



# ***LENTEN RETREAT 2020***

## ***Spiritual Exercises in Daily Life***

Are you a busy person who has a desire to deepen your relationship with God? This Lenten Retreat is designed with you in mind! This “home retreat,” based on the Spiritual Exercises of St. Ignatius of Loyola, starts on Ash Wednesday and finishes during the first week of Easter (Thursday, February 27 – April 16).

The Spiritual Exercises Lenten Retreat will help you:

- to learn the Ignatian method of prayer and discernment
- to deepen your relationship with God: “He And I”
- to have a greater awareness of the self
- to increase self-acceptance, self-love and compassion for others
- to identify your unique gifts, so that you can share them with the world

The retreat involves:

- pray daily for 30 minutes in at your own place
- weekly meeting with a spiritual director (by appointment only)
- weekly faith-sharing on Thursday evenings at Loyola House

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This Lenten Retreat will be offered in **English** and **Vietnamese** by trained Spiritual Exercises directors and Fr. Francis Nguyen, S.J., a Jesuit priest from Most Holy Trinity Parish.

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Location: Loyola House, Most Holy Trinity Church, 2041 Nassau Dr., San Jose, CA 95122

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**Applications are now being accepted, with a *deadline of February 15, 2020.***

A contribution is encouraged by making a donation according to your ability.

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If you feel drawn to make Spiritual Exercises in the comfort of your home, please send an email to: **spiritualministry@mht-church.org** or call **408-729-0101**

Margarita Hua, M.A. Ministry Director