

SAVE THE DATE!

Global Community Prayer Nights for Advent 2021

Wednesday, December 1	7:30 pm East / 4:30 pm Pacific	Register here!
Thursday, December 9	7:30 pm East / 4:30 pm Pacific	Register here!
Tuesday, December 14	7:30 pm East / 4:30 pm Pacific	Register here!
Wednesday, December 22	7:30 pm East / 4:30 pm Pacific	Register here!



Community Prayer Night

Great for families and other community members who are interested in coming together digitally via Zoom and both learning new forms of prayer and sharing communal reflection.

Time: ~45 minutes

Sample Outline:

- Intro to Catholic Meditation (what it is and what it isn't)
- Lectio Divina
 - Overview of how to pray using Lectio Divina
 - Live guided Lectio Divina meditation
- Examen
 - Overview of how to pray using the Examen
 - Live guided Examen
- Taize Chant
 - Overview of how to pray with chant
 - Live, guided Taize chant meditation
- Discussion on how families can create prayer habits that stick

Ministry with Young Adults Webinar (Coming January 2022)

Great for parents, teachers, ministry leaders, and parish volunteers interested in learning more about the lives of young adults in 2021 and how to minister to them effectively.

Time: ~60 minutes

Outline:

- Why stress and anxiety is rising in society
- How young adults are suffering in unique ways
- Why young people are leaving the Church
- What distinguishes Catholic meditation and contemplative prayer from secular “mindfulness”
- How Catholic meditation supports strong mental health
- Why contemplative prayer is the strongest foundation for all Catechesis
- Practical tips for teaching prayer
- Digital tools for incorporating prayer into parish life

To schedule a parish-specific Community Prayer Night and/or a Ministry with Young Adults webinar, reach out to community@hallow.app.