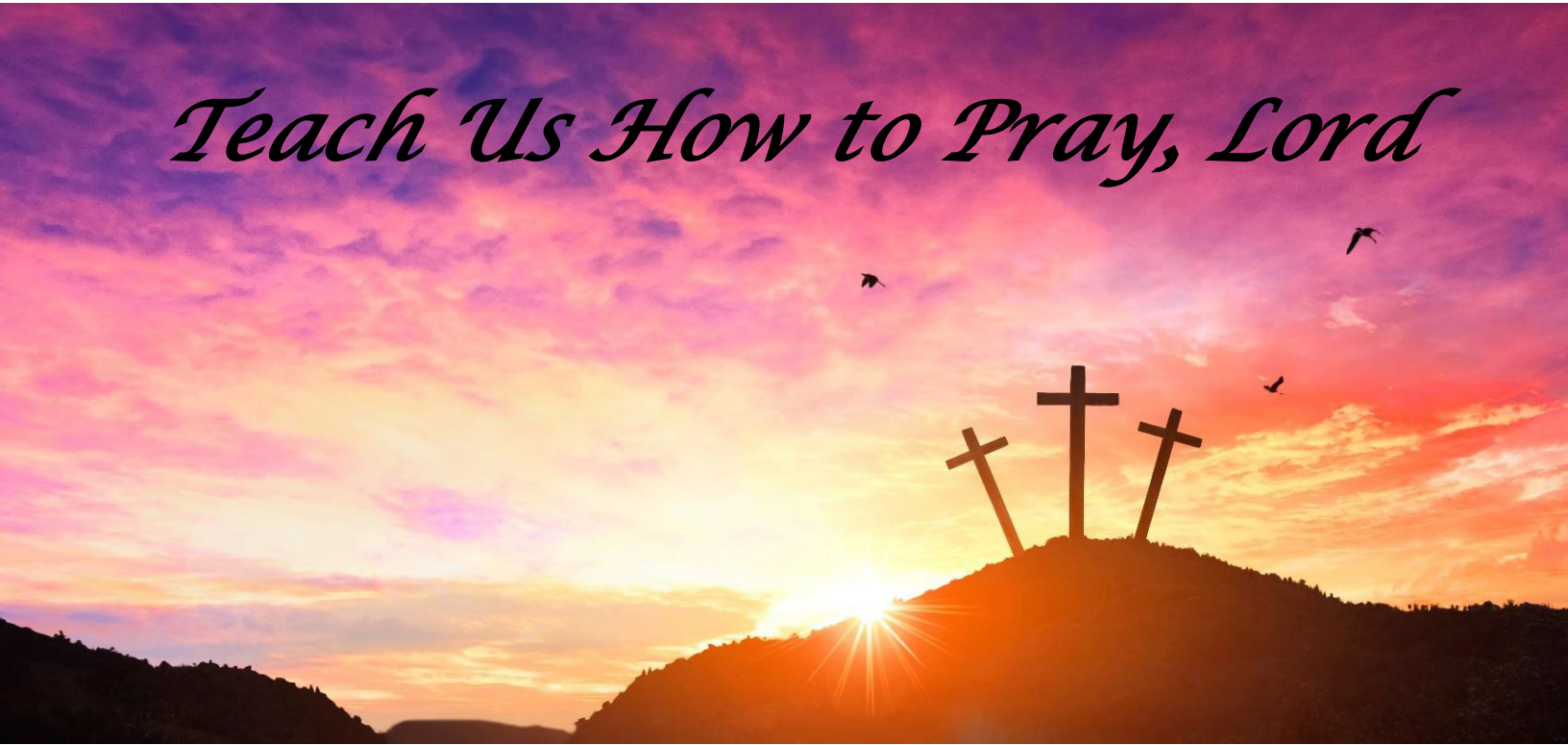


Teach Us How to Pray, Lord



For our Lent 2019 offering, Our Lady of the Pillar is focusing on helping our parishioners with improving their prayer life. Effective prayer can help individuals, families, and communities increase their faith and become better servants of Christ. OLP will be providing resources and a speaker series and we hope you will take advantage of some or all of them to come closer to God.

1. **Prayer cards:** these wallet-size offer a prayer process and will be available at OLP entrances. Use them as a guidance for connecting with God at the beginning of Mass, during the Eucharist, and in your daily life. Feel free to take more than one so you can keep them by your bed, in your car, at work, etc. and share with family & friends.
2. **Daily videos:** listen to Dynamic Catholic's daily four-minute "*Best Lent Ever*" videos to listen to individually or as a family. Sign up at no cost @ <https://dynamiccatholic.com/best-lent-ever> for daily email links or you can go to Dynamic Catholic and listen to current or previous videos.
3. **Weekly prayer series:** Each one-hour session will be offered twice, once on Tuesday nights from 6:30-7:30 PM (Church Basement) and the other session after daily Mass on Wednesdays from 8:15-9:15 AM (inside the church near the Confessionals). Light snacks will be provided. Attend just one session or the series based on your interest.

Introduction to Prayer

Varieties and Methods of Prayer

Lectio Divina

Centering/Contemplative/Meditative Prayer

Difficulties, Obstacles & Challenges in Prayer

Aids and Helps with Prayer and Wrap Up

For more details on the Speaker Series and additional resources, see reverse side.

Speaker series

Introduction to Prayer—Fr. George Cerniglia, S.M.

March 12th 6:30-7:30 PM & March 13th 8:15-9:15 AM

Varieties and Methods of Prayer—Fr. Tom French

March 19th 6:30-7:30 PM & March 20th 8:15-9:15 AM

Lectio Divina in practice—Fr. George Cerniglia, S.M.

March 26th 6:30-7:30 PM & March 27th 8:15-9:15 AM

Centering/Contemplative/Meditative Prayer in practice—Jenny Lissner

April 2nd 6:30-7:30 PM & April 3rd 8:15-9:15 AM

Difficulties, Obstacles & Challenges in Prayer—Deacon Fred Tustanowsky

April 9th 6:30-7:30 PM & April 10th 8:15-9:15 AM

Aids and Helps with Prayer and Wrap Up—Annemieke De Wilde, MD

April 16th 6:30-7:30 PM & April 17th 8:15-9:15 AM

What we ask of you:

- a. If possible, please let us know in advance if you're coming. But if you don't know until the last minute, feel free to attend. We like to get a rough count for space & refreshments and, if need be, inform you of schedule or room changes.

Contact the parish office, 314-993-2280 or smasterson@olpillar.com.

- b. Bring your thoughts and questions to the sessions. There will be time for group discussion and sharing. You will get more out of each session if you come more prepared.

If you have questions, contact Fr. George Cerniglia, S.M. 314-479-2843

GJCernigliasm@gmail.com, Jenny Lissner 314-835-8784 JALissner@gmail.com or Annemieke De Wilde 314-805-9446 annemieke.dewilde@me.com

Additional Resources:

Books:

[Prayer Our deepest Longing](#) by Ronald Rolheiser

[13 Powerful Ways to Pray](#) by Eamon Tobin (available for free from Dynamic Catholic)

[Time for God](#) by Jacques Philippe

[A Simple Life-Changing Prayer](#) (St. Ignatius Loyola's Examen) by Jim Manney

[Prayer for Beginners](#) by Peter Kreeft

[Thirsting for Prayer](#) by Jacques Philippe

[Jesus, Teach Us to Pray](#) by Jerome Bertram

YouTube Videos:

[3 Steps to Unceasing Prayer](#) Time 5:34

[Tips for Praying](#) Time 8:11

[How To Pray the Catholic Way](#) Time 5:48