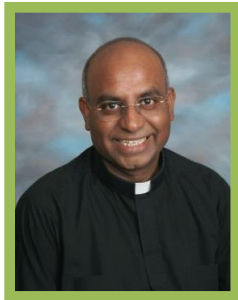




Learning the “Prayer of the Heart” Two Sessions with Father Loyola Amalraj

Prayer is a natural attraction for some and a strain for others.
Generally we associate prayer with words and thoughts.
But there is also a kind of prayer known as contemplative prayer,
or the “prayer of the heart.”
This prayer transcends words and thoughts.
It calms and transports us beyond a state of mind / body relaxation.
Come and learn how!



Our facilitator is Father Loyola Amalraj,
Pastor of St. Boniface Parish, Germantown.
Father holds a PhD in Counseling from
Marquette University. He is the author of
two books on Spirituality and Psychology.



The sessions take place in
St. Boniface Church,
W204 N11940 Goldendale Rd,
Germantown
www.stbonifacewi.org

**Thursday, February 22, 2018 from 7:00 to 8:30 pm—
Background to Prayer**

**Saturday, February 24, 2018 from 10:00 to 11:30 am—Prayer
Practices**

Attend either or both sessions free! Email cziołkowski@stbonifacewi.org to register.
Questions? Contact Claire Ziolkowski at cziołkowski@stbonifacewi.org or (262) 628-2040.