

Sunrise with Jesus

Begins on August 6

August, September, October
Every Wednesday at 7:30am
followed by Mass at 8:00am/
Church of the Ascension
12033 Miller Ave, Saratoga.

Dedicate 30 minutes a week
to learn more about **Prayer**
in the **Scriptures**,
in the **Spiritual** tradition, and
in the lives of the **Saints**.



In our hearts, there is a yearning to connect with God, as demonstrated by the disciples of Jesus, who asked, "**Lord, teach us how to pray.**"

Learn to find rest in the Lord who said, "**Come to me, all you who labor and are burdened, and I will give you rest.**"