas Keating since 2021.
www.centering-prayer.de

centering Prayer: **spiritual practice** to which more and more people are turning

practical help for practicing prayer and **background information**



Maria Reichel
Centering Prayer
A Path for Those far From God, Doubters and Other Good Christians
approx. 128 pages | hardcover
September 2025

Inspired and secure

Angels are heavenly companions full of wisdom and light. In difficult times they help us to find strength and direction, in good times they give us a moment of clarity and joy in the midst of everyday life. This lovingly designed card set contains 25 beautiful cards, each with an encouraging message that touches our hearts. Whether for daily inspiration, for your own meditation or as a gift for a loved one—let an angel accompany you!



Andrea M. Hendrich | is a family therapist and also works as a coach. She has been drawing angels for more than a year and posts one of them on Instagram every evening for her followers so that they can master their day with courage, confidence and joy. She lives in Tutzing.



beautiful illustrations

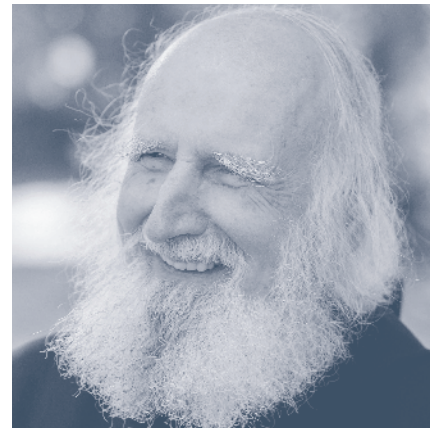
angels: **perennial sellers**, not only in the spiritual sector



Andrea Hendrich
Angel For You
25 Companions For Everyday Life
25 cards | in box
September 2025

Silent, luminous time

In the dark season, we long for light and warmth. With winter comes silence. There is something mysterious in the air. Advent, a time of expectation. Christmas, the shining festival of joy. Let there be peace on earth. We bid farewell to the old year and welcome a new one. Anselm Grün's texts in this book tell of the angel of light who ignites a divine light for us in the midst of darkness. Of the sacred time that brings us into contact with our innermost being. Of silence and stillness, of the incarnation of God and the divine within ourselves. A companion from Advent to Candlemas.



Father Anselm Grün OSB | is probably the most best-known monk in Germany. His books accompany people through life. In courses Anselm Grün always seeks contact with his readers and finds inspiration for new books.

reading book for the winter season

high-quality gift, also for the Advent and Christmas season



| Spirituality
| Series
| Gift Book
| Autumn 2025

| LITTLE LIBRARY OF
THE ART OF LIVING

80
Years

Anselm Grün
Facing The Light
approx. 128 pages | hardcover
September 2025

What simply belongs to Christmas

“Christmas things”—who doesn’t know them? Objects that we hold in our hands every year during the Advent and Christmas season. Things that our hands have known since childhood and that are essential for a successful celebration. They not only remind us of all our cherished quirks—for example, the collection of incense smokers or the search for the guaranteed ugliest Christmas sweater. They are also full of fond memories of the best Christmas days and the loved ones we celebrated them with.

In this special kind of Advent companion, you will find sometimes funny, sometimes thoughtful, sometimes inspiring Christmas thoughts for every day up to Epiphany to smile and remember, to give as a gift and to keep for yourself. A book that also makes adults look forward to each new door every day!

| a special kind of **Advent companion**

| **to smile** and reflect, remember and rejoice



Father Wolfgang Sigler OSB | is a monk at Münsterschwarzach Abbey since 2015. The lawyer and theologian is managing the Vier-Türme-publishing house since 2025 and gives workshops and courses in the abbey’s guest house and outside. He is coordinator for the work with young adults and one of the organists of the monk’s convent.



Wolfgang Sigler
Christmas Things
From A to Z
approx. 120 pages | hardcover
September 2025

Hope and joy



Advent falls at the darkest time of the year. We long for warmth and light during these weeks, for something to light up our nights and the darkness within us. This calendar is a little companion through Advent, which makes the glow of Christmas brighter with each passing day and shines brighter every day and gives us new hope every day.

the only Advent calendar by Anselm Grün
ideal gift in the run-up to Christmas



Anselm Grün
Advent Lights
The Advent Calendar from the Monastery
approx. 48 pages | stapled
September 2025

Every year ... chaos



This calendar is a loving companion for people who have good intentions and then fail due to their own expectation management. Discover the beauty in the imperfect. And home in chaos. Who make it cosy in the middle of the kitchen battlefield. And find time and silence, even if perhaps not in the places where you usually look for them. A calendar for people whose Advent is quite different from what they expected.

the other Advent calendar

large **fan base**

increasing sales figures every year

Anke Keil | studied theology and general rhetoric. As a grief counselor, she is there for people in challenging times. And as a mother of four children she knows that in everyday life things turn out differently than expected.

Anke Keil
Different Than Expected
Advent Calendar for Everyday Life and Imperfection
approx. 66 pages | stapled
September 2025



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