

# Do You Know How to Pray?



## **“Oremus”**

**A Study on Catholic Prayer  
8-part DVD study  
Presented by Fr. Mark Toups**

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.

**WHERE: St. John’s Parish Center: Cafeteria**

**DATES: Every Tuesday, April 28 through June 16**

**TIME: 7-8:00 p.m.**

**Brought to you by St. John’s RCIA program**

### **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 & those around you...& much more!

**We hope you will join us!**