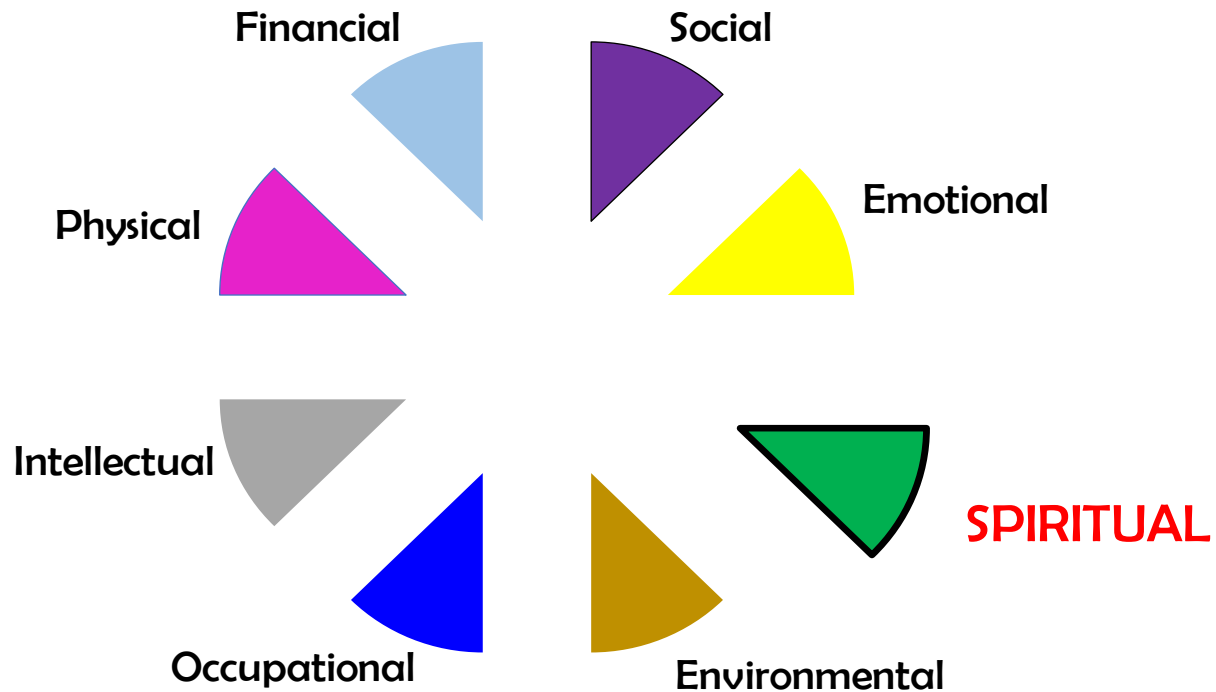


Spiritual Wellness at Berea College



WILLIS D. WEATHERFORD, JR.
CAMPUS CHRISTIAN CENTER

Wellness Wheel



How We Define Spiritual Wellness

Spiritual wellness includes knowing and appreciating who you are, and seeking meaning and purpose for your life. Those who are spiritually well apply a value system to their decisions, and bring respect and forgiveness into their relationships with others.

To be focused and at peace, the spiritually well practice spiritual disciplines – they can include studying sacred writings, taking time for prayer/meditation, maintaining a work/play balance and fostering supportive relationships.

The Campus Christian Center (CCC) offers many opportunities for spiritual engagement through worship and interfaith conversations.

An understanding of the Christian faith, Christian ethics and the role of service are encouraged through all that we do.

Spirituality: What Is It?

