## Rest & Renew

**February 2023**

<table>
<thead>
<tr>
<th>SUNDAY</th>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
<th>SATURDAY</th>
</tr>
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<tbody>
<tr>
<td>29</td>
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<tr>
<td>11 am Welcome Back Brunch</td>
<td>6-7:30 pm Guided Community Labyrinth Walk</td>
<td>Journal Prompt: I feel peaceful when...</td>
<td>Create a peaceful morning or bedtime routine</td>
<td>3:30 pm Suite Spot Takeover feat. AAIV</td>
<td>1 pm Jumu’ah</td>
<td>Create a peaceful morning or bedtime routine</td>
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<tr>
<td>12:15 pm Rest &amp; Renew Retreat</td>
<td>6-8 pm Hosted Labyrinth Walk</td>
<td>9am-10pm Open Labyrinth Walk</td>
<td>3:30 pm Suite Spot Takeover feat. Impact</td>
<td>3 pm Spirituality Reading Series</td>
<td>4 pm Meditation</td>
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<thead>
<tr>
<th>REST</th>
<th>DREAM</th>
<th>RESIST</th>
<th>IMAGINE</th>
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<tr>
<td>5pm Alice Millar Birthday Concert</td>
<td>6-8 pm Hosted Labyrinth Walk</td>
<td>Journal Prompt: Write down 5 dreams you have for yourself - big or small</td>
<td>Create a vision board</td>
<td>3:30 pm Suite Spot Takeover feat. Impact</td>
<td>1 pm Jumu’ah</td>
<td>Create a vision board</td>
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<tr>
<td>7 pm Satsang</td>
<td>6-8 pm Hosted Labyrinth Walk</td>
<td>9am-10pm Open Labyrinth Walk</td>
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<td>3 pm Spirituality Reading Series</td>
<td>4 pm Sound Meditation</td>
<td>5 pm Mega Shabbat</td>
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<tr>
<td>7 pm Satsang</td>
<td>6-8 pm Hosted Labyrinth Walk</td>
<td>Write out 3 positive affirmations to repeat to yourself today</td>
<td>Take time to exercise and move your body today</td>
<td>3:30 pm Suite Spot Takeover feat. OM &amp; YUVA</td>
<td>1 pm Jumu’ah</td>
<td>Take time to exercise and move your body today</td>
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<td>19</td>
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<tr>
<td>11 am Black History Month Worship Service</td>
<td>6-8 pm Hosted Labyrinth Walk</td>
<td>Start reading a new book - one that speaks to your Imagination</td>
<td>12:15 pm Ash Wednesday RSL Service &amp; Lunch</td>
<td>3:30 pm Suite Spot Takeover feat. MENA &amp; PSA</td>
<td>1 pm Jumu’ah</td>
<td>Visit a peaceful space and imagine how life would feel if you consistently prioritized rest</td>
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<tr>
<td>7 pm Satsang</td>
<td>9am-10pm Open Labyrinth Walk</td>
<td>9am-10pm Open Labyrinth Walk</td>
<td>12 pm, 5 pm, 8 pm Sheil Ash Wednesday Mass</td>
<td>4:30 pm Ecstatic Dance Party</td>
<td>4 pm Meditation</td>
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For more information, visit:  
*full list of events and locations on second page*  

**Northwestern**  
**Religious & Spiritual Life**
## SIGNATURE EVENTS:

- **Welcome Back Brunch**  
  January 29 | 11 am-12:15 pm | Alice Millar Chapel

- **Rest & Renew Retreat**  
  January 29 | 12:15 pm-3:30 pm | Alice Millar Chapel

- **Alice Millar Birthday Concert**  
  February 5 | 5 pm | Alice Millar Chapel

- **Sound Meditation**  
  February 10 | 4 pm | Alice Millar Chapel

- **Mega Shabbat**  
  February 10 | 5 pm | Norris

- **Black History Month Worship Service**  
  February 19 | 11 am | Alice Millar Chapel

- **Ash Wednesday Service and Lunch with RSL**  
  February 22 | 12:15 pm | Vail Chapel

- **Sheil Ash Wednesday Mass**  
  February 22 | 12 pm, 5 pm, 8 pm | Sheil Catholic Center

## WEEKLY EVENTS:

- **Labyrinth Walk**  
  Mondays | 9 am-10 pm, hosted by student staff from 6-8 pm | Parkes 122

- **Suite Spot Takeover**  
  Thursdays | 3:30 pm-4:30 pm | Parkes 120

- **Jumu’ah**  
  Fridays | 11 am | Parkes 122

- **Drop-in Meditation**  
  Fridays | 4 pm | Parkes 204

- **Satsang**  
  Sundays | 7 pm | Parkes 204

- **Harbor: Midweek Worship and Fellowship**  
  Wednesdays | 8 pm | Sheil Catholic Center