

JUANITA  
*Rasmus*

# JUANITA RASMUS

PRESS KIT 2022



# TABLE OF CONTENTS

---

Biography .....	
.03 Influencer .....	
.... 04 Books. ....	
..... .05 Press Release .....	
..... .06 Media Placements. ....	
..... .07-11 Contact. ....	
..... 12	

JUANITA  
*Darius*





# JUANITA RASMUS

S P E A K E R . A U T H O R . P A S T O R

For over 30 years Pastor Juanita Rasmus inspirationally co-lead St. John's Church in Downtown Houston.

During this time, Juanita has also grown as an inspirational speaker, author of two books, spiritual director and contemplative teacher.

Juanita has and continues to serve on many highly accredited boards is the cofounder of a non-profit organization and has founded multiple projects to aid Houston citizens in need of shelter, food and life purpose.

# INFLUENCER

JUANITA  
*Rasmus*

Juanita is currently giving inspirational wisdom and thoughtful teachings through her public speaking. She serves on the board of her alma mater, Houston Graduate School of Theology, and on advisory boards for Rice University's Religion and Public Life Program and re:MINDHouston. She has held a training position at the Jung Center at the Mind Body Spirit Institute for many years and will continue her Learning to be Immersive series in 2023.

Juanita cofounded Bread of Life, Inc. a nonprofit corporation, with her husband Rudy in 1992 and began serving meals to the homeless in the sanctuary at St. John's. Juanita most recently teamed up with Tina Knowles Lawson and Beyoncé to help forty thousand flood victims recover in the wake of Hurricane Harvey in Houston. In addition to addressing issues of health and disaster relief, Juanita launched the Temenos Community Development Corporation in 2006, which has completed sixty million dollars in housing development projects for the previously homeless in downtown Houston. She also founded The Art Project-Houston to empower the city's homeless to become hope-filled painters and artisans who craft their own livelihood and create lives filled with new possibilities.

She has written two books that focus on teaching about the relationship with yourself and genuine kindness.



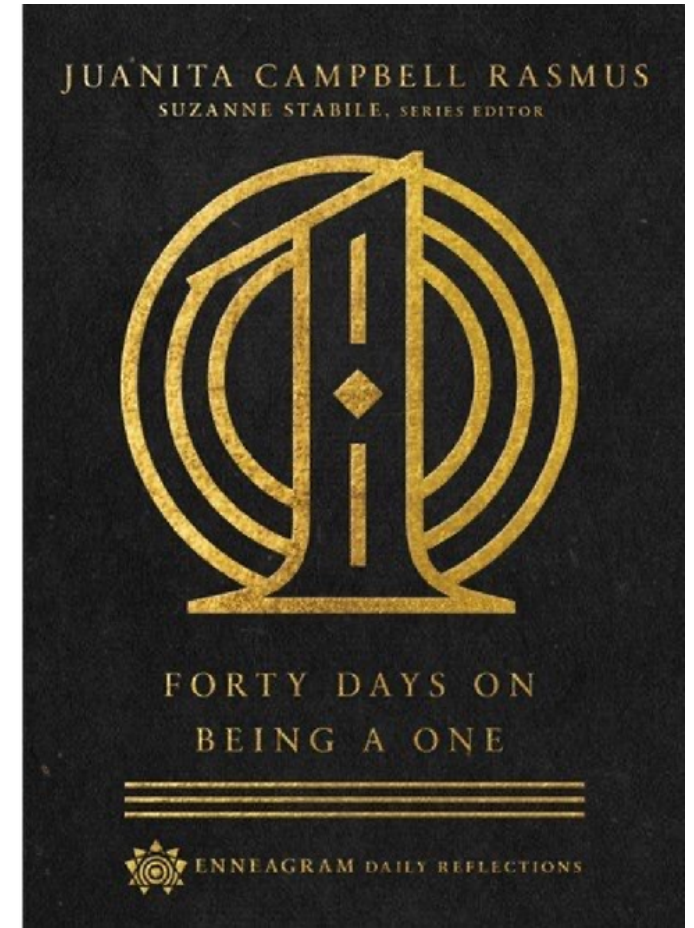
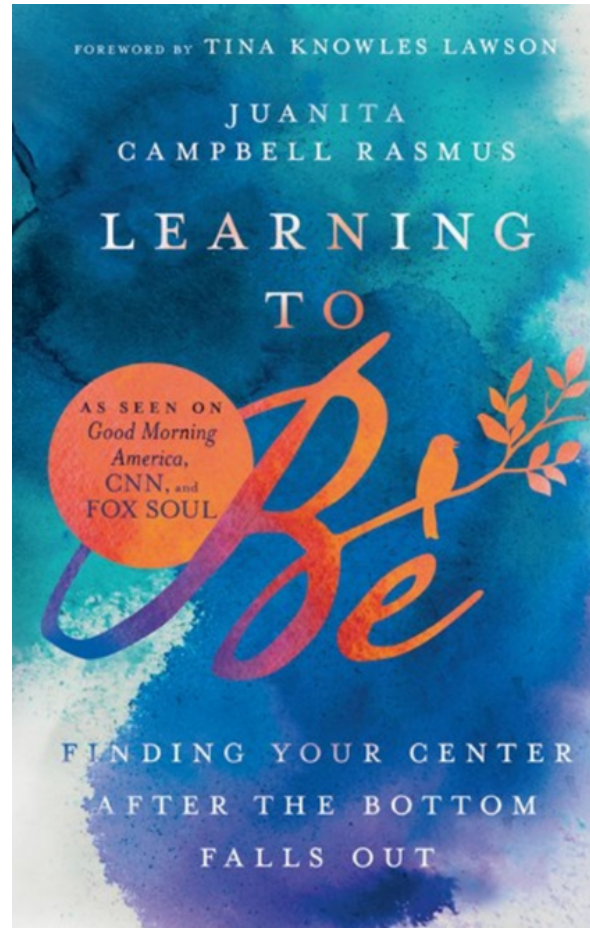
# BOOKS

