SPIRIT WEEK 2018
APRIL 19–30
Art for Sikh Heritage Month

**Through April 30**

→ **Sanctuary Café, 5655 S. University**
Sanctuary Café exhibits artworks by Sikh artists for Sikh Heritage Month.

*Sikh Student Association | Association of Sikh Professionals | University Church*

Ask an Atheist Day

**Thursday April 19**
10 am to 2 pm
→ **Reynolds Club Marketplace**
Ask us anything about being an atheist! We’ll have stickers, brochures, and more!

*Secular Legal Society*

Unplug with Shabbat Dinner

**Friday April 20**
Prayers 6:30 pm, dinner 7:15 to 8:45 pm
→ **Chabad, 5700 S. Woodlawn**
Take a break and end your week with a meaningful Shabbat dinner and discover the meaning of Sabbath with lively prayers. All are welcome.

*Chabad Jewish Center*

Fragrances of Sikhism

**Saturday April 21**
11:30 am to 2 pm ➔ **University Church, 5655 S. University**
Exploring Sikhism through art, tradition, and community; the event includes turban tying, langar (community meal), performances, and more.

*Sikh Student Association | Association of Sikh Professionals | University Church*
Earth Day

Sunday April 22 11 am → Rockefeller Chapel

Professor Doug MacAyeal of Geophysical Sciences speaks on Earth Day as part of Rockefeller Chapel’s Sunday morning service, with his own recording of the sounds of Antarctica’s icebergs calving (as heard recently on big speakers downtown).

Rockefeller Chapel Choir

Music of Exile

Sunday April 22 3 pm → Rockefeller Chapel

The 28-voice Chapel Choir sings the world première of Kala Pierson’s Mother of Exiles, with Pierson’s She Was Warned, and music of Britten, Hildegard, Hindemith, Byrd, Brahms, and DeMonte. Free to students, others $20 at the door.

Rockefeller Chapel Choir

Celebrating Traditions through Food

Monday April 23 to Friday April 27 4:30 to 8:30 pm → Baker, Bartlett, & Cathey

Come to the dining halls to celebrate a different religious tradition each night at dinner.

UChicago Dining

Eduard Freudmann’s White Elephant Archive

Monday April 23 7:30 pm → Bond Chapel

The White Elephant Archive, Setting No. 3 explores the legacy of the Holocaust from the perspective of the third generation living in Austria today. In this intensely personal, documentary/object theatre production Eduard Freudmann uses his family’s archive—which includes poems written by his grandfather while imprisoned in concentration camps—to explore his family’s silence about the Holocaust, and his own attempt to understand the burden of this legacy through art.

University of Chicago Greenberg Center for Jewish Studies, with support from the Austrian Cultural Forum NY
Ritual as Daily Practice
Toward Wholeness: A VIEWING OF SACRED

Tuesday April 24 6 pm
➔ Augustana Lutheran Church, 5500 S. Woodlawn
A viewing of the documentary Sacred, with discussion about ritual practices as a way to combat stress and work towards wholeness. Food provided!
Lutheran Campus Ministry | Augustana Lutheran Church

What does Authority Mean?

Wednesday April 25 6 to 8 pm ➔ Brent House
A conversation between Episcopalians, Catholics, and Lutherans, featuring chaplains Stacy Alan, Andrew Liaugminas, and Kwame Pitts, and students. Free supper!
Brent House | Calvert House | Lutheran Campus Ministry

The Lotus and the Sage

Wednesday April 25 12:30 to 2 pm
➔ Rockefeller Chapel
Contemplation is not limited to mindfulness! Join Confucian and secular advisors Angela Parkinson and Josh Oxley to discuss the origins and applications of contemplative practices in the living traditions of Stoicism and Confucianism.
Confucian Commons

The Promising Science of Mindfulness

Thursday April 26 5:30 to 6:45 pm ➔ Social Sciences 122
Matt Hirschberg from UW’s Center for Investigating Healthy Minds talks about the results from scientific studies on the effects of mindfulness training in adults and elementary school students.
Mindfulness Meditation Club | Chicago Society

Homeless Food Run

Thursday April 26 6 to 8 pm ➔ Calvert House
Join Calvert students in making food packages and delivering them to those experiencing homelessness in various parts of Chicago.
Homeless Food Run (Calvert House)

Jumu’ah:
Muslim Friday Prayers

Friday April 27 1 pm ➔ Bond Chapel
Wonder what happens at Friday prayers? You’re invited to experience a khutbah, a traditional Friday sermon delivered by Tahir Abdullah, assistant director of Spiritual Life and advisor for Muslim affairs.
UCHicago Muslim community
Spiritual Springtime: Celebrating Ridvan

Friday April 27 3 to 4:30 pm → Bond Chapel
Cebrate the advent of the spiritual springtime and awaking of human-kind through music, reading from diverse scriptures, and reflection on ways to address world challenges. Refreshments served.

