## St. John Vianney Adult Faith Formation Classes

We are excited to offer the following courses to help adults grow spiritually and in their knowledge of scripture and the Catholic faith. We are planning for in-person classes, and we will also offer the option to join by Zoom. All are welcome! Questions? Please call Judy Benevento at (563)343-0443-cell or email <u>Judybill64@aol.com</u>.

## The Sacraments

Mondays 6:30 p.m. beginning Sept. 13

The sacraments of the Church are true encounters with Christ. Through the seven sacraments of the Church, Jesus is present. The sacraments have endured for thousands of years and blessed countless lives as signs and channels of Christ's power and grace. Everything in the Church's life comes from and returns to them. In this video series Bishop Robert Barron looks at the sacraments of the Church in all their theological depth, spiritual effects, and pastoral promise.

## **Learning to Pray**

Tuesdays 9:30 a.m. beginning Sept. 14 or Wednesdays 9:30 a.m. beginning Sept. 15

God continually calls us to relationship, and we respond in prayer. Join us as we read and discuss Fr. James Martin's book *Learning to Pray: A Guide for Everyone*. *Learning to Pray* explains what prayer is, what to expect from praying, how to do it, and how it can transform us when we make it a regular practice in our lives. Fr. Martin lays out the different styles and traditions of prayer and invites us to experiment and discover which works best to feed our soul and build intimacy with our Creator. There is not one secret formula for praying, other than a willingness to open our heart. A portion of our time together will also be spent praying and reflecting on the Sunday readings.

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<ul><li>□ Sacraments</li><li>□ Learning to Pray</li><li>□ Learning to Pray</li></ul>	\$ 20.00 \$ 20.00 \$ 20.00	Monday Tuesday Wednesday	6:30 p.m. 9:30 a.m. 9:30 a.m.	Please make checks payable to St. John Vianney