



# Refresh Me, Lord!: Meditations to Renew a Woman's Spirit

*Anne Costa*

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## **Refresh Me, Lord!: Meditations to Renew a Woman's Spirit** Anne Costa

These short meditations are a perfect way for Catholic women of any age to start or end their days. Anne Costa helps us to see beyond the daily clutter of our lives to our real purpose--fulfilling the great calling God has given to women, whose unique gifts can change the world. While acknowledging the struggles and temptations that women face, Costa always leaves them with hope that they can be renewed in Christ and become people who bring many blessings to others. Each meditation features:

An opening Scripture verse;

A concise, hope-filled meditation;

A closing prayer;

An action we can take, called Just for Today.

This pocket-sized book can fit into a purse, briefcase, or glove compartment, so busy women can still carve out a few minutes each day to read and pray through the meditations, no matter where they are.

Anne Costa is a spiritual coach, motivational speaker, and the founder of Veronica Ministries, an apostolate to promote the culture of life. She hosted the radio show *A Servant's Heart*, which aired on a local New York Christian station. Anne is director of development for a nonprofit organization, and lives in Baldwinsville, New York, with her husband and daughter.

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