

# Teach Us To Pray

## LITURGICAL PRAYER

Lord's Day Liturgy

Daily Liturgies  
Weekdays 12:10 PM

Liturgy of the Hours  
The official prayer of the Church

Lauds: Morning Prayer  
Midday Prayer  
Vespers: Evening Prayer  
Compline: Night Prayer

## PRIVATE PRAYER

Daily Rosary  
The Chaplet of Divine Mercy  
Pray from a book of Catholic prayers and devotions  
Novenas and Litanies  
Daily Reflection on Scripture  
Advent and Lenten Reflection Booklets  
Daily reflection booklets  
Spiritual Reading  
Poetry written by the Saints  
Centering Prayer  
Lectio Divina

Our Father, who art in Heaven, hallowed be thy name. Thy kingdom come, thy will be done on earth as it is in Heaven. Give us this day our daily bread and forgive us our trespasses, as we forgive those who trespass against us. Lead us not into temptation, but deliver us from evil. Amen.

### Reasons to enrich your prayer life

To give Praise, ask for Forgiveness, make Petition and offer Thanksgiving

To be in conversation with God, from whom all good things come

To foster a deepening awareness of the presence of God within you

To quiet your mind and allow you to hear the 'voice' of God guiding you

To help you to see the hand of God as He works with you through the events and challenges in your life

To place before God all that you have, all that you are and all that you need

To open your heart and mind to God

To ask for and receive the gifts of the Holy Spirit

To bring physical, emotional and spiritual healing

To help you to resist and overcome temptation

## COMMUNITY PRAYER

Daily Rosary  
Weekdays before Mass

Chaplet of Divine Mercy at Emma Goldman Clinic  
Fridays at 12:50 PM

Eucharistic Adoration  
Chapel of Perpetual Adoration  
open 24 hours a day

Holy Hour for Vocations  
Thursday before the First Friday of each month

Pilgrim Icon and Chalice  
A Devotion for Vocations  
Ann and Cain Thomas 688-0907

If you participate in this program of prayer, you will host an icon and chalice in your home for a week. The icon and chalice are to be placed in a visible location where you can pray a simple prayer for vocations each day they are there.

Advent Vespers  
Sundays during Advent

Stations of the Cross  
Fridays during Lent

Taize Prayer  
Sundays during Lent