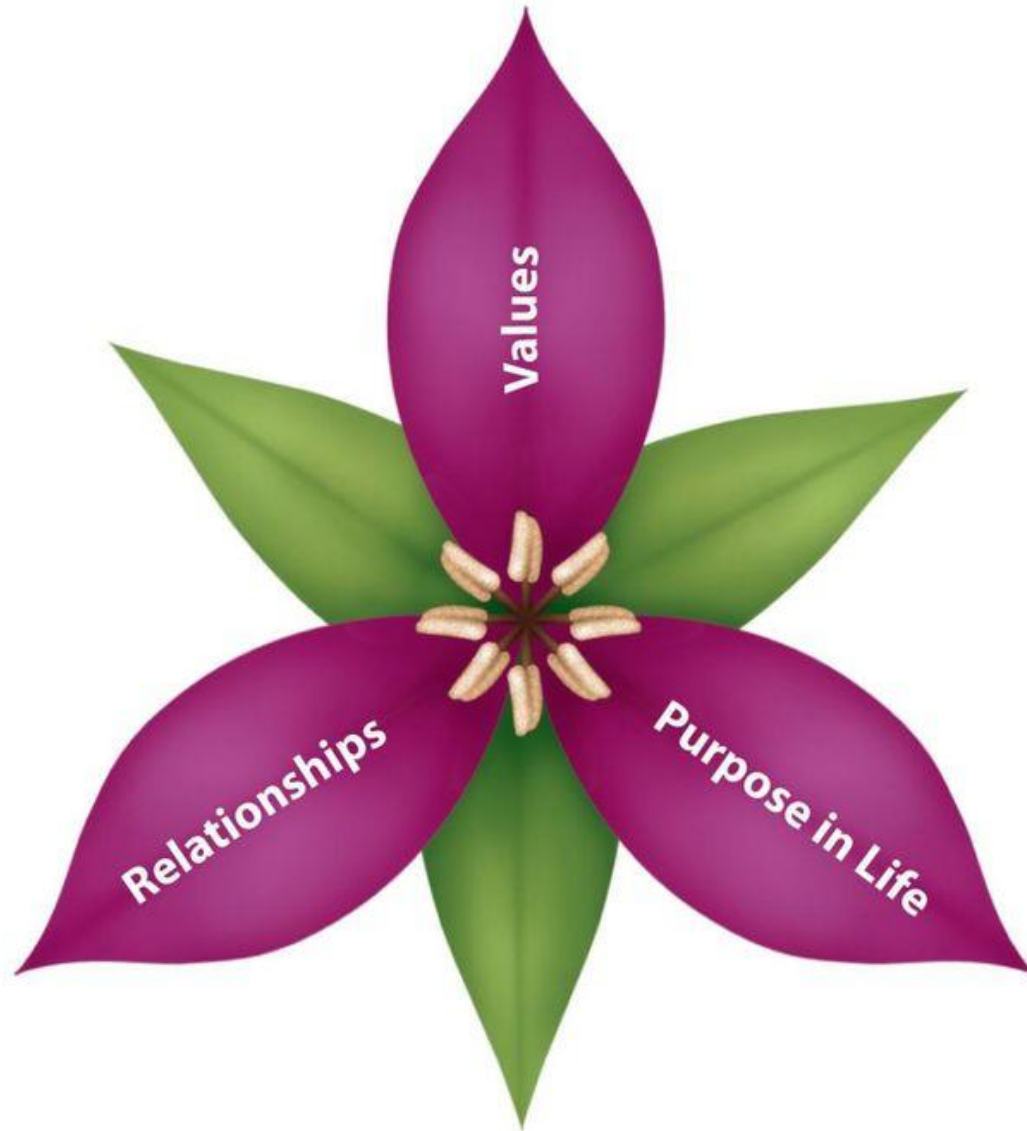
Spirituality is a broad concept with room for many perspectives.

- In general, it includes a sense of connection to something bigger than ourselves, and typically involves a search for meaning in life.
- It is a universal human experience - something that touches us all.
- People may describe a spiritual experience as *sacred* or *transcendent* or simply a deep sense of aliveness and interconnectedness.
- Some may find that their spiritual life is intricately linked to their association with a church, temple, mosque or synagogue.
- Others may pray or find comfort in a personal relationship with God or a higher power.

Spirituality: What Is It?

