



Pastor Juanita C. Rasmus

Spiritual Director-In-Residence

We are honored to welcome back Pastor Juanita Rasmus as our Spiritual Director-In-Residence for the Carolina Black Clergy Leadership Retreat. A writer, contemplative, and Certified Spiritual Director, Pastor Juanita has dedicated her life to guiding others toward spiritual renewal and transformation.



For three decades, she co-pastored St. John's United Methodist Church in Downtown Houston alongside her husband, Rudy Rasmus. Under their leadership, St. John's grew from a congregation of just nine members into one of the most diverse and vibrant faith communities in the nation. Her passion for social justice and community empowerment led to the founding of Bread of Life, Inc., a nonprofit that has provided essential services, including meals, housing, and disaster relief, to thousands of individuals and families in need.

A sought-after speaker, Pastor Juanita shares insights on spirituality, resilience, and personal transformation. Her book, *LEARNING TO BE: Finding Your Center After The Bottom Falls Out*, chronicles her journey through a major depressive episode and offers wisdom on embracing a life of authenticity and wholeness. Her work in spiritual formation has been widely recognized, and she has served on the boards of Renovaré, the Houston Graduate School of Theology, and The Jung Center's Mind, Body, Spirit Institute.

In addition to her pastoral and nonprofit work, Pastor Juanita is a champion for creative expression as a path to healing. She founded The Art Project-Houston, a therapeutic arts program designed to empower homeless and transitioning individuals through artistic expression and entrepreneurship.

Pastor Juanita and Rudy have been married for over 35 years and are the proud parents of two daughters, a son-in-law, and a beloved grandchild. We look forward to the wisdom and spiritual depth she will bring to this year's retreat.