## **Learning To Be: Finding Your Center After The Bottom Falls Out**

This book guides the reader to find inner peace and self-reflect through faith and God's word. Juanita discusses the struggle of mental health battles and reveals her own battles she's had to overcome from depression.

## **Forty Days On Being A One**

This book by Juanita includes forty daily readings filled with spiritual reflections and insights. It is geared towards the Enneagram personality system-particularly those who are ranked as a Type 1.





# PRESS RELEASE

HOUSTON, Sept. 5, 2020/PRNewswire/ --**Juanita Campbell Rasmus** will release her first highly anticipated book, ***"Learning to Be: Finding Your Center after the Bottom Falls Out."*** It will be released on September 15, 2020 by InterVarsity Press. Juanita Campbell Rasmus, is an author, speaker, spiritual director, pastor and cancer survivor.

This book explores **Rasmus personal battle with depression, she describes as "the crash" to self-awakening and her journey of achieving spiritual wholeness.** She shares her experience with readers to express that depression and suffering are not death sentences, there is hope and there are spiritual practices that can serve as a means of support for transformation of the heart (mind, emotions, and spirit) out of the darkness. Rasmus transformed an otherwise dark time in her life into a blessing. The book is a powerful message, intended to help those who face similar challenges.

**Tina Knowles Lawson** penned a very personal forward for the book. She is a long-time friend and along with her family are some of the first members of St. John's United Methodist Church that Juanita co-pastors with her husband Rudy.

...

The book is available at **Amazon, Barnes and Noble, Google Play, Target, eBay, Walmart, christianbook.com**, and other retailers. It is available in Hardcover, Kindle and Audible Audiobook.

CHRISTIANITY  **TODAY**

**HELLO!**

**FOX SOUL**

Psychology Today

**CHRON.**

**CHURCH**LEADERS



Years after Beyoncé-backed project, Houston developer to build more housing for formerly homeless



**HOUSTON**  **CHRONICLE**

Domestic violence spikes during holidays, community leaders discuss options for victims

 Juhi Varma  
Nov. 14, 2022 | Updated: Nov. 14, 2022 11:21 a.m.

In the words of (pastor and author) Juanita Rasmus, 'Notice what you're noticing.' Call it out, help that survivor, because that could be the difference between life and death."



**MEDIA  
PLACEMENTS**



# GMA3 WHAT YOU NEED TO KNOW



## LOVE AND LIGHT

HUSBAND AND WIFE PASTORS SHARE WORDS  
OF INSPIRATION



# MEDIA CONTACT

Juanita Campbell Rasmus  
Email: [juanitarasmus@yahoo.com](mailto:juanitarasmus@yahoo.com)

---



JUANITA  
*Rasmus*