

# **Oremus**

## **A St. Patrick Adult Formation Program**

The term Oremus is Latin for **Let us Pray**. Our adult formation program is based on Oremus from Ascension Press. It is an 9 week study on Catholic prayer. Over the nine weeks, you will be inspired to deepen your prayer life while learning how to open yourself to God and receive everything he wants for you in prayer. As Catholics we have a deep spiritual heritage in classic forms of prayer, including meditation, contemplation, and the spiritual senses. These rich forms of Christian prayer allow us to “dive deep” into the oceans of God’s merciful love.

The Oremus study program teaches you the essentials of an effective and fruitful prayer life. Over the course of nine weeks you will discover how God speaks to you, even in the smallest encounters. Following the Tradition of the Catholic Church and the wisdom of the saints you will learn how to express yourself to God in prayer, and how to hear his voice.

The program will consist of daily reading and exercises in prayer so that we can become familiar with and experience the various forms of prayer. We will each use a workbook which contain these daily exercises and answer question associated with them. We will meet once a week for 90 minutes, where we will watch a video presentation by Fr. Mark Toups, and then share our thoughts and insights regarding this material.

### **Meeting Times and Dates:**

The program will have two sessions, a daytime session and an evening session. We will meet every Thursday. The daytime session will meet at 10:45 AM, and the evening session will meet at 7:00 PM. Meetings will be held in the St. Catherine classroom next to the kitchen. If you are unable to attend the meeting session you enrolled for you are welcome to switch between session as necessary.

### **Concerns:**

If you have concerns that you can’t participate in this program because you may have to miss a meeting or two, don’t let this stop you from participating. Meetings are an important part of the program. You are always encouraged to attend all of the meetings. It is here that you will benefit and grow from the video presentations, and the sharing of the insights by the participants. However, it is understood that we all have activities in our lives and unscheduled events inevitably come up. Do not be discouraged if you have to miss a meeting or two. We can help you with this.

Continued on the reverse side

If you are a person who does not like or feel comfortable sharing your thoughts and ideas, know that you will be pressured in any way to speak. You will still benefit from the insights and discussions of the other participants.

**Meeting Dates:**

Meetings begin on September 1<sup>st</sup> and will meet on the following dates:

9/1, 9/8, 9/15, 9/22, 9/29, 10/6, 10/13 10/20, and 10/27

**Cost:**

The cost is \$25.00 for all of the required materials, however, cost should not be a concern and keep you from participating in this program. See Hank Thoresz to discuss your unique requirements.

**Need Additional Information:**

If you have questions or want additional information, contact Hank Thoresz, 512-218-4880 (H), 512-762-4265 (M), email: [hthoresz@aol.com](mailto:hthoresz@aol.com)