Spiritual Life offers a place to connect, ask, explore, understand.

At Spiritual Life, we provide support to members of the campus community of any religious affiliation (or none) and also to those who seek spiritual life beyond the strictures of particular traditions. We create programs that speak to a wide variety of religious, spiritual, and philosophical traditions.

There are many options for you to explore through a variety of apps (click on any in the right column). We are here to:

- **Connect you to communities on and off campus where you’ll find others who share your spiritual interests.**
- **Provide support from a team of religious/spiritual advisors.**
- **In collaboration with campus partners, support you in navigating religious observance and practice with academic requirements.**
- **Create opportunities for you to reflect on questions of meaning, personal values, and engage in personal growth and spiritual development.**
- **Offer programs for religious literacy as key to effective leadership in a more globalized community.**
- **Provide resources, spiritual care and support.**
- **and more...**

**spirit.uchicago.edu**
Resources at your fingertips & Newsletter Sign-up
Info on spiritual & religious communities, advisors, virtual gatherings, programs and events.

**Zoom access for live programs on our website**
20 Minutes Still Meditation, weekly Gentle Yoga, Chai & Coffee Chats, Office Hours
Live facilitated conversations, talks and activities

**@uchicago_spirituallife**
Follow us on Instagram!
Minute Mondays, Toolkit Tuesdays, Wisdom Wednesdays, Thriving Thursdays, Fellowship Fridays

**spirit@uchicago.edu**
Sign up to receive weekly emails of short activities/exercises to engage your own spiritual development from the comfort of your home. Have questions? Need information? Email us!

**Subscribe to UChicago Spiritual Life**
A library of recorded programs and resources for you to access anytime when you need it—yoga, meditation, messages, resources, and more.

**www.facebook.com/spirituchicago**
Stay connected! Posts include information on upcoming events, information, news and more!

**rockefeller.uchicago.edu**
Access hours. Information on musical programs, spiritual gatherings and other events in the space.

_Spiritual Life: Where the Bottom Line is Meaning_