

LEARNING NEW WAYS TO PRAY

with Fr. John

During the Season of Lent, we are asked to take a closer look at our lives and our relationship with God. Sometimes we feel overmatched by our experience of praying. We think we just don't have the knack, or the patience.

Join me this Lent as I offer you four new ways to pray. This is what I know: everyone can pray, but not every type of prayer is right for everyone. If you can spare an hour either on Tuesday mornings at 9am (March 11, 18, 25 and April 1) or Thursday evenings at 6:30pm (March 13, 20, 27 and April 3), allow me to help you find the style of prayer that is right for you.

We will meet in the church, and you don't need to bring anything with you but an open mind and heart. I don't promise that each of these styles of prayer will be right for you, but I feel fairly certain that at least one of them will resonate with you.

Let us remember that we are made in the image and likeness of God. As such, we are already innately connected to the Lord. We don't have to go searching for God, as God is always and already with us. Learning to pray in different ways is like fine-tuning a radio until we find the strongest and the clearest signal. Join me and together, let us reset our spiritual dials and find the frequency that works best for you!



—Fr. John McGivern