

"He said to them, 'These are my words that I spoke to you while I was still with you, that everything written about me in the law of Moses and in the prophets and psalms must be fulfilled.'" (Lk 24:44)

Starting November 4, the Young Adult Ministry will be hosting a free 10-part series on the book of Psalms for young adults in their 20s and 30s to learn:

- how to establish a deeply personal dialogue with God through the Psalms
- how to meditate on the Psalms using *lectio divina*
- how the Psalms foretell the life and mission of Jesus
- …and much more!

On Mondays at 7:00pm-8:30pm throughout November – January (see schedule below), we will watch video materials from Ascension Press presented by Jeff Cavins, Tim Gray, and Sarah Christmyer, followed by a group discussion. No preparation or supplies are needed, though there is an accompanying workbook if you would like to go deeper, which can be purchased from Ascension Press.

If you are interested in attending, please contact Brendan at brendanmdaley@gmail.com.

DATE	LOCATION	TOPIC
1. Nov 4 2. Nov 11 3. Nov 18	1. Rectory 2nd Floor Common Room 2. Festival Hall 3. Festival Hall	1. Introduction, and Getting the Big Picture 2. Seeing and Hearing the Psalms 3. Learning to Pray with the Psalms
THANKSGIVING BREAK		
4. Dec 2 5. Dec 9 6. Dec 16	4. Festival Hall 5. Festival Hall 6. Festival Hall	4. The Responsorial Psalms 5. Royal and Messianic Psalms 6. Thirsting for God
CHRISTMAS BREAK		
7. Jan 6 8. Jan 13 9. Jan 20 10. Jan 27	7. Festival Hall 8. Festival Hall 9. Festival Hall 10. Festival Hall	7. Psalms of Pilgrimage and Ascents 8. Psalms of Suffering and Lament 9. The Penitential Psalms 10. Psalms of Praise and Thanksgiving