



# FAMILY HOLY HOUR & LECTIO DIVINA

Join the National Shrine of Our Lady of Good Help on Sundays for its new Family Holy Hour with Lectio Divina guided by the Fathers of Mercy! Grow in devotion to the Eucharist while strengthening your and your family's interior life through Scripture.

## SUNDAYS AFTER 11 AM MASS

**Starting Sunday, November 6**

*\* Please note that this will take the place of Champion Shrine's Outdoor Eucharistic Rosary Procession in the winter months from November-April*



### WHAT IS LECTIO DIVINA?

Lectio Divina is Latin for "Divine Reading" and is a method of praying with Sacred Scripture. This meditation with God's word follows four steps: lectio (reading), meditatio (mediation), contemplatio (contemplation), and oratio (prayer).