



## Ignatian Spirituality Workshop

**Tuesday, January 25, 2022**  
**Via ZOOM 7:00 pm to 9:00 pm**

### *The Spiritual Exercises of St. Ignatius of Loyola and the 10 Commandments.*

**Facilitator: Fr. Andrew B. García S.J.**

More than just a guide to life, the Decalogue (the 10 Commandments) are a concrete sign of God's covenant with His people. The 10 Commandments also play a key role in the Spiritual Exercises of St. Ignatius – from the examination of conscience to one of the methods of praying.

Join us in our series of deepening our relationship with God and living a meaningful life through a better understanding of the 10 commandments, especially with the help of the Spiritual Exercises. Please bring your Bible and the book of the Spiritual Exercises of St. Ignatius.

**ZOOM ID Please Sign Up Click**  
**<https://tinyurl.com/y4seyrm8>**

**Hosted by Most Holy Trinity, a Jesuit Parish**  
**Ignatian Spirituality Center**  
**2040 Nassau Drive, San Jose, CA 95122**