



**Most Holy Trinity
Ignatian Spirituality Center**

**Tuesday, October 26, 2021
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. This first session will be a general introduction to the 10 Commandments.

* Please bring your Bible and the book of the Spiritual Exercises of St. Ignatius.

**ZOOM ID Please Sign Up [Click](https://tinyurl.com/y4seyrm8)
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**Hosted by MHT Ignatian Spirituality Center
2040 Nassau Drive, San Jose, CA 95122**