

# Spirituality on Tap

SEYA Program (Spiritual Enrichment for Young Adults Ages 21-35)

## Expanding the Heart Through Gratitude:

A Mini Art Retreat

Sunday, November 22, 2009 from 12:30-4:00 p.m.  
At St. Joseph Parish Center, 732 18th Ave E, 98112

*If the only prayer you ever say in your entire life is thank you, it will be enough.*  
-Meister Eckhart

Autumn is the season of harvest,  
the time when we gather together  
to celebrate Thanksgiving.

Take some time to slow down,  
pause, and linger over the gifts of  
your life. Gather with other  
young adults for an afternoon  
dedicated to the practice of  
gratitude.

Through prayer, simple art-making, poetry, and  
presence to the world around us we will savor the  
fullness of our lives in expressing gratitude.

Facilitator: Christine Paintner, PhD  
Suggested Donation: \$10-\$20  
Please RSVP by Nov. 19<sup>th</sup>  
No art experience necessary

Hosted by the Ignatian Spirituality Center  
For more info: Email [deb@ignatiancenter.org](mailto:deb@ignatiancenter.org) or visit [www.ignatiancenter.org](http://www.ignatiancenter.org)