

WHAT WE'LL COVER



André Regnier

André Regnier is the co-founder of Catholic Christian Outreach (CCO), a movement dedicated to helping people grow in their faith and share it with others. For over 35 years, he has worked with parishes, dioceses, and university students, equipping them to become missionary disciples through speaking, coaching, and writing. André and his wife, Angèle, were honored with the *Pro Ecclesia et Pontifice* Medal for their service to the Church and continue to inspire others to live and share the Gospel with joy.

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 Saturday 10th May

 10:00am – 5:00pm
Tea, coffee and drinks provided, please bring a packed lunch.

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White City, Commonwealth Ave. London W12 7QR

This course is designed for anyone looking to deepen their personal prayer life, whether you're new to prayer or experienced but seeking new insights

A Simple Framework: You will be introduced to a step-by-step approach to establish a prayer routine that fits your life—no matter how busy you may feel.

Practical Strategies: Learn effective techniques to quiet your mind, overcome distractions, and truly listen to God's voice, turning silence into sacred moments.

Daily Inspiration: Be motivated and encouraged to maintain consistency in your prayer practice.



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