

GRADUATE STUDENTS

DEAR STUDENT,

Welcome!

Take a load off and come visit us in Spiritual Life in the lower level of Ida Noyes Hall. We always have tea and coffee available as you study or connect with friends.

Just come and be!

LOVE, SPIRITUAL LIFE

RESOURCES & SUPPORT

The Spiritual Life space is a place to reflect or connect with friends. Drop by to chat, make a hot drink in the kitchen or warm up your lunch. A place where you can just be.

- Connect with communities to find a spiritual home or learn about a new one.
- Borrow sacred texts of many traditions and multi-/inter-faith resources from our spirit library.
- Connect with a religious/spiritual advisor from 20+ traditions or Spiritual Life staff.
- Check out our website's interactive map of religious, spiritual, and interfaith spaces across campus, Hyde Park, and Chicago.
- Receive card access to the meditation and prayer rooms on campus.
- Book the Spiritual Life space for your religious/spiritual gathering.
- Participate in a wider range of programs, information available on our website.
- Sign up for our newsletter online.

SPIRITUAL DEVELOPMENT

Questions & Queries | Wholeness
Resilience | Meaning Making

- Tell us about your own **spiritual journey!** Engage in and develop a plan for meaning-making with a Spiritual Life team member by reflecting on values, vocation, spirituality and life.
- Information and resources available for spiritual practices (space and communities).
- **Spiritual Life Collective:** Defining personal values through interfaith engagement.
- **SOUPport:** Difficult conversations over a warm bowl of soup
 - Jan 2020 How do I tell my parents...
 - Feb 2020 The pressure to succeed
 - Mar 2020 Multiple Religious Belonging

SPIRITUAL LIFE COLLECTIVE

Personal Values | Dialogue Facilitation
Interfaith Conversation | Reflection

- Join a small group of diverse students interested in interfaith dialogue and collaboration.
- A year long program to reflect on your personal values and cultivate skills of interfaith engagement.
- Spiritual Life Collective meets weekly starting the 4th week of autumn quarter. Meeting time will be determined amongst the group.
- Interested in joining the Spiritual Life Collective, send us an email.

GLOBAL CITIZENSHIP & COMMUNITY DEVELOPMENT

Religious Literacy | Spiritual Diversity
Interfaith Leadership & Engagement

- **Spiritual Life Council:** a group of religious and spiritual group student leaders that serve as an advisory board to Spiritual Life and committed to interfaith engagement. To join, email us!
- **Connect** with student **religious/spiritual faith communities.** If you would like to establish a faith community on campus, talk to us.
- **Breathing Room:** take a break, breath, and gather with other students over some light refreshments, conversations, and community building.
- **Spirit Week:** A series of events in the spring quarter that provide opportunities to learn about traditions and to build community among traditions.

