



## Pulpit Pitch

Good (morning/afternoon/evening) ! My name is (your name) and I'm excited to invite you to join us on a Lenten journey into prayer. The Church gives us three pillars of Lent—prayer, fasting, and almsgiving—and this Lent we're focusing on the first one: prayer.

Bishop Andrew Cozzens has designed a practical course on prayer and is offering it to the Church for the first time this Lent in a program called *The Heart of Prayer*. This collaboration between the Augustine Institute and the National Eucharistic Congress invites viewers into an intimate, serene retreat setting, with Bishop Cozzens as a wise retreat master. The lessons of these eight sessions reveal the beauty and power of prayer, while also offering guidance that is practical and down-to-earth. It promises to be a rewarding experience this Lent that will transform hearts and prepare us for the joy of Easter.

So, I'd like to invite you to join us in this prayer study in one of two ways. The first is to come to our small-group study, where we can learn about prayer in community, discuss the topics as a group, and enjoy fellowship together. We'll be meeting (time, location, room, etc.) . For more information, please come see me after Mass at (the back of church or other location) . Alternatively, please contact (contact name) .

The second way to participate in this wonderful opportunity is to follow the prayer study at home. Simply sign on to Formed.org and look for *The Heart of Prayer*. There's even a digital guide to accompany you through the program and to enrich your prayer life. This way, if you can't join our small group, you can still walk alongside us on your own time so that as a parish we can grow in prayer and in our friendship with the Lord together.

Thank you, and I wish everyone a blessed Lent!