- Still others seek meaning through their connections to nature, music or art.
- Spirituality is both a universal and highly personal experience.
- Spirituality is broader than religion, but the two are closely related. Both may offer questions and answers about the infinite, provide support during emotional crises, and invoke a sense of awe, wonder, and reverence.

Spirituality Integrates Three Facets



Why is Spirituality Important?

There is a growing body of evidence indicating that spiritual practices are associated with better health and well-being for many reasons, including:

- **Contemplative practice is good for you.**

Contemplative practices are activities that guide you to direct your attention to a specific focus - often an inward-looking reflection or concentration on a specific sensation or concept. Many spiritual traditions have a long history of using contemplative practices to increase compassion, empathy, and attention, as well as quiet the mind.

Why is Spirituality Important?

- **Spiritual people make healthier choices.**

Adhering to a particular spiritual tradition may bring an indirect health benefit because many traditions have rules about treating the body with kindness and avoiding unhealthy behaviors.

- **Spirituality may help you live longer.**

Most researchers agree there is a positive relationship between religious and spiritual practices and better health outcomes.

Why is Spirituality Important?

- **Forgiveness is good medicine.**

Letting go of blame and negative feelings after a hurtful incident is a practice that is reflected by a number of spiritual traditions, including Christianity, Islam, Buddhism and Judaism.

Modern science shows the health benefits of forgiveness are numerous: better immune function, longer lifespan, lowered blood pressure, improved cardiovascular health and fewer feelings of anger or hurt.

Spirituality Can Provide:

- A sense of meaning and connection,
- Coping skills during difficult times,
- Better health and longer life, and
- A strong spiritual community.

“You do not need to know precisely what is happening, or exactly where it is all going. What you need is to recognize the possibilities and challenges offered by the present moment, and to embrace them with courage, faith and hope.”

~ Thomas Merton

Seven Spiritual Needs

Based on more than 30 years of psychological counseling and pastoral care, Howard Clinebell believed that humans have seven spiritual hungers in common. Clinebell felt that human beings long to:

- Experience the healing and empowerment of love - from others, self and an ultimate source.
- Experience renewing times of transcendence - expansive moments beyond the immediate sensory spheres.
- Have vital beliefs that lend meaning and hope in the midst of losses, tragedies and failures.

Seven Spiritual Needs

Howard Clinebell felt that human beings long to:

- Have values, priorities and life commitments centered in issues of justice, integrity and love to provide guidance in personally and socially responsible living.
- Discover and develop inner wisdom, creativity and love of self.
- Develop a deepening awareness of oneness with other people, the natural world and all living things.
- Have spiritual resources to help heal grief, guilt, resentment, unforgiveness, self-rejection and shame and deepen experiences of trust, self-esteem, hope, joy and love of life.

Spiritual Questions

For many, spirituality is connected to large questions about life and identity, such as:

- Am I a good person?
- What is the meaning of my suffering?
- What is my connection to the world around me?
- Do things happen for a reason?
- How can I live my life in the best way possible?

For additional spirituality resources:

<https://www.takingcharge.csh.umn.edu/what-spirituality>

Mission Statement:

The Campus Christian Center cultivates an atmosphere of radical hospitality and nurtures the spiritual wellness of the Berea College community by

- Educating about the Christian faith and its role in an academic context
 - Providing pastoral care, pastoral counseling and crisis support for all members of the college community
 - Advocating and practicing a service-oriented interpretation of Christian faith
 - Leading the college in various forms of Christian worship
 - Providing a prophetic voice for the unique vision of Berea College
- (continued on next slide)*

- Developing and nurturing an ecumenical Christian atmosphere
- Facilitating interfaith education, conversation and engagement.

The CCC is a place where people coming from various interpretations of Christianity, other religious traditions, or no formal faith affiliation at all can work together in support of and guided by Berea's Great Commitments.

