



PRAYER AND LIFE WORKSHOPS

A New Evangelization

Basic Information About Prayer and Life Workshops

Local Coordination Canada

Website tovpil.ca/ontario

Email ontario@tovpil.ca

Facebook facebook.com/plwontario

What is a Prayer and Life Workshop?

A Prayer and Life Workshop (PLW) is a series of sessions where a participant learns to pray with different methods of deep prayer, step by step. At the same time, participants learn to transform their lives with the help of the Word. The sessions of a Workshop are 15 weekly sessions at the parish or meeting place, of about 2 hours each. The Workshop ends with a one-day retreat after the 15th session.

What is the cost of the Workshop?

The Workshop is free except for the material used. The participant has to cover the cost of the material, unless the parish has agreed to cover it: about \$15 total per person.

What do I need to bring to the Workshop?

Nothing to the first session (the opening session). After the first session, the participant needs to bring a Bible, a notebook, and a pen or pencil.

When do the Workshop start and at what time are the sessions?

Every Workshop has its own starting date and time. Ask the parish contact person.

Are the Workshops approved by the Catholic Church?

Yes. The Workshops are approved by the Holy See. They are taught in many countries around the world. They were founded by Father Ignacio Larrañaga, OFM Cap.

I want to know more, is there someone I can talk to?

There is a lot of information in our website, if you still want to contact us, please ask the parish contact person for the phone number of the Guide teaching the workshop. We will be happy to talk to you about the Workshop and clear any questions you may have. You can also contact us by email!