



Do you want to develop your relationship with God through prayer and service?

Have you heard about *Ignatian Companions*?

We meet monthly to grow spiritually through the Spiritual Exercises of St. Ignatius. This prayerful experience leads us to answer God's call to accompany those in marginalized communities.

Spiritual Component

Service Component



Pray daily using our *Guide for the Journey*, an adaptation of the Spiritual Exercises of St. Ignatius of Loyola.



Provide direct service to the marginalized through an agency or accompany an individual in need.

Gather monthly with other Companions to discuss the intersection of service and spirituality.

Meet monthly with a Spiritual Director.

If you are currently volunteering at a service organization or serving those in need, that works too.



Ignatian Companions is a sponsored work of the Jesuits West Province with groups meeting in both Santa Clara County and in Berkeley.

For more information, visit www.ignatiancompanions.org or use this QR code.

You may also contact Marco Matute at Marco@IgnatianCompanions.org or

Call Cathy Parent at 408-245-2939

