

# REST & RENEW

## FEBRUARY 2023

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>REST</b>	29 11 am Welcome Back Brunch 12:15 pm Rest & Renew Retreat	30 6-7:30 pm Guided Community Labyrinth Walk 9am-10pm Open Labyrinth Walk	31 Journal Prompt: I feel peaceful when...	1 Create a peaceful morning or bedtime routine	2 3:30 pm Suite Spot Takeover feat. AAIV	3 1 pm Jumu'ah 3 pm Spirituality Reading Series 4 pm Meditation	4 Create a peaceful morning or bedtime routine
<b>DREAM</b>	5 5pm Alice Millar Birthday Concert 7 pm Satsang	6 6-8 pm Hosted Labyrinth Walk 9am-10pm Open Labyrinth Walk	7 Journal Prompt: Write down 5 dreams you have for yourself - big or small	8 Create a vision board	9 3:30 pm Suite Spot Takeover feat. Impact	10 1 pm Jumu'ah 3 pm Spirituality Reading Series 4 pm Sound Meditation 5 pm Mega Shabbat	11 Create a vision board
<b>RESIST</b>	12 7 pm Satsang Get some rest - go to bed early tonight	13 6-8 pm Hosted Labyrinth Walk 9am-10pm Open Labyrinth Walk	14 Write out 3 positive affirmations to repeat to yourself today	15 Take time to exercise and move your body today	16 3:30 pm Suite Spot Takeover feat. OM & YUVA	17 1 pm Jumu'ah 3 pm Spirituality Reading Series 4 pm Meditation	18 Take time to exercise and move your body today
<b>IMAGINE</b>	19 11 am Black History Month Worship Service 7 pm Satsang	20 6-8 pm Hosted Labyrinth Walk 9am-10pm Open Labyrinth Walk ☾	21 Start reading a new book - one that speaks to your imagination ☾	22 12:15 pm Ash Wednesday RSL Service & Lunch 12 pm, 5 pm, 8 pm Sheil Ash Wednesday Mass ☾	23 3:30 pm Suite Spot Takeover feat. MENA & PSA ☾	24 1 pm Jumu'ah 3 pm Spirituality Reading Series 4 pm Meditation 4:30 pm Ecstatic Dance Party ☾	25 Visit a peaceful space and imagine how life would feel if you consistently prioritized rest

☾ Discover Islam Week

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### 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

**REST DREAM RESIST IMAGINE**