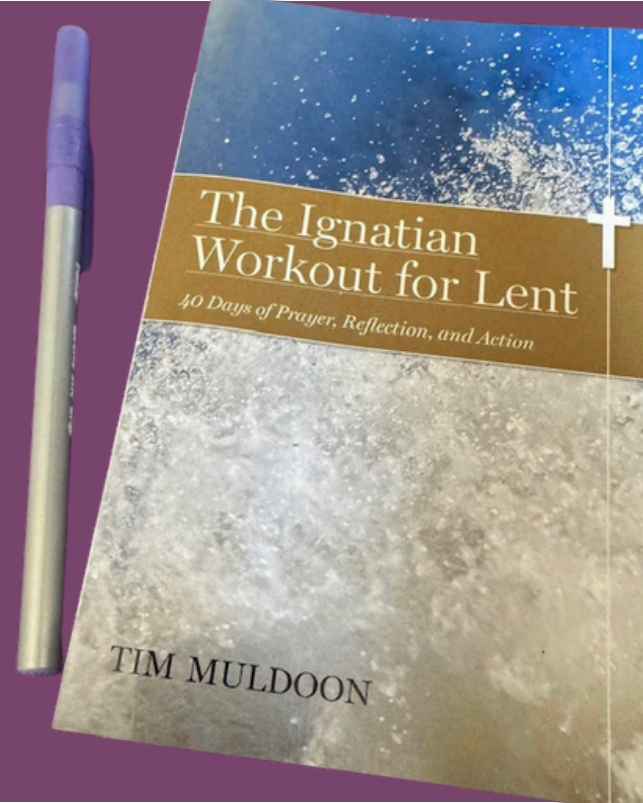


Join Deacon Angela
3pm - 4:30pm on
Wednesdays during
Lent as we work
through
*The Ignatian Workout
for Lent*



**First class is Wed. 2/18,
final class is Wed. 4/1**

You are invited to join Deacon Angela on Wednesdays in Lent to work through *The Ignatian Workout for Lent*.

We will work through 40 spiritual exercises to help us realign our will with the Father's and to take on the heart and mind of Christ.

The study is based on the work of Ignatius of Loyola, where he sought to remove the detours and distractions that keep us from intimately knowing God's love.

Book: *The Ignatian Workout for Lent* by Tim Muldoon is available on Amazon for \$5.99.

Deacon Angela has a few copies available.

Email her to reserve one.

AngelaLopez@ChurchoftheMessiah.com