

# "The Art & Practice of Daily Prayer"

Ways for us as people & families to deepen our love for God in this  
Year of Faith

**St Patrick's Cathedral Synod Hall, Armagh**

***Tues 1<sup>st</sup>, Wed 2<sup>nd</sup> & Thurs 3<sup>rd</sup> October 2013***



**10.15 am – 9.00 pm daily**

The Prayer and Spirituality Commission are happy to present a living, praying experience with Holy Icons and Prayer Beads as means to help all deepen their journey of Faith.

We all need to find the Living God, with the assistance of the lived and shared experience of past generations.

Countless families have learned to pray the daily Rosary, to make their morning offering in front of the image of the Sacred Heart., to say a prayer to their Guardian Angel. Families said grace before and after meals. Sadly many people have lost the habit of prayer.

This exhibition and experience has been planned to give us all a new energy around prayer in our daily and family lives. We hope families, school groups and individuals will come along to be part of this living, praying experience.

We pray you will enjoy looking and experiencing old and new ways to meet the Living God in prayer returning home with plans and ideas about how you can build upon this experience together, in school and personally.