St Mel

WEDNESDAYS IN ADVENT SERIES

An Introduction to Ignatian Spiritual Exercises

The Spiritual Exercises are a compilation of meditations, prayers, and contemplative practices developed by St. Ignatius Loyola to help people deepen their relationship with God.

Wednesdays during Advent

December 2nd, 9th, 16th and 23rd

at **7:00 p.m.** in the church.

Presented by

Mark Jacoby,

Certified St. Ignatius Spiritual Director



Mark Jacoby is a native Californian, a graduate of Notre Dame High School and Loyola Marymount University, with an MBA from Pepperdine.

After completing the 32-week Ignatian Spiritual Exercise program with Fr. Dave Ayotte at St. Monica Parish, he became a certified Spiritual Director. He considers his most fulfilling accomplishment the completion of the certification as a Spiritual Director of the St. Ignatius spiritual exercises through St. Monica's GTE program.

St. Mel Catholic Church | 20870 Ventura Blvd. | Woodland Hills, CA | www.stmelparish.org