Always Pray ALL WAYS



What is prayer?
What *isn't* prayer?

Have you been curious about different ways to pray but you're not sure where to start?

This series *Always Pray All Ways* is designed to introduce different methods of praying in smaller experiences. Each month will feature a method of prayer from a variety of expressions with facilitators from the Emmaus House community and beyond. Come to one or come to all.

Visit our website to register and for more information.

$20 each session

SATURDAYS
ONCE A MONTH
9:00 AM - 12:00 PM

September 13	**What is Prayer?** April Young, Emmaus House Director
October 4 **10:00-1:00**	**Visio Divina - Praying with Art** April Young @ the Des Moines Art Center
November 15	**The Examen** April Young, Emmaus House Director
December 6	**Praying with Our Body & the Incarnation** Victoria Cloe, Spiritual Director
January 24	**Prayer vs Meditation** Fr. Dan Krettek, Frmr Emmaus House CoDirector
February 7	**Lectio Divina** Fr. Dan Krettek, Frmr Emmaus House CoDirector
March 7	**Ignatian Imaginative Prayer** April Young, Emmaus House Director
April 18	**EcoSpirituality** Susie Tierney, Franciscan Associate
May 2	**The Labyrinth @ Glendale Cemetery** April Young, Emmaus House Director
June 13	**Centering Prayer** Jim Egger & Kathleen Schiltz