Spiritual Life

As Spiritual Life, we address the practicalities of diverse religious and spiritual encounter in the campus setting and in the broader context of the 21st century world. We speak to the complex and often contradictory issues related to religious and spiritual practice, providing 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. Consonant with the great intellectual strengths of the University of Chicago, we approach with rigor questions such as what it means to live in an interreligious era, and what it means to understand the spiritual as integrative for human life and endeavor.

Religious literacy

Religious literacy is key to effective leadership (of any kind!) in today’s world of rapidly changing human religious and spiritual encounters. We explore the great questions that religion prompts in an atmosphere which recognizes that religion may be both a positive and a problematic force in the world.

Spiritual diversity

Spiritual Life offers a place to connect, ask, explore, understand. We create programs and experiences that speak to a wide variety of religious, spiritual, and philosophical traditions. We convene the Spiritual Life Council, an advisory group of student leaders representing many traditions, and the Spiritual Life Collective, a group of students who gather weekly to explore their own spiritual development, and to engage in interfaith leadership training and dialogue. We are assisted by religious advisors, who work with Spiritual Life and with other campus partners to provide support for members of their own and other traditions. For a list of religious advisors, visit spirit.uchicago.edu/about-us.

Wholeness

We facilitate integrative spiritual practices, including those that cross traditional religious boundaries: you can take a restorative yoga class in the embrace of Rockefeller’s great stones, or meditate in the mystical space of Bond, or experience the deep connection between spirituality and the arts in multiple ways. Or you can drop by our Breathing Room at Spiritual Life in Ida Noyes Hall, where you can slow down, take time out, and engage in mindful activities. Yes, breathe!

Resources

We can connect you to groups on and off campus where you will find others who share your spiritual interests. We can also guide you where you find you have a conflict between obligatory religious observance and an exam or class requirement. We can give you ID card access to prayer and meditation rooms (including particular rooms designated for Hindu and Muslim prayer). And you’re always welcome to gather at our kitchen table with new friends of diverse backgrounds for a hot drink or to reflect on questions of meaning.