

Advent Retreat



Hosted by:

The Brady
Faith Center
and friends

Sunday, Dec. 17th

9:30am-1:30pm

@Spa 500

500 W. Onondaga St.,
Syracuse, NY 13204

Let's come together to spend a morning focusing on story, faith-sharing, mindfulness, and Advent in this one-of-a-kind retreat.

All individuals and families are invited.

We want to give you the opportunity to come together in the spirit of kinship as we prepare for the coming of our Saviour.

Carrying Your Light

Register 3 ways:

1. Visit at www.bradyfaithcenter.org
2. Call/Message Andrea at 315.256.8521
3. Sign up at Brady Faith Center

Free Parking is available in the back parking lot of Spa 500. The building is accessible to all.

Schedule:

Arrival/Refreshments – 9:30-9:50am
Welcome – 10:00
Sharing/ Stories/ Reflection – 10:00
Mindfulness/Meditation/Light Yoga – 11:00
(Children's Advent Lesson included)
Closing Activity and Prayer – 11:50
Mass – 12:10pm
Lunch – 1:00-1:30pm



Suggested Donation of \$25 per person, \$75 max per family, or donate what you feel led to.

Thank you to Ed Griffin-Nolan for the use of Spa 500