

Spirituality on Tap

SEYA Program (Spiritual Enrichment for Young Adults)
of the Ignatian Spirituality Center

You are invited to gather for an Advent evening of contemplation in this beautiful season of longing and awaiting. Together, using the story of the Visitation, we will explore and notice the ways the Spirit is stirring within us.

“Advent’s Visits & Stirrings”

December 3rd, 7-9p.m.

Our evening will include time for guided meditation, quiet reflection and conversation to help us become more aware of the events and people in our lives that “stir the fruits” within us and invite us into our own fullness and a sense of holy anticipation.

For young adults aged 21-35ish
Facilitator: Marilyn Nash,
SU Campus Minister for Ignatian Spirituality

Location: **Mosaic Coffeehouse**
4401 2nd Ave NE , 98105 (Wallingford)
Located in lower level of the Discover House building

As a local, nonprofit coffee house, Mosaic exists to allow neighbors an opportunity to come together while encouraging the building of healthy community . At Mosaic, they believe each guest is worth more than a labeled price, so they serve food and beverages at no fixed price. This means you decide what it’s worth.

For more information email deb@ignatiancenter.org or visit www.ignatiancenter.org