



St. Monica's Adult Faith Education

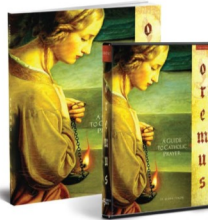
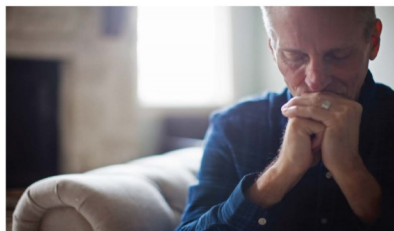
Oremus

A GUIDE TO CATHOLIC PRAYER

Reinvigorate Your Prayer Life

Session 1 - Introduction to the Study

An Inspiring Eight-Part Study Featuring Fr. Mark Toups



Introduction to the Study

This first session will give an overview of the eight-week study. If you desire a more intimate relationship with God, join us to learn how Fr. Toups's study can help make this a reality for you.

DATE, TIME, LOCATION

Sunday, October 22nd from 9:40 to 10:50 AM

St. Monica's Parish Rectory Dining Room

R.S.V.P. by October 20th

Sign-up sheet at main church entrance or
Anna at (514) 481-0267 ext. 22 or anna.diodati@stmonica.ca

BABY-SITTING

Free baby-sitting is available.
Please make arrangements with Anna
no later than the Wednesday prior to each session.

Oremus: *A Guide to Catholic Prayer* teaches you the essentials of an effective and fruitful prayer life. Over the course of eight weeks you will discover how to place yourself in the presence of God. Following the wisdom of the saints and the Tradition of the Church, you will learn how to express yourself to God in prayer, and how to make prayer an integral part of your daily life.

Oremus includes eight video presentations by Fr. Mark Toups, lively small-group discussions, and inspiring readings and reflections for each day.

"The lessons learned in this study touched my soul in such a way that my desire to pray more and draw closer to Christ has become a part of my everyday life."

—Nancy D.