

# How Can I Pray?

**A great** way to pray is to look for **God's presence** in your life. More than 500 years ago, St. Ignatius of Loyola encouraged **prayer-filled mindfulness** by proposing what has been called the **Daily Examen**. The Examen is a method of prayerful reflection, pulling back the husks of the day's conversations and events to detect God's presence and **discern his direction**.



The Daily Examen changed everything for me. The prayer showed up in what looked like a children's book -- *Sleeping With Bread: Holding What Gives You Life* -- when I was on a private retreat at Well of Mercy in 2002. This little prayer allows us to break through the prayer barrier by dramatically altering how we pray and how we see life. You are invited to discover this life-altering prayer, moving your prayer life from shades of gray to living colors.

## **REGISTER NOW.**

- **WHAT:** Three weekly virtual sessions for three consecutive weeks facilitated by seasoned trainer Ann Starrette & practitioner Nancy Bellamy.
- **WHERE:** Virtual on Zoom
- **WHEN:** Thursdays, March 14, 21, 28, 2024, from 6:00 - 7:15 pm [optional in-person mini closing retreat at Starrette Farm on Saturday, April 6, from 1:00 -4:30 pm]

- **CLASS SIZE LIMITED**
- **COST:** \$60 for all three sessions (plus optional mini-retreat)  
Please check your calendar before registering.  
Training portions will be recorded and provided
- **TO REGISTER:** email [nancy@starrettfarmretreat.com](mailto:nancy@starrettfarmretreat.com)

**Holy One,** *the day is done. The night has come. This day will soon be over. Examine me. Take and receive my intentions, actions, and unconscious disordered operations, and order them purely for your service, delight, and praise. Amen*  
May it be so.

[An Ignatian prayer adapted by Ann Starrette]