



nurture your **SPiRiT**

OPPORTUNITIES TO STRETCH, DEEPEN, & CREATE AWARENESS

TAIZÉ PRAYER

Tuesdays at 5:00pm (all are welcome)

@ The K-House, 720 NE Thatuna.

- Drawing from ancient Christian contemplative practice & developed by a unique monastic community.
- Reflection, silence and music sung in many languages

Followed by a Meal and an open Discussion on Spirituality and Religion (for students)

"I found a silence within myself I didn't know existed" --WSU student

STRESS RELIEF / SPIRITUAL PRACTICE WORKSHOPS

for faculty & staff. Monthly, Fridays at noon @ The K-House.

1/22, 2/19, 3/12, & 4/16 2010

"The workshop was 'right on' ... I walked into my next difficult meeting anxiety-free!" --WSU faculty/administrator

MOSAIC

First Sunday of each month at 6:00 p.m. (potluck at 5:00 p.m.) @525 NE Campus St.

Original, inclusive songs/chants written by Paul Ely Smith, silence, and readings/poetry from many faith traditions--all in a beautiful, candlelit space.

"The voices and music are simply beautiful, and truly center a busy person like me." --WSU staff/community member

YOGA

Call 332-2611 for class schedules.

Offered at the K-House & Community Congregational UCC, 525 NE Campus St.

MEDITATION

Thursdays at noon @525 NE Campus St.

A time for sitting meditation in a relaxed, informal setting.

No experience necessary.

Stress relief and spiritual renewal are important for all of us. During the winter and spring of 2010, take advantage of these opportunities for faculty, staff, students and community members to relax and center.

The Common Ministry at WSU is dedicated to the spiritual growth of persons from a diversity of faith and spiritual backgrounds.

Common Ministry Registered Student Organization

Koinonia House
Common Ministry
AT WASHINGTON STATE UNIVERSITY