

Spirituality on Tap

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

“The Examen as a Living Practice”

October 15th, 7-9 p.m.

Piccora's NY Pizza

1401 E Madison St,
Seattle, 98122

Facilitator: Joseph Carver, S.J.
For young adults aged 21-35

Please RSVP for Pizza

What do you do when a song gets stuck in your head?

Never happens to me.

*“Ain't nothin' gonna break my stride,
Ain't nothin' gonna slow me down, hmn hmn. . .”*

Ever feel like you are playing the same tracks in your head over and over and over again? Come join Joseph Carver, S.J. in exploring the Ignatian Examen. If you feel like *“you got to keep on movin”* then break stride and join us...



The “Examen of Consciousness” comes to us from the Ignatian tradition in the Roman Catholic Church. It liberated contemplative prayer from the walls of the monastery and encouraged women and men everywhere to seek God in the details of their daily lives and *find God in all things*.

FOR MORE INFO EMAIL DEB@IGNATIANCENTER.ORG. OR VISIT WWW.IGNATIANCENTER.ORG