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## ***New podcast series explores the power of prayer***

In a year that has been dedicated to prayer by Pope Francis, Majellan Media has launched a new podcast series titled *Prayer is Life* featuring Redemptorist priest Father David Hore CSsR.

Fr Hore believes whether you're a person of faith, or simply someone at a 'crossroads in life', the podcasts can offer a deep reflection on how prayer can lead us to more "responsive and fulfilling lives, embodying the notion that prayer is life".

Topics will include new ways of praying; simplifying prayer; how God presents to us in our daily lives; the challenges of praying; God's need for our love; how do we know if we are praying properly and tips on how families can be more fully engaged in prayer.

Fr Hore says praying is simply a conversation with God. "Praying can take place anywhere and at any time. A prayer can last a few seconds while walking along a street, sitting in a park, gazing at a waterfall or soaking in a beautiful sunset. But prayer is also about listening and importantly how we listen and interact with God?"

Fr Hore says that a person's life and prayer can't be separated. "Prayer becomes the 'workshop of life'. In this sense work and prayer are intertwined. It's also about a deeper journey of discovery and not just saying a prayer but having a greater appreciation and understanding of our relationships with God, with ourselves, with others, and with the world around us."

Majellan Media CEO Tony Biviano hopes *Prayer is Life* will also interest people of no faith. "Unfortunately, the number of people who believe in God is falling, especially amongst the young but the aim of this series is to engage more people and families in prayer.

"Fr David shares his personal journey and insights, and draws upon the wisdom of the Redemptorists' founder, St Alphonsus Liguori. Majellan Media began developing the idea of the series before Pope Francis announced a 'Year of Prayer' in 2024. It is a wonderful coincidence."

Pope Francis says a 'Year of Prayer' will lead the Catholic Church into its Jubilee Year in 2025, calling on the faithful to pray for Christian unity and world peace.

The first 15-minute podcast titled, Introduction to Prayer, is now available at <https://majellan.media/prayer-is-life-podcast/> or on Spotify <https://open.spotify.com/show/5vRkRYt6h8wIBGelpg7SNt> as well as Apple and other podcast outlets.

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### ***David Hore CSsR bio***

David Hore CSsR is an Australian Redemptorist Missionary priest who was ordained in 2004.

Following his ordination, he was involved in faith formation and preaching over four years in the Dioceses of Geraldton, Port Pirie, Townsville and Cairns.

In 2011, he was sent on mission to Sri Lanka, where he ministered in the large Redemptorist parish of St Theresa's in Colombo. He also preached retreats to clergy and Religious and conducted faith education programs for people. While at St Theresa's he also worked as a confessor and counsellor.

Fr Hore returned to Australia in mid-2023.