



Lenten Series
Ignatian Spirituality Workshop
Discernment of Spirits

March 01

April 06

May 03

ZOOM 7 pm to 9 pm (Pacific Time)

Facilitator: Fr. Andrew B. Garcia S.J.

Come and join the Ignatian Lenten Workshop to meditate upon how Jesus embraced the Father's Will and rejected the devil. Learn to make the proper decisions in your life by recognizing the various spirits that move your heart- to accept the good spirits and reject the bad spirits. We will be guided by Sacred Scripture and the Discernment of Spirits according to ST. Ignatius in his Spiritual Exercises. Please have your Bible and a notebook in hand, as well as the Spiritual Exercises of St. Ignatius of Loyola.

ZOOM ID Please Sign Up [Click](#)

<https://tinyurl.com/y4seyrm8>

Most Holy Trinity (A Jesuit Parish)
Ignatian Spirituality Center
2040 Nassau Drive, San Jose, CA 95122

online donation to support the ministry, [Link](#):
<https://mht-church.churchgiving.com/ws/opportunities/IgnatianSpirituality>