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The Community of Women and Faith

Encouraging Friendship and Support with *The Sister Circle Handbook*

Denver, CO –Authors Brenda Josee and Nancy Moser are best-known for the four novels in *The Sister Circle* series. As a celebration to women, the authors created *The Sister Circle Handbook* (Group Publishing), to bring women together to form “Sister Circles.”



The idea behind *The Sister Circle Handbook* is simple—helping women grow together. “Many of us live busy lives with little room for friends on our calendars, and when we do make room for friends, we feel guilty. *The Sister Circle Handbook* is about planning a time to lay aside busy, over-extended schedules and gather with your girlfriends who care about each other and talk about personal issues,” Moser says. “It’s about looking beyond me to we.”

The Sister Circle Handbook focuses on twelve pressing issues—including moods, forgiveness, gossip, loneliness, female intuition, sexuality, dealing with difficult people, and disappointment—offering biblical perspectives and encouragement, along with practical ways to respond with questions and ideas.

The book also helps women pinpoint their gifts and stumbling “baskets” that might be in their way. Also included are delicious recipes that tie in with the stories, and excerpts from the popular *The Sister Circle* novels. However, women *don’t* have to read the original novels to participate in a “Sister Circle.”

“*The Sister Circle Handbook* brings together women of different backgrounds and personalities where we can help each other find our purpose, accept our differences, and celebrate our individual strengths,” Josee says.

The Sister Circle Handbook is loaded with wit and humor (for example, the chapter on difficult people advises, “Speak Softly—and Carry Chocolate”). The book also includes party ideas (worry box party, book exchange party, movie party), outreach starters and recipes (salads, meals, sweets) - creating a celebration of women’s unique ability to bond.

Nancy Moser lives in the Midwest and is the author of 21 inspirational books, including *Mozart’s Sister*, *The Good Nearby*, *Washington’s Lady*, and the Christy award-winning *Time Lottery*. She also co-authored *The Sister Circle* novels with Vonette Bright.

Brenda Josee lives on the West Coast and has been active in Christian Publishing for 25 years. She was editor-in-chief of the women’s devotional magazine *Tapestry* and the stylistic editor for the *Discover God Bible*. She and Nancy present “Said So Sister Seminars” around the country.

About *The Sister Circle Handbook: Discover the Joy of Friendship*

Authors: Brenda Josee and Nancy Moser. Published by Group Publishing. June 2008. Paperback, 192 pages, 6 x 9. \$14.99. ISBN: 978-0-7644-3571-3. Religion / Christian Life / Women.

Suggested Interview Questions

For Brenda Josee and Nancy Moser, authors of *The Sister Circle Handbook*

1. Tell us about the idea for *The Sister Circle Handbook*. How did the idea evolve after the success and popularity of the novels?
2. What is a “Sister Circle.” How do women create their own group?
3. Why are women wired so well for bonding with each other? How does this bonding typically take place?
4. What are some traits that women possess that you describe in the book - the perceiver, the server, the teacher, the motivator, the giver, the administrator, and the empathizer?
5. Do women have to read the novels before reading *The Sister Circle Handbook*?
6. *The Sister Circle Handbook* covers a number of issues that *all* women face. What are some of the most pressing issues covered in the book?
7. How damaging is gossip to our lifestyles? How can we stop gossiping?
8. Why is forgiveness such a healing activity? How can we learn how to forgive?
9. The book talks of the “baskets” that often hide our abilities. Baskets include fear, false humility, panic, selfishness, and more. How can we remove our “baskets”?
10. The book has a number of party ideas, from movie parties to pajama and pedicure parties. What are some of your favorite party ideas for connecting women in the book?
11. There are a number of recipes from the original novel series included in the book, from desserts to main dishes. What are some of your recommended recipes from the book?

The Sister Circle Handbook Activities

Ideas from *The Sister Circle Handbook*

- Visit a peaceful place that brings you comfort.
- Visit a retirement home or a hospital.
- Say thank you to someone you don't know.
- Have a “You are Special” party. Draw names and bring a small gift to a fellow sister, along with a note telling her how special she is.
- If you've hurt someone by gossiping, apologize. Make things right!
- Give a stay-at-home mom a day off.
- Have a mend-fences picnic and invite a difficult person in your life to attend.
- Organize a closet. Organization is a great outlet for frustration.
- Get your kitchen clean by trading duties with a friend—clean each other's kitchen's!
- Make a list of all your blessings and trials; then thank God for every one.
- Contact a person who needs your forgiveness.
- Set aside some time to purposefully dream about your future.

For an interview or to discuss an excerpt, contact Ben Laurro at Pure Publicity at 818.753.4056 or Ben@purepublicity.com.