2010 Spiritual Development Month Calendar

Week 1

Taiz’e Prayer Service

Wednesday, November 3rd 6:30pm
East Liberty Presbyterian Church

Take a faith field trip to East Liberty Presbyterian Church to experience their weekly Taiz’e prayer service. This unique, hour-long service is based on a style of worship developed in the Taize community in France founded in the 1940s by the late Brother Roger. Originally a refuge during the war, Taize has developed into an ecumenical prayer center for visitors from all over the world. Contact lucasc@andrew.cmu.edu via email if you plan to attend. Attendees will take public transit to the service.

OM Sri Venkateswara Temple Trip

Friday, November 5th 4:30pm

Buses load at the UC Turnaround

With Diwali coming next week, on Friday, November 5th, we are having a temple trip on Diwali itself for those of you who want to visit the Hindu-Jain temple! The bus will leave the UC turnaround at 4:30pm and be back around 6:15pm. It’s first come first serve, so RSVP asap! Sign up on the spreadsheet: RSVP at http://tinyurl.com/OmDiwaliTrip

Week 2

"To Create An Apple Pie": A Celebration of Carl Sagan

Tuesday, November 9th 5:30pm-7:30pm
Scaife 214

November 6th marks the 2nd Annual Carl Sagan Day, a celebration of astronomer, science educator and writer Carl Sagan. We'll be watching a couple of Symphony of Science videos and two Cosmos episodes and discussing Sagan's role in helping promote science and wonder throughout America. Sponsored by AHA and the Student Life Office.
**Hillel Shabbat Services and Dinner**

Friday, November 12th 5:15pm

Jewish University Center of Pittsburgh

Take a faith field trip to the Jewish University Center of Pittsburgh to participate in Shabbat services and dinner. Shabbat signifies the seventh day of the week in Judaism, a day for rest and reflection on the work done that week. Come enjoy the prayer service and a traditional Shabbat meal. Services start at 5:30pm and the meal will begin at 6:30pm. Contact lucasc@andrew.cmu.edu via email if you plan to attend. Attendees will meet at the Forbes Avenue bus stop in front of Morewood E-Tower and walk down to the Hillel Center.

**Week 3**

**Finding Company in Oneself: An Introduction to Meditation**

Sunday, November 14th 7pm

Skibo Gymnasium, New Studio Room (formerly known as the Body Shop)

Meditation offers a wide variety of benefits, including stress management and an opportunity to find peace in solitude. This workshop will offer participants two different traditions, techniques and personal practices in meditation and mindfulness. Dress in comfortable clothing and prepare to take a deep breath, relax, and dive into the space of oneself.

**Unity of Faiths: We Believe**

Wednesday, November 17th

5pm, Exhibit of signs in Wean Commons

6pm, Discussion in Connan Room

Various student organizations on campus will create posters representing their beliefs and values. Simply visit the exhibit, or stay for a conversation on what makes each group different, and what values some of the groups share.


**Week 4**

*Thanksgiving Dinner*

Monday, November 22nd

4pm-8pm, Doors Open at Rangos open at 4pm

5:15pm, Program for First-Year Students

Join us for a traditional Thanksgiving Dinner – turkey, yams, corn, and more! Gather with other CMU students and discuss the things you value and what you’re thankful for. The program at 5:15 will highlight the wider campus’ responses to questions about the role of faith and spirituality in their lives at Carnegie Mellon. Relax as we wrap up classes and Spiritual Development Month, and ease into Thanksgiving Break.