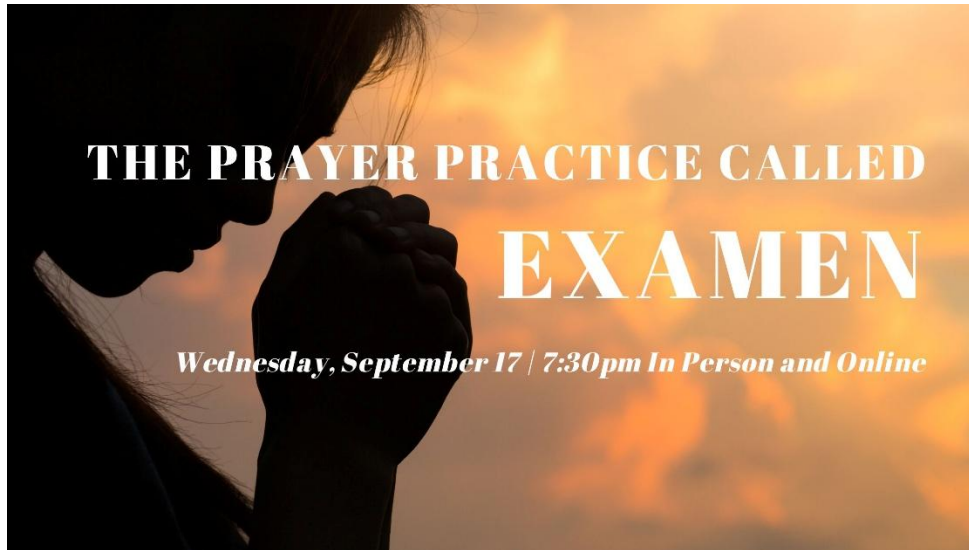




THE PRAYER PRACTICE CALLED: EXAMEN

Prayer happens in all kinds of ways and each of us may have various ways prayer works for us. We pray for all kinds of things. Sometimes our prayer is urgent and focussed. Other times our prayer may lack vigor, become rote, and we're not sure what to expect from it all.

There is a particular prayer practice that is almost 2000 years old that has transformed people of faith in significant ways. It is called the "Prayer of Examen." It involves 5 steps. Typically it is practiced at the end of the day and can be done daily or several times a week. The promise is that the Prayer of Examen can totally change the way you see and live your life in relationship to yourself, God, the people around you and the world around you too. Are you interested in discovering whether this can be true for you?

Wednesday, September 17, 7:30pm eastern, in person and online, the prayer practice called Examen will be introduced and practiced together. You will then receive an outline you can use to try it on your own at home. Interested? Speak to Dr. Harris or send an email at:

hathan1964@hotmail.com.