The Spiritual Direction group facilitators will offer a brief introduction to an offering of the Spiritual Life Office. The session will include an opportunity to sign up for one of two new groups (six participants per group) starting in February.

**Labyrinth Walk**
Mondays March 4 & 25, April 1 & 17 (BU Monday)
10AM—3PM
STH 325

Labyrinths have been used for centuries as a way to center the mind, for quiet contemplation, or as a method of prayerful meditation. Consider incorporating the labyrinth into your own spiritual practice. Join us for a guided walk and experience our STH community labyrinth. A host will be available for ‘new’ walkers.

**Reading Retreats**
Saturdays
February 9th
March 30th
April 27th
9AM—5:45PM
Muelder Chapel

Motivate your scholarship with a study day in community! Plenty of time and space to read, with breaks for devotions and meals (breakfast and lunch will be provided). RSVP requested. Sign up by 5PM on the Thursday preceding the retreat date.

**Worship & Prayer**

**DHARMA TALKS - Meditation Group**
Wednesdays 10AM
Muelder Chapel

Come, sit, and listen to inspirational talks by some of the most charismatic and influential spiritual personalities of the last century. Listen as they speak on aspects of the nature of reality, truth, everyday living, psychology, religion and more. Some of the most relevant aspects of philosophy, religion, and spirituality for the individual—in both practical and abstract senses—are explored in an effort to serve/have served the betterment of living and grappling with ultimate concerns of our lives. Sessions begin and end with a brief centering practice.

Contact Chris Greene (cagreene@bu.edu) for details.

**Eucharist**
Tuesdays 12:30—1PM
Muelder Chapel

A brief Service of Communion is offered in various denominational traditions.
Worship & Prayer continued...

**Episcopal Daily Offices**

**In Muelder Chapel:**
Morning Office—Tuesdays at 8:30AM
Noon Day Office—Thursdays at Noon

**In Marsh Chapel:**
Evening Prayer—Mondays at 5:30PM
Eucharist & Meal — Wednesdays at 5:15PM

**Ongoing Activities:**

Spirituali*TEA
Thursdays 1PM-2:30PM
Muelder Chapel

Tea-time for the soul. Refresh yourself and your spirit with others in the STH community during this time of tea and fellowship. Speak with Hanna (sthsl@bu.edu) for more details.

Spiritual Renewal Retreats
Off Campus, anytime

Available any time of the year, even during breaks
Speak with Charlene to discuss a personal renewal retreat. Resources are available to help you plan or offset costs.

Community Worship
Wednesdays 11:10AM
Marsh Chapel

Come to be refreshed and challenged together while experiencing the Holy in worship as a community.

Personal Spiritual Direction

See with Charlene in STH B26 (or email her at czuill@bu.edu) for a referral to a certified STH Spiritual Director.

Spiritual Direction Groups

Group spiritual direction is a meaningful spiritual practice. It connects individuals to their experiences of God while growing a community of faith-seeking peers. Meeting monthly, a group of not more than six will gather to share their desire to seek God; to be present to one another, participating in the group process by listening and responding to each other; individually to share one’s spiritual journey; and to pray for one another during and between gatherings. These groups will meet once a month in Muelder Chapel. Rev. Karen Coleman & Rev. Lawrence Jay will be the group facilitators.

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