

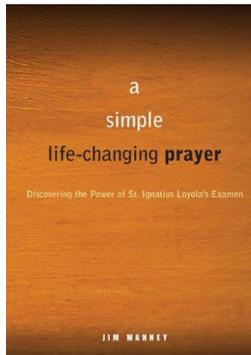
The Sunday Forum October 6 and 13

A Simple, Life-Changing Prayer: Discovering the Power of St. Ignatius Loyola's Examen

Join us as we explore The Examen, a prayer that focuses our attention on God's loving presence in our lives and in the lives of others. Noticing God's movement and presence fills us with a sense of gratitude and helps us to build that narrative of our journey with God!

We have purchased 20 copies of the book. They are \$10 each and can be found on the bookshelf under the bulletin board in the parish Hall. Fr. Andy was introduced to this book and The Examen as part of his DMin program. It comes with his highest recommendation. Pick up a copy and start reading it now. We will order more if we run out before the Forum begins in October!

From Amazon.com's web page:



For most people most of the time, prayer is hard. It is especially difficult—not to mention unsatisfying—when people experience it as formal, dry, and repetitious. But what might happen if you discovered a simple prayer that changed all that? What if you discovered a prayer that changed you?

In A Simple, Life-Changing Prayer, Jim Manney introduces Christians to a 500-year-old form of prayer that dramatically altered his perception of prayer and the way he prayed. The prayer is the examen, which St. Ignatius Loyola developed for the purpose of nurturing a reflective habit of mind that is constantly attuned to God's presence. What makes the prayer so powerful is its capacity to dispel any notion that God is somewhere "up there," detached from our day-to-day tasks and concerns. Instead, the examen leads us into a relationship with a God who desires to be personally caught up in the lives of those whom he created.

By following five simple yet powerful steps for praying the examen, we can encounter the God who, as Scripture tells us, "is not far from each one of us"—the God whose presence in our lives can make all the difference in the world.