

Do you find it easy to pray?

For most of us, prayer becomes a source of frustration as we struggle to calm our minds and to find even a few minutes to pray.

In our busy lives, prayer is seen as a luxury, when in reality it is at the foundation of a healthy spiritual life. The good news is that you can overcome your difficulties with prayer, and it is easier than you might think. Over the course of eight weeks, the **Oremus** study program teaches you the essentials of an effective and fruitful prayer life.

In **Oremus** you will:

- Become aware of God's presence in your life.
- Discover the simple yet profound steps of Catholic prayer.
- Learn how to respond to God and express yourself in prayer.
- Discover how to hear God's voice in Scripture, in your heart, and in ordinary moments.
- Learn how to overcome frustrations, distractions, and dryness in prayer.
- Grow in your relationship with God and those around you.

Where: St. Philip Neri Activity Center Kids Welcome

When: 3:30 pm - 5:00 pm Starting Thursday, March 3, 2017 – April 27, 2017
(1 week off—Holy Thursday).

Materials: Workbook (\$13 optional)

Each session: See a 30 minute video of Fr. Toups' talk, use workbook with reflection questions and Lectio Divina, and pray together. (Daily scripture/prayer encouraged.)

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