40 Days of Spiritual Wellbeing
FEBRUARY 2022

Northwestern
RELIGIOUS & SPIRITUAL LIFE

SUN| MON| TUE| WED| THU| FRI| SAT
---|---|---|---|---|---|---
30| 31| 1| 2| 3| 4| 5
6| 7| 8| 9| 10| 11| 12
13| 14| 15| 16| 17| 18| 19
20| 21| 22| 23| 24| 25| 26
27| 28| 1| 2| 3| 4| 5

- **ALICE MILLAR BIRTHDAY CONCERT | 5 PM**
  - Who inspires you? Why?

- **DEAR DIARY**
  - 5 PM, PKS 204
  - Labyrinth
  - Parkes 122
  - GATHERING @ 12:15 PM

- **COMMIT TO SIT**
  - 11 AM, Zoom
  - Fast from social media today.

- **GATHERING**
  - 5 PM, PKS HALL

- **LABYRINTH**
  - Parkes 122
  - GATHERING @ 12:15 PM

- **COMMIT TO SIT**
  - 11 AM, Zoom
  - Dance to your favorite song!

- **BLACK HISTORY MONTH CHAPEL SERVICE AT GARRETT SEMINARY | 4 PM**

- **COMMIT TO SIT**
  - 11 AM, Zoom
  - What was your favorite thing about today?

- **LUTHERAN CAMPUS MINISTRY**
  - WEDNESDAY EVENING PRAYER | 6:45 PM
  - EVERY WEDNESDAY

- **COMMIT TO SIT**
  - 11 AM, Zoom
  - Try staying off your phone for 10 minutes when you first wake up.

- **GATHERING**
  - 5 PM, PKS HALL

- **DEAR DIARY**
  - 5 PM, PKS 204
  - Labyrinth
  - Parkes 122
  - GATHERING @ 12:15 PM

- **COMMIT TO SIT**
  - 11 AM, Zoom
  - What is a habit you would like to change?

- **GATHERING**
  - 5 PM, PKS HALL

- **LABYRINTH**
  - Parkes 122
  - GATHERING @ 12:15 PM

- **COMMIT TO SIT**
  - 11 AM, Zoom
  - What is a challenge that you are facing right now?

- **MEDITATION**
  - 4 PM, PKS 204
  - What is on your playlist these days?

- **WEEKLY GIVEAWAY**
  - INSTAGRAM STORY
  - Call someone you love & haven’t talked with recently.

- **HILLEL SHABBAT SERVICES**
  - SHABBAT SERVICE | 5:30 PM
  - SHABBAT DINNER | 6:30 PM
  - EVERY FRIDAY

- **LUTHERAN CAMPUS MINISTRY**
  - WEDNESDAY EVENING PRAYER | 6:45 PM
  - EVERY WEDNESDAY

- **COMMIT TO SIT**
  - 11 AM, Zoom
  - Describe a recent moment of self-judgment. Then let it go.

- **MEDITATION**
  - 4 PM, PKS 204
  - Are you living in a way that reflects the person you want to be? Why or why not?

- **WEEKLY GIVEAWAY**
  - INSTAGRAM STORY
  - What helps you stay focused & motivated when you are feeling discouraged?

- **MORNING PRAYER AT ALICE MILLAR CHAPEL | 11 AM**
  - Cook something today!

**FOR MORE DETAILED INFORMATION VISIT:**
BIT.LY/NU40DAYS

**DISCOVER ISLAM WEEK (FEB. 21-25)**
PARKES HALL IS LISTED AS PKS
40 Days Calendar
Participants will use the 40 Days calendar found at [BIT.LY/NU40DAYS](https://bit.ly/nu40days) to find a message, spiritual exercise, or event to nourish their whole being during this time for renewal.

Gatherings
Come together as a community on select Wednesday evenings for one of two curated spaces. Happy Hour is a space for contemplation, ritual and reflection and Soul & Substance will explore inspired texts, images, and art to engage together in dialogue and learning.

Walk the Labyrinth
The Labyrinth will be open Mondays 10 AM - 9 PM. Let this ancient tradition help you find your own path to centers you walk an actual labyrinth. On Mondays at 12:15 PM you are invited to a brief time of centering community and check-in at the Labyrinth.

Commit to Sit
Join these short biweekly virtual drop-ins each Tuesday & Thursday at 11:00 AM which give less than 10-15 minutes each day for a little slice of silence. As the length of silence increases during our 5-week journey, we may unlock the ability to find more space for quiet consistently in our lives. Zoom Link: [BIT.LY/3g2AdEW](https://bit.ly/3g2AdEW)

Giving Back
NU Thrift is a student-run thrift store with a mission to bring affordable and sustainable casual clothing to Northwestern students, while also providing funding to activist groups by donating the proceeds. People can find them on Instagram (@nuthrift.store) and Facebook to keep updated about upcoming pop-up thrift events during Winter Quarter.

Dear Diary
Join a student-led cohort to embark on a journey of getting to know ourselves better by cultivating a daily journal practice. We will meet together a few times throughout the 40 days, with our first meeting on Monday, February 7 at 5 PM, snacks and journaling tips provided. We'll bring the journals & pens; you bring your whole self.

Commit to Sit
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Meditation
Join the student meditation community each Friday from 4 PM to 4:30 PM. These weekly sessions are for any level of experience and help develop a new meditation habit, expand your current practice, and connect with others!

Weekly Giveaways
Check our Instagram (@nu_rsl) story each Saturday to have a chance to win a weekly prize!