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spirituality  
center



presents

# Spirituality on Tap

SEYA Program (Spiritual Enrichment for Young Adults)

## Taking Sabbath in Our Daily Lives

Facilitated by Tim Malone, M.Div  
Sunday, April 10th 6-8pm

Do you want to be released from  
the busyness/craziness of your life?

What if you could release yourself  
from all your burdens once a week  
and savor the best moments, with  
God by your side?



**שמיטה** or “shmita” in Hebrew  
which literally means “release”

Through prayer, reflection and sharing, join other young adults for an evening of exploring our Jewish roots in the Sabbath and savoring and finding ways of resting in God in our everyday lives.

For Young Adults aged 21-35

Facilitator: Tim Malone, M.Div

Location: University of Puget Sound Chapel

N. 18th and Warner St. Tacoma

Hosted by University of Puget Sound and the Ignatian Spirituality Center  
For more info, email [hilda@ignatiancenter.org](mailto:hilda@ignatiancenter.org) or visit [www.ignatiancenter.org](http://www.ignatiancenter.org)