



# Oremus

A GUIDE TO CATHOLIC PRAYER

## Reinvigorate Your Prayer Life

An Inspiring Eight-Part Study Featuring Fr. Mark Toups



### Dates, Times, Location

### Cost/Registration

### For More Information

**O**remus: *A Guide to Catholic Prayer* teaches you the essentials of an effective and fruitful prayer life. Over the course of eight weeks you will discover how to place yourself in the presence of God. Following the wisdom of the saints and the Tradition of the Church, you will learn how to express yourself to God in prayer, and how to make prayer an integral part of your daily life.

*Oremus* includes eight video presentations by Fr. Mark Toups, lively small-group discussions, and inspiring readings and reflections for each day.

*“The lessons learned in this study touched my soul in such a way that my desire to pray more and draw closer to Christ has become a part of my everyday life.”*

–Nancy D.

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