Great Commitment #3: *“To stimulate understanding of the Christian faith and its many expressions and to emphasize the Christian ethic and the motive of service to others.”*

**To assist students
in cultivating
spiritual wellness,
the Campus Christian Center
offers...**

Chill & Chat

Study • Chill • Relax

Join with Student Chaplains
in our comfortable living room atmosphere
with drinks and snacks
(and a warm fire when the weather is cold).

Fireside Room, Draper Bldg.
Monday & Tuesday
7:00 - 11:00 pm

Transportation to Worship Service

Groups of students numbering 3 or more may travel to worship services in a Motor Pool vehicle providing that faith tradition is not available in Berea.
Defensive Driving required by the driver.

❖ **All faiths included!** ❖

Call Marsha Elliott at 859-985-3134 or
stop by Draper 107.

Emergency Assistance

If you have a death in the family and a need to travel to the funeral,
or a compassion-related emergency situation...

call Marsha Elliott at 859-985-3134 or
stop by Draper 107.

Various Funding Opportunities

- Help support summer student service experiences in various forms of Christian ministry and service.
- Work with religious clubs & organizations to fund appropriate conferences, seminars, etc.
- Support for campus interfaith programs.

Call Marsha Elliott at 859-985-3134 or
stop by Draper 107.

Chapel Worship Service

(Christian)

All are welcome to our
30-minute worship service!

Tuesdays @ Noon
in Danforth Chapel, Draper Bldg.

Followed by lunch & fellowship.

Spiritual Seekers Interfaith Conversation

People of all faith traditions and
no faith tradition are welcome
to attend this lively, respectful
conversation.

Thursdays @ Noon
Vegetarian-friendly lunch provided
Fireside Room, Draper Bldg.

All Peoples Prayer Chapel

All are welcome to meditate,
pray, or sit in silence.

Located in the Alumni Bldg. across
from the ATM machine.

Spiritual / Faith / Life & Vocational Counseling

Have a spiritual question?
A life question?
Need someone to talk with?

To set up an appointment:

- call 859-985-3134,
- email Rev. LeSette at
wrightl@berea.edu,
- drop by Draper 107.

Sponsored Convocations

The CCC offers
two Convocations annually.

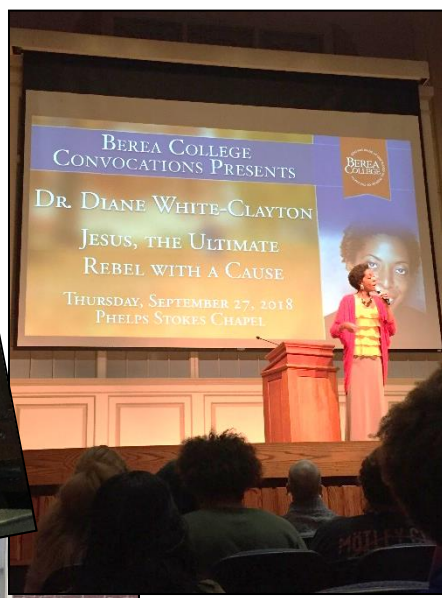
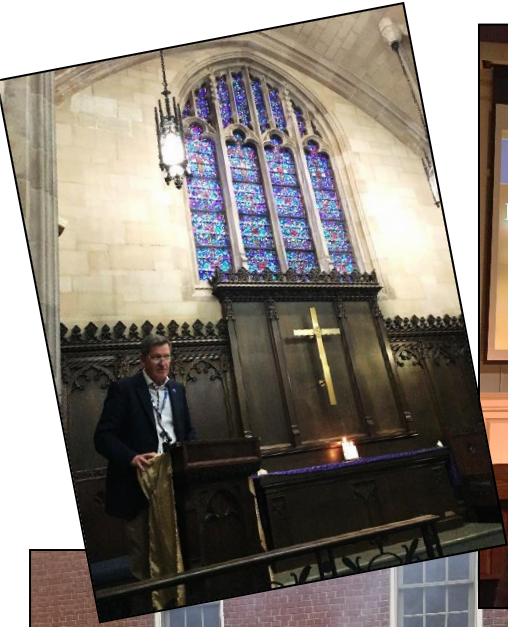
Our *Accent on Christian Faith* Convo
is held in the fall and explores an
aspect of the Christian faith.

