

Recurring Events (Spring 2019)

Most programs and events, unless otherwise indicated, take place in the Merrill Living Room, the Enfield Multifaith Prayer Room, or the Spiritual Life Center (Greenwich Donut 5). The Spiritual Life Center houses a diverse library of religious and faith-oriented texts, and serves as a designated space for group discussions and for the celebration of religious diversity. If you or your group would like to hold a meeting there, please contact Spiritual Life Director David Ko at dko@hampshire.edu.

Spiritual Counseling and Mentoring

Come talk to us if you would like help dealing with the crises and transitions of life. Our spiritual counseling and support is individual and completely confidential.

- [Spiritual Life staff](#)
- [P.E.E.R.S.](#)

Mindfulness and Meditation

M&M Mindful Monday

Mondays, 4:00-5:30 p.m.
Spiritual Life Center (Donut 5)

All are welcome to join us in a variety of physical activities all revolving around stimulating the body and connecting the mind.

20 Minutes Still

Tuesdays and Thursdays, 4:30-5:00 p.m.
Sundays, 1–1:30 p.m.
Spiritual Life Center (Donut 5)

Whether you are a meditation master or a beginner practitioner, you will appreciate this 20-minutes sitting meditation. As you sit, relax, and refocus, you become more aware of your body sensations, thoughts, and emotions, and gradually begin to unbind your hearts and live more joyful lives!

Mindfulness Lunch for Staff and Faculty

Fridays, Noon–1 p.m. (2/22, 3/15, 4/19, 5/17)
Merrill Living Room

Practicing mindfulness can help relieve stress, increase resilience, and foster a greater sense of clarity as we navigate life's ups and downs. While mindfulness is possible in any situation, it's

helpful to make time to practice it intentionally. Check [signup genius](#) for more information and to sign up. Open to staff and faculty only.

Mindfulness Based Stress Reduction (MBSR) program

Thursdays, Noon–1 p.m. (2/7, 2/28, 3/21, 4/18)
Merrill Living Room

Peggy Gillespie from Insight Meditation Center of the Pioneer Valley will lead MBSR program. MBSR is designed to assist people with pain and a range of conditions and issues difficult to treat in a hospital setting. She is a Community Dharma Leader, trained at Spirit Rock, and teaches meditation locally, as well as being the co-Buddhist Advisor at Mt. Holyoke College.

Multifaith Programs

Our Multifaith Council offers many additional opportunities throughout the year for students, staff, and faculty to get involved in multifaith dialogues!

Spiritual Journey Lunch Series

Fridays, Noon–1 p.m. (2/8, 3/8, 4/5, 5/3)
Merrill Living Room

Come listen to staff, faculty, and alums share the share the twists and turns of where they have sought and found meaning in their lives!

Interfaith Lunch Series

Fridays, Noon-1 p.m. (2/15, 3/22, 4/12)
Merrill Living Room

Multifaith Feast: TBD

Observations and Celebrations (all are welcome)

Jewish

Our [Jewish Student Union \(JSU\)](#) is committed to serving Jewish students on campus by providing spiritual and cultural programming to help Jewish individuals consider the possibilities of what it means to be Jewish, explore the varieties of Jewish experience, and deepen their connection to Judaism and to their identities and personal relation to spirituality. Join the [JSU email list](#) to get the most up-to-date information about upcoming events.

Weekly Shabbat (involves chanting and meditation followed by traditional blessings and a delicious home-cooked vegetarian meal)

Fridays, 5:30-6:30 p.m.
Merrill Living Room

Tu B'Sh'vat (the new year of the trees)

Sunday, 1/27, 5:30-7 p.m.
Red Barn

Purim (the topsy turvy day, when the Jews were saved from annihilation by Esther)

Wednesday 3/20- Friday 3/22, 5:30 p.m.
Merrill Living Room

Passover (the Jewish holiday of freedom)

Friday 4/19, 5:30 p.m.
Merrill Living Room

Guest Lecture: TBA

Friday 4/26, 5:30 p.m.
Merrill Living Room

Protestant and Roman Catholic

Weekly Prayer and Fellowship

Mondays, 5:30 p.m.
Dakin Living Room

Worship Service with Communion

Thursdays, 6 p.m. (1/31, 2/28, 3/28, 4/25)
Merrill Living Room

Ash Wednesday

Wednesday, 3/6, Noon-1 p.m.
Merrill Living Room

Lenten Bible Study

4 sessions during Lent
Details TBD

Maundy Thursday to Good Friday

Thursday, 4/18, 4 p.m.
Details TBD

Muslim

Jumu'ah Prayer

Fridays, 1-2 p.m.
Enfield Prayer Room

Book Concert: In Conversation with Khalida Brohi

Friday, 2/15, Details TBD

Halal BBQ

Thursday, 3/7, 6 p.m.
Prescott Tavern

Hindu

Qawwali Night

Details TBD

Desi Café

Friday, 4/5, Time TBD
Prescott Tavern

Holi

Last week of April, Details TBD

Neo-Pagan and Earth Based

Full Moon

Tuesday, 2/19
Details TBD

Spring Equinox

Wednesday, 3/20
Details TBD

Full Moon

Friday, 4/19
Details TBD