

Presented by the Office for Family Life & Spirituality



# CATHOLIC PRAYER PRACTICES & MENTAL WELLNESS

*Please join us for a five-part exploration series!*

The pandemic has brought us a lot of exploration of coping mechanisms, usually regarding emotional or physical wellness.

Yet, our pain is also deeply spiritual. Where has God been in the overlapping crises of our personal and familial lives? How have our practices of prayer and spirituality “fortified” us for the unique challenges that the pandemic has brought?

**May 6: Bodily Prayer**

**May 13: Centering Prayer**

**May 20: Praying with the Saints**

**May 27: Ignatian Spirituality**

**June 3: The Mass**

Thursdays at 7pm **zoom**



REGISTER AT

[HTTPS://TINYURL.COM/MENTALSPIRITUALWELLNESS](https://tinyurl.com/mentalspiritualwellness)  
CONTACT [JPRUST@SDCATHOLIC.ORG](mailto:jprust@sdcatholic.org) FOR INFORMATION