Our *Robbins Peace* Convo,
held in the spring, highlights the
work of an individual or organization
which fosters peace.

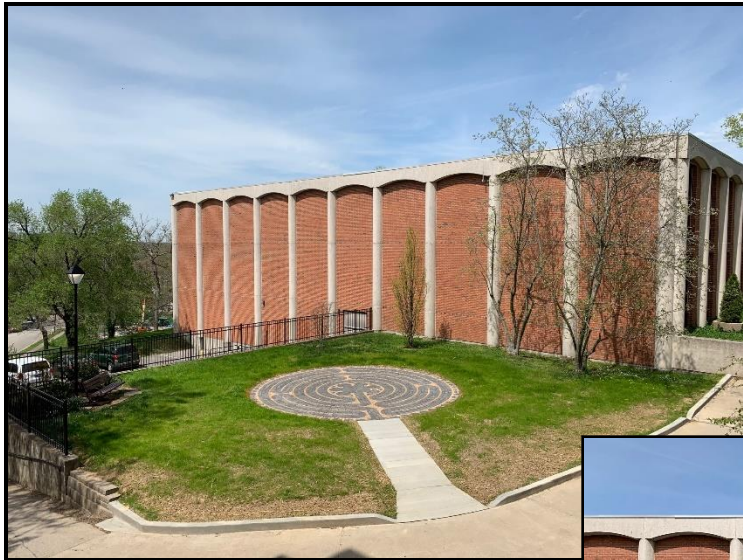
Christmas Open House & Warm Drinks by the Fire

Take a break
from your studies and work.
Join us in the Fireside Room
for treats the week before final
exams in December.

The early part of
finals week we will keep
warm beverages available
in the Fireside Room.



Located outside Hutchins Library,
a **labyrinth** is now available to our community.
Labyrinths have been used as a sacred tool
for meditation, prayer, and spiritual growth
for more than 4,000 years.





Swings – behind Draper and in front of James Hall

CCC Student Chaplain Labor Position

A 15-hour primary labor position which provides the student with opportunities for growth in the area of spiritual leadership - including peer counseling, programming and religious education.

Our students work closely with the staff and residents in their halls, in cooperation with their Team members in other halls and with the entire campus community.

The CCC feels that the students who are hired into these primary labor positions are our best asset and one of the best things that we provide to our student body.

What Does Being a Student Chaplain Involve?

First Year Student Chaplains

- Work closely with Residence Hall staff to cultivate spiritual wellness and meet the needs of first-year Students
- Trained as Peer Counselors
- Serve as a bridge to College Chaplains and campus resources

Community Student Chaplains

- Plan, prepare and lead community programs like weekly Chill & Chat events in the Fireside Room and across campus
- Work closely with Residence Hall staff to meet the needs of Sophomore, Junior & Senior students
- Trained as Peer Counselors
- Serve as a bridge to College Chaplains and campus resources

Chapel Student Chaplains

- Work closely with College Chaplains to plan, prepare and lead weekly chapel/chapel-related services
- Work closely with Residence Hall staff to cultivate spiritual wellness and meet the needs of students
- Trained as Peer Counselors
- Serve as a bridge to College Chaplains and campus resources

Interfaith Student Chaplains

- Work to build up a supportive and safe community of people interested in spirituality that is grounded in mutual curiosity, respect and discovery
- Assist with the planning and preparing, as well as participating in leading, weekly Seekers meeting each Thursday at noon
- Trained as Peer Counselors
- Serve as a bridge to College Chaplains and campus resources





WILLIS D. WEATHERFORD, JR.
CAMPUS CHRISTIAN CENTER

Campus Christian Center Staff

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Dean of the Chapel

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 **Campus Christian Center Berea**

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