

Seeing, Believing & Being



This intentionally inclusive, multi-faith, multi-cultural group is intended to help everyone deepen their connection to their sense of the Holy in their life regardless of their beliefs. We will adapt an ancient meditative practice of *Visio Divina* to meet our modern needs as we seek to spiritually engage the Divine in our life through poetry, and artwork.



GUIDED INTERFAITH SPIRITUAL MEDITATION

Mon, July 17 & 31

2 - 3 pm

Seymour Center

This is FREE and all are welcome!

Just come and enjoy!

There will be time set aside afterwards for individual conversation as well that is open to all regardless of participation in the program

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