

Growing in Spirituality

A Class on Prayer by Fr. Sang

Fr. Sang is offering the Women's Ministry Members a session on PRAYER at 10:30 a.m. in the Cedarbrake Retreat Center was a wonderful class on prayer that taught us to go deeper in ourselves to hear God speaking to us as we pray. With his guidance, we turned to Scripture and learned reflect on what we read while journaling our thoughts. The class was followed by a lunch that was delicious.

Fr. Sang recommended and provided the ladies with the book, WRAP Yourself in Scripture—A Guide for Lectio Divina (3rd Edition) by Karen L Dwyer, PhD and Lawrence A Dwyer, JD.

