

# Developing your life of prayer

"We do not want to be beginners. But let us be convinced of the fact that we will never be anything else but beginners, all our life!"  
– Thomas Merton

- ✚ A one-day workshop to explore and practice different forms of prayer.
- ✚ There is no one way to pray and this workshop is designed to give you a range of practices and understandings. Prayerfulness is really a way to integrate all of life.
- ✚ We will explore together how to deepen relationship with God.
- ✚ No need to bring anything but yourselves and a spirit of openness and curiosity.

**Saturday, March 18**

**10:00am – 3:00pm**

Lunch will be provided

**Registration cost: \$10**

*To register email:*

*administrator@holytrinityvancouver.org*  
(604-731-3221)



Reverend Jessica Schaap

is the Missioner for Christian Formation in the Diocese of New Westminster. She works to equip and encourage parishes of all sizes and people of all ages to grow in Christian understanding and faith.

Witnessing people have new hope and know a closer relationship with God is an incredible joy.

She has been an Anglican priest for 14 years, and prior to becoming a Missioner she was an assistant priest and rector in downtown Vancouver.

Outside of work, she loves to birdwatch, cook, garden, read poetry, and go for walks.

**PARISH OF HOLY TRINITY**  
**1440 WEST 12 AVENUE, VANCOUVER**