



PRAYER & LIFE WORKSHOPS

Prayer & Life Workshops is a service to the Church led by prayer guides and devised by Fr Ignacio Larranaga, a Spanish Capuchin priest. It has reached all five continents and is coming to Shrewsbury Cathedral on January 13th, 2024

Through Prayer & Life Workshops, you will:

Learn and practice a variety of ways of praying

Become more familiar with the Word of God as a source of a living dialogue with the Lord

Be challenged to live like Christ, seeking to do as the Lord would do in your place

Become more fully the living presence of Christ

We invite you to a taster session on January 13th 2024 at Shrewsbury Cathedral parish room



PRAYER AND LIFE WORKSHOPS

A New Evangelization



HOW CAN I TAKE PART?

Our 'Taster Session' is taking place at the Shrewsbury Cathedral Parish Room, 12 Belmont Shrewsbury SY1 1UE on

Saturday 13th January 2024 at 2.00 pm

(parking is limited in the Cathedral Car Park but St Julian Friars, Car Park, SY1 1XL is close by).

The workshops then take place over the course of 15 weeks at the same venue from:

Saturday 20th January 2024: 2.00pm to 4.00pm.

The last session is a full-day retreat.

“WE CANNOT UNDERSTAND GOD. BUT WE
CAN EMBRACE HIM.
AND IF WE EMBRACE HIM IN PRAYER,
THEN WE UNDERSTAND HIM BETTER”
FR IGNACIO LARRANAGA