

Growing deeper in faith together

Have you ever felt like your personal prayer life and what we do on Sunday are separate things entirely? Are there ways to make both your private prayer and Sunday services more meaningful, enriching, and impactful?

This fall **Fr Michael Bruce** will introduce you a wonderful devotional prayer book for use during Sunday services and throughout the rest of your life called the **Saint Augustines prayer book**.

This small black prayerbook is an Anglican prayer resource coming from the more high church side of our tradition, but don't let that scare you off. The rationale and practices in this book are a great opportunity to explore and, incorporate or leave behind depending on your own spiritual journey.

This time of teaching and study will be a safe and non judgemental place to be introduced to, and learn the rationale behind some of the more unique and uncommon practices within the Anglican church as well as exploring ways to participate in worship.

The class will start on Friday **October 22nd** and will **continue** on Fridays starting with a service of Compline at 6:30. Class begins at 7:00 and runs to 9.

Topics explored will include:

- Participating in the Eucharist.
- Develop strong habits of prayer
- Celebrations and fasts.
- Church seasons and rhythms of prayer.
- Reconciliation.
- Personal habits of prayer

This class requires the purchase of the St Augustine prayer book that can be purchased here:

<https://www.amazon.ca/Saint-Augustines-Prayer-BookDavid/dp/0880283785>

Or through other booksellers.