



Ways of Praying

“The light within us and within all things needs to be enkindled by our acts of love, our emptiness, our reaching out.”

Patrick Twohy, SJ

Tuesdays, January 12, 19, 26, February 2
7:00 -9:00 pm
Cathedral Place, Second Floor

Are you looking ways to deepen your prayer life? Do you desire a closer walk with God each and every day? Would you like to “try on” different styles of praying?

You are invited to participate in a four-week introductory series on prayer. Each evening will include teaching and a guided prayer experience (including prayer with scripture, prayer in the tradition of Saints Benedict and Ignatius, and prayer with silence). Later in the evening, participants may choose to take part in silent reflection or small group faith sharing. *Suggested donation: \$25 for the entire series.*

Facilitators TIM MALONE, MDIV, & ROSANNE MICHAELS, MATS

Tim and Rosanne are both spiritual directors and retreat leaders in the Puget Sound area. Both have facilitated prayer experiences at the Ignatian Spirituality Center, and are directors of the Spiritual Exercises in Everyday Life.

Information, Helen Oesterle, 206-382-4514, hoesterle@stjames-cathedral.org