



ARISE Info Paper 2 - **PRAYER**

The first season of ARISE starts in October and the theme of the first season is “Encountering Christ Today.” In ARISE Info Paper 1, we introduced you to the concept of small groups and the importance of community.

Today’s topic is prayer as it relates to ARISE. The first season includes consecutive sessions based on the gospels of Matthew, Mark, Luke and John then ends with Paul’s conversion on the road to Damascus.

Prayer is one of the very best ways to get closer to God. As Saint Padre Pio said “Prayer is the best weapon to possess. It is the key that opens the heart of God. Prayer can and should take different forms. During our ARISE meetings, various members of the group may be invited to lead the moments of prayer. Silence is also an important part of any prayer. And most sessions will begin with a reminder to spend a few moments in quiet, becoming more aware of the holy spirit’s presence. Our lives are often so busy, that we need to consciously take time to open our minds to what God is trying to say.

We here at Saint Clement know that music is also a form of prayer. Each session of ARISE will include an opening and closing song. It is said that he who sings, prays twice. In fact, our wonderful talented choir has agreed to record the music we will use in the sessions and have identified songs that highlight the theme of each week’s meeting. What a wonderful gift!

As a reminder, later this month and early next month, we will have Sign-up Sundays for you to register for one of the small groups that will begin to meet in October. We will have a variety of days and times available to choose from, so we can accommodate as many schedules as possible.

We will also have a prayer commitment opportunity the last Sunday of September during which we will ask all in the Parish to support the renewal effort by committing to pray for the success of ARISE in our lives.

We look forward to raising our voices with yours during ARISE Together in Christ.