

# Do You

# Know How to Pray?

# Oremus



## Oremus: A Guide to Catholic Prayer

8 - part study

DVDs feature Fr. Mark Toups

### In Oremus you will:

- Become aware of God's presence in your life
- Discover the simple yet profound steps to Catholic prayer
- Learn how to respond to God and express yourself in prayer
- Discover how to hear God's voice in Scripture, your heart  
and in ordinary moments
- Grow in your relationship with God and those around you

### Where:

Christ the King  
3239 Garnet St  
Regina, SK

### When:

Sunday's  
7:00 p.m. – 9:00 p.m.  
April 28 – June 16

### Cost:

\$25.00 (includes Student  
Study guide)

### Registration/Questions:

Registration closes April 15  
Contact Kevin Harty  
(306) 537-7192  
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Fr. Mark Toups is a priest for the Diocese of Houma-Thibodaux, where he serves as Director of Seminarians. Fr. Toups works with the Institute for Priestly Formation, specializing in communications, development, and spiritual direction. Fr. Toups has served as pastor of two parishes and received his master of divinity degree from Notre Dame Seminary in New Orleans.