



The Essential Guide to Catholic Prayer and the Mass

Mary DeTurris Poust

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The Vatican-approved guide to opening up new connections to God.

Today, more and more Catholics are looking to explore their spirituality in new ways: by trying meditation or contemplation, seeking to adapt monastic traditions to modern life, or seeking a deeper connection to Jesus through the Eucharist, giving rise to the growing popularity of Adoration. *The Essential Guide to Catholic Prayer and the Mass* offers Catholics a way to explore prayer styles they may have never before considered, and non-Catholics or fringe Catholics a look into a world that can sometimes seem mysterious or intimidating. Through Mass, scripture, ancient rituals, the examples of the saints, the lives of holy men and women in the world today, and more, Catholics of every mindset can find a style of prayer to suit them.

? One of the first books with a detailed explanation and instructions on how to follow the new translation of Mass as prepared by the Catholic Church

? Written with the Vatican's stamp of approval

? Perfect for cradle, convert, and revert Catholics, as well as people from other faiths, students, and teachers

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