UCIChicago Baha’i Association

A Meeting of Two Seas 2.0
FEATURING SPECIAL GUESTS RIYAAZ QAWWALI

Saturday April 28 7:30 pm → Rockefeller Chapel
A celebration of the diverse performing arts traditions of South Asia, with a focus on the Hindu, Muslim, and Sikh mystic poets of Central and South Asia who have spoken out against orthodoxy, fundamentalism, and injustice. Includes dinner afterwards! Free and open to all.

Hindu Student Sangam | Muslim Students Association | South Asian Students Association | Sikh Student Association

The Tyger and the Lamb

Sunday April 29 11 am → Rockefeller Chapel
Rockefeller Chapel’s Sunday morning service features reflections on human-animal relations (Earth Day part II) with Anne Benvenuti, author of Spirit Unleashed, and the music of 20th century composer John Tavener.

Rockefeller Chapel Choir

Silent Retreat: Earthbound

Sunday April 29 1 to 4 pm → Bond Chapel
Mindfulness is the art of emerging from abstract preoccupations to encounter real living bodies, our own and those of other beings, and of the living earth, to say nothing of the stars! In a world of constant distraction, spend this afternoon in silence, being with yourself, and learning/practicing some techniques for cultivating your contemplative capacity, for coming home to your self. A simple vegetarian meal is shared in silence. RSVP spirit@uchicago.edu.

Spiritual Life

Karmas and Dogmas!
LUNCH WITH AN IMAM AND A RABBI

Monday April 30 12 to 1:15 pm → Baker Dining Commons Private Dining Room, 5500 S. University
In our ongoing Karmas and Dogmas: Curious Conversations over Lunch series, come have lunch with Imam Tahir Abdullah and Rabbi David Wietchner. No agenda!

Spiritual Life

Holi: Unleash the Colors

Save the date! Saturday May 5 2 to 4 pm → Eckhart Quad
A celebration of Holi, the ancient Hindu religious festival marking the arrival of spring—cover your friends in colored powder!
**BUDDHIST MEDITATION OFFERINGS**

**WAKE UP UCHICAGO**

**Sundays 1 to 2:15 pm → Ida Noyes 034**

Wake Up is an active global community of young mindfulness practitioners, aged 18–35, inspired by the teachings of Zen Master and peace activist Thich Nhat Hanh.

*Buddhist Association*

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**ZEN MEDITATION**

**Wednesdays 5 to 7 pm → Rockefeller Chapel**

5 pm instruction for beginners; 5:30 pm half an hour of Zen meditation, followed by a dharma talk or discussion with Nyozan Eric Shutt.

*Spiritual Life | Ancient Dragon Zen Gate*

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**WEEKLY OFFERINGS**

**TWENTY MINUTES STILL**

**Weekdays 8 to 8:20 am → Bond Chapel**

Still the mind and body. Meditation for twenty minutes in the stillness of Bond. All welcome.

*Spiritual Life*

**YOGA AT ROCKEFELLER**

**Tuesdays 6:30 to 7:30 pm → Rockefeller Chapel**

Gentle yoga in the mystical beauty of Rockefeller Chapel!

*Spiritual Life*

**COMPARATIVE SCRIPTURE STUDY GROUP**

**Tuesdays 6 to 7:30 pm → Ida Noyes 034**

A new apolitical study group to read and discuss stories of the prophets as they are found in the Qur’an and the Old Testament. Brief presentations with perspectives from each are shared, followed by discussion. We’ll begin with the story of Adam and see how far we get from there!

*Students of Muslim, Jewish, and Christian backgrounds*

**ASK LUCY**

**Wednesdays 12 to 1 pm → Reynolds Club Marketplace**

... or your campus religious advisors! Come tell us a story or ask us anything!

*Spiritual Life*

**MY BODY & SOUL**

**Wednesdays 5:30 pm → Ida Noyes 034**

A student-led discussion group for women and women-identifying individuals of all faiths and traditions to come together and meet, discuss, and listen to other women share their thoughts and stories that center on the relationship between religion/faith/spirituality and women’s bodies.

*Students of diverse traditions*

**BREATHTING ROOM**

**Thursdays 3 to 4:30 pm → Ida Noyes 034**

Inhale. Exhale. Repeat. Take a deep breath during a busy week, day, or quarter. Relax on the couches, talk with a friend or the Spiritual Life staff, color a mandala, play with sand, or enjoy the quiet of the meditation space—every breath is yours. Light refreshments available. All are always welcome.

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**Spiritual Life**

Jigna Shah  
Assistant Dean of Rockefeller Chapel  
and Director of Spiritual Life

Tahir Abdullah  
Associate Director of Spiritual Life  
and Advisor for Muslim Affairs

Nur Banu Simsek, Nikhil Mandalaparthy,  
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