

# Sample Pulpit Announcement

“Most of us were taught how to pray when we were children. Now that we are adults, we have most likely outgrown some of the ways we prayed as children. So just how do adults pray? Come and find out for yourself. We are offering an opportunity for spiritual renewal through **Meeting Christ in Prayer: An 8-Week Life-Enriching Experience**. Created by the Archdiocese of Boston and Loyola Press, **Meeting Christ in Prayer** is an engaging eight-week guided prayer experience designed for small groups. It is modeled on the Spiritual Exercises of St. Ignatius of Loyola, which is a tried-and-true method of spiritual renewal. By means of prayer, reflection, and faith sharing, **Meeting Christ in Prayer** introduces participants to various ways of praying, helps them form regular habits of prayer, and provides them with an opportunity to meet Christ anew and to experience support in the Christian life in a new way. It can also inspire a profound sense of mission that urges participants to a new level of discipleship. We would like to offer this opportunity here, starting \_\_\_\_\_ . Participants are asked to commit themselves to meeting in a small group once a week for eight weeks and to praying daily on their own, using the prayer and reflection exercises provided. If you are interested, please contact \_\_\_\_\_ or fill out the form provided [for example, in the back of the parish bulletin] and return it to \_\_\_\_\_. This is a wonderful opportunity for us to pray and grow together in our life in Christ.”