

# **OREMUS: A Catholic Study on Prayer**

We know we should pray. We want to pray. But often we don't know how to start or where to go. Our prayer is empty. Distractions and life's demands pull us away from prayer. So, we pray half-heartedly, sporadically, tiredly. Oremus is an eight-week study for those who want to pray better, both those who are not sure they know how to pray and those who have been praying for many years and want to deepen or enrich that life of prayer. Learn new ways to pray, how to hear God when you pray, how to handle times of struggle in prayer and more.

This is an 8-week program

Each week will include a video presentation and facilitated conversation on one aspect of prayer.



A workbook is available for \$15, but it is not necessary to purchase the workbook to participate.

When: Sunday morning @ 9:45-10:45

**Sunday, Jan. 6–Mar. 2**

**Conference Room**

There is no need to commit to every week.

Coffee and sweets provided. All welcome!

No cost except if you want a workbook. Contact Irene at 899-6132 by Dec. 16 if you want the \$15 workbook ordered for the first class.