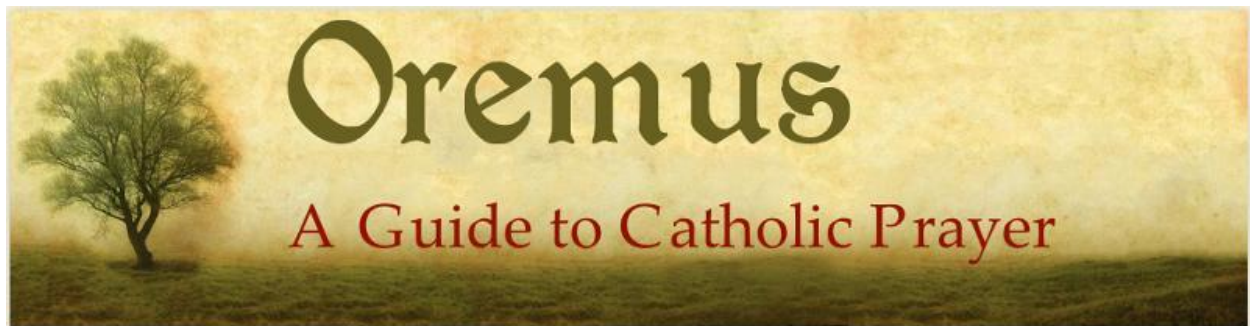


# ST. MARK PARISH

Presents



Do you find it hard to pray? Is prayer a part of your daily routine?

Are you easily distracted in prayer?

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If you want to learn how to pray or pray better; and if you desire to develop a relationship with God through daily prayer, then Oremus is for you!

The Oremus study program will teach you the essentials of an effective and fruitful prayer life. And it's easier than you might think!

## Thursday evenings in October & November

### 7:00 – 8:30 p.m. in Sullivan Hall

Cost: \$10 for a 112 page, full-color workbook (a \$5 parish discount)

Facilitated by Fr. David Mulholland

# Oremus groups will:

- Become aware of God's presence in their lives.
- Discover the simple yet profound steps of Catholic prayer.
- Learn how to respond to God and express themselves in prayer.
- Discover how to hear God's voice in Scripture, in their hearts, and in ordinary moments.
- Learn how to overcome frustrations, distractions and dryness in prayer.
- See that desolation and consolation are a normal part of everyone's walk with God.
- Grow in their relationship with God and those around them.
- . . . and much more!

