

faith-tastic february

in association
with..



WORLD INTERFAITH HARMONY WEEK +
The Official UN Observance in the 1st Week of February



ReNew Spirituality and Global Leadership Retreat, 1/31 - 2/2

A weekend retreat at Grotonwood Conference Center with opportunities for inward reflection, discussions and dialogues, interfaith learning, and community building.

Yoga for Mental Wellness, Mondays

Join 1-hour Yoga and Meditation sessions to help reduce symptoms of stress, anxiety, depression, insomnia, etc. Offered by a Licensed Mental Health Counselor from University Health and Counseling Services (UHCS) and held at the Sacred Space, 200 Ell Hall on Mondays, 9:30-10:30 AM (Jan 27 through April 20)

Guided Meditations, Weekdays

30-minute calming and centering spaces, guided by CSDS Meditation Fellows (Mellows). Monday-Friday, 12-12:30 PM, Sacred Space, 200 Ell Hall

Guided Yoga, Weekdays

1-hour Yoga sessions led by CSDS Yoga Affiliates.
Monday - Friday, 4-5 PM. Sacred Space, 200 Ell Hall

Kouk Sun Do, Sundays and Tuesdays

Explore a Korean practice, similar to yoga, with breathing meditation and Taoist energy circulation. No registration required, no experience necessary. Dress as you would for yoga. Instructor: CSDS Affiliate Marc Meyer.
Tuesdays, 5:30-6:30, Sundays, 11:00-12:00, Jan 21 through March 17, excluding February 11

Conscious Connections, Fridays

An opportunity for faculty and staff to come together and share faith experiences, receive support and encouragement, learn about other faiths, and learn how to integrate our faith into our lives as employees and practitioners.

Interfaith NU Dinner Dialogue, 2/5 and 2/19, 6 PM

An interfaith program for leaders and other members of our 43 religious/spiritual/humanist student groups on campus gather for dialogue across differences, over dinner. 6-7 PM, Sacred Space, 200 Ell Hall. All are welcome!

Valentines for Refugees, 2/11, 6 PM

Brought to you by NU REACT (Refugee Education and Campus Taskforce), this service event helps build awareness about refugee issues by creating cards of love, compassion, and support for the refugee communities. 6-7 PM, Sacred Space, 200 Ell Hall

Meditation and Discourse led by Khenpo Lama Migmar Tseten, 2/12

His Holiness Khenpo Lama Migmar Tseten, who founded the Sakya Institute for Buddhist Studies in Cambridge, will lead a guided meditation 12 PM in the Sacred Space, followed by a discourse about the stages of stages of meditation, explaining principles of meditation in a practice-oriented format.

Spirituality and the Arts Night, 2/12, 6 PM

Participants will experience the positive connections between spirituality and art, and learn how creativity can help build community, dialogue, and wellness. Come de-stress and enjoy! 6-7 PM, Sacred Space, 200 Hall.

Spiritual Advisors Meetings, 2/13, 1 PM

25 Spiritual Advisors come together to learn spiritual practices from each other's religious/spiritual/humanist traditions, to share best practices, and to provide support for challenges faced in their work with students.

Morville House Dinner Volunteer Service, 2/13

Join Open Table: Lutheran Episcopal Campus Ministry, and interfaith partners for an inspiring experience of service with low-income senior citizens from diverse global backgrounds. Serve dinner & create Valentine's decorations. 5:45-7:30 at Morville House. 100 Norway St

Gurudwara Visit, 2/16

Join the student leaders of Northeastern Sikh Student Association for a visit to the Sikh place of worship. Explore the culture and traditions, and have a delicious Breakfast and Lunch in the Sikh Community Kitchen (Langar). Please carry your Charlie Cards. Meet at 11:30 am at Northeastern T stop (Green Line). Contact Jagatpreet for details: 857-269-7923.

Selma and Beyond, Bus trip to the South and back, 2/28 - 3/3

Organized by Cooperative Metropolitan Ministries along with other co-sponsors including NU CSDS, this alternative spring break trip is a travelling seminar and pilgrimage to three of the sites that played central roles in the Civil Rights Movement - Montgomery, Selma, and Birmingham, Alabama. Send an email to csds@northeastern.edu to apply. Due date: 2/5/2020.

A New Global Journal of Spirituality and the Arts, Submit Online

Calling writers and artists from all spiritual backgrounds and worldviews: submit poetry, prose, or visual art to csds@northeastern.edu by April 1, 2020, with subject line: Journal Submission.

Learn about your neighbors' faiths and practices. Visit other groups and explore Northeastern's unique spiritual landscape. Visit our website for the weekly schedule and special events.

If you have questions about the programs, or about the Center, please email csds@northeastern.edu.



@NortheasternSpiritualLife
northeastern.edu/spirituallife



Northeastern University
Center for Spirituality,
Dialogue, and Service