



A Year about Prayer

Jesus "was praying in a certain place, and when he ceased, one of his disciples said to him, 'Lord, teach us to pray'" (Luke 11:1).

Probably, the disciples were impressed by Jesus' practice of rising before dawn and going to a "lonely place" to pray (Mark 1:35). Jesus, like priests today, like moms and dads and executives and a lot of other people, was often overwhelmed by people's needs. His prayer sustained him. The disciples wanted to know how to tap that same source of strength.

Today's disciples - *us* - should seek the same! Therefore, in 2018, we will learn more about prayer as a parish. The *Catechism* defines prayer quoting two saints. St. Therese of Lisieux wrote, "For me, prayer is a surge of the heart; it is a simple look turned toward heaven, it is a cry of recognition and of love, embracing both trial and joy." St. John Damascene wrote, "Prayer is the raising of one's mind and heart to God or the requesting of good things from God."

More than anything else, prayer is what *transforms* us. Over the course of 2018, the parish will offer us many ways to deepen our prayer life and *be transformed*. Mark your calendars!

Bible Study on Prayer presented by Fr. Jon Thomas at Quaremba Hall

Time: Three consecutive Wednesdays at 6 PM: February 21 and 28 and March 7

Prayer for the Parish, 45 minutes of prayer for the growth of our parish in front of the Blessed Sacrament. Includes the rosary.

Time: Following the 5:15 PM Mass at Star of the Sea Church on most Mondays

Vespers (Evening Prayer) at St. Nicholas of Tolentine Church

Time: Sunday, April 15 and Sunday, April 22 at 5 PM

Lecture Series on Prayer & Spirituality at Quaremba Hall

Time: Four consecutive Tuesdays at 6 PM: October 9, 16, 23, 30

- Week I: Franciscan Spirituality
- Week II: Ignatian Spirituality
- Week III: Salesian Spirituality
- Week IV: Benedictine Spirituality