BOOK CLUB
Please register at: www.ut.edu/spiritual and pick up books on the second floor of the Dickey Health and Wellness Center by Feb. 29.

Proof of Heaven by Eben Alexander, March 24, Noon, Sykes Chapel and Center for Faith and Values, Room 107
After having a near death experience, Alexander believes that true health can be achieved only when we realize that God and the soul are real and that death is not the end of personal existence but only a transition.

Being Mortal: Medicine and What Matters in the End by Atul Gawande, April 13, Noon, Sykes Chapel and Center for Faith and Values, Room 107
Full of eye-opening research and riveting storytelling, Being Mortal asserts that medicine can comfort and enhance our experience even to the end, providing not only a good life but also a good end.

SPIRITUALITY AND FILM SERIES
Heaven is for Real, April 20, Reeves Theater, 8 p.m.
A heartfelt movie based on a true story of a 4-year-old boy who during emergency surgery slips from consciousness and enters heaven. An interdisciplinary panel discussion will follow.

COMMUNITY CONVERSATIONS
Meets three times February–April, Noon–1 p.m.
Connect with others by engaging in discussions on meaningful topics. All participants receive a free lunch in Panache at the last meeting in April. Learn more and register by Jan. 29 at www.ut.edu/spiritual or pick up a registration form on the second floor of the Dickey Health and Wellness Center.

PRAYER, MEDITATION, YOGA AND LABYRINTH EVENTS
Centering Prayer, Tuesdays (starting Feb. 9), 5:15 p.m., Sykes Chapel and Center for Faith and Values, Room 115
People of all faiths and spiritual beliefs are welcome. Centering prayer is a way of deepening our relationship with God through being still. In a world that is often hectic and fast-paced, inviting this practice of resting in and being available to God opens us to the Divine within us and in the world. This weekly group begins with a short introduction followed by a 20-minute period of prayer and a closing reading.

Transcendental Meditation, Thursday, Feb. 25, 12:30 p.m., Sykes Chapel and Center for Faith and Values Room 107
Learn about the practice of transcendental meditation in this one-hour introductory session. The benefits of having a Transcendental Meditation practice can include: higher IQ, increased memory and ability to focus, decreased anxiety and depression, better health and relationships with others.

Labyrinth presentations provided upon request.

Yoga events will be scheduled throughout the semester. Also refer to the McNiff Fitness Center schedule.

INTERFAITH RETREATS AND SPECIAL PROGRAMS

RETREATS AND SPECIAL PROGRAMS
Spiritual Songs, Thursday, Feb. 11, 7 p.m., Sykes Chapel and Center for Faith and Values
Naima Johnston-Bush covers the history and development of the Negro spiritual songs and its impact on all genres of music today. Johnston-Bush not only gives an engaging presentation, but she also performs, making this a mini concert event!

Social Media and Religion Panel, Thursday, Feb. 18, 5 p.m., Sykes Chapel and Center for Faith and Values
A panel of faculty and community members will talk about their faith traditions, the impact of social media on their beliefs, and what their beliefs are regarding violence in our world.

Pathways to Life: Where Did We Come From? Panel, Wednesday, Feb. 24, 5 p.m., Sykes Chapel and Center for Faith and Values
A panel of faculty and community members will share scientific and spiritual perspectives on the beginning of our humanity and where we come from. Students will be encouraged to share thoughts and ask questions.

Sustained Dialogue National Conference, Beyond Sound Bites: Leadership, Diversity, and Dialogue, Friday–Sunday, March 18–20, University of Tampa
Join us as we focus on using dialogue to build a strong campus community: one that will dig deeper than a sound bite to truly learn from each of its members in order to make positive change. Free for UT faculty, staff and students. Please register at: https://www.surveymonkey.com/r/SD2016registration

Pathways to Death: Where Are We Going? Panel, Wednesday, April 6, 5 p.m., Sykes Chapel and Center for Faith and Values
A panel of faculty and religious community partners will discuss scientific and spiritual perspectives on the end of life and where we go from our physical earthly being. Students will be encouraged to share thoughts and ask questions.

Interfaith Retreat, Friday–Sunday, April 15–17, DaySpring Episcopal Center
Join us for a wonderful weekend of interfaith sharing during a two-day student retreat as we take time to reflect and rejuvenate. Open to all students, space is limited to 25. For more information, contact the Wellness Center at wellness@ut.edu.

To register for the retreat, please go to https://orgsync.com/130577/forms/178671.

FAITH SERVICES
Ash Wednesday Mass, Wednesday, Feb. 10, Noon, Sykes Chapel and Center for Faith and Values
Catholic Mass in the chapel beginning the Lenten season. Sponsored by Catholic Student Organization. All are welcome.

Interfaith Graduation Celebration, Friday, May 6, 4 p.m., Sykes Chapel and Center for Faith and Values
Together we will celebrate those that are graduating from UT. The service will include invited speakers and graduating seniors sharing their gifts of music, dance and voice.

Be sure to check the website at www.ut.edu/spiritual for the most up-to-date happenings.

BETTER TOGETHER MEETINGS
Join Better Together to learn about different faith traditions and philosophies and share in interfaith dialogue. Meetings will be held every other Tuesday beginning Jan. 26 at 8:30 p.m. in the Sykes Chapel and Center for Faith and Values, Room 107.

Check www.ut.edu/spiritual for the most up-to-date happenings.
Visit www.bettertogetherinterfaithgroup.com to learn about weekly Better Together student meetings focusing on interfaith dialogue.