

LiveWell Newsletter



Spiritual Wellness:

Explore and develop values and beliefs in order to guide decision-making and create meaning and purpose

How does spirituality affect your life? What guides your decision-making and focus?

The answers to these questions drive many of the choices we make in life and provide a foundation for the ways we engage the world. For students, college is a season of growth and change establishing what we believe, including our individual faith life.

To learn more about the Spiritual Life Council, [CLICK HERE](#)

For our faculty and staff, our faith beliefs are a foundation that has a significant influence on our decision-making. Our faith is a critical component of a well-rounded human being. Check out our webpage for more information on how to connect with the Spiritual Life Council.

What does the Spiritual Life Council do?

The Spiritual Life Council seeks to positively impact the campus community by nurturing hope, peace, joy, and resolve while encouraging spiritual growth in an ecumenical and caring environment.

- Provides interfaith, inter-religious and emotional support
- Serves as a resource to the campus community
- Assists in processing faith questions
- Provides appropriate guidance when requested
- Promotes acceptance, kindness and consideration within the community
- Participates in programs on campus at the request of students, faculty or administration
- Assists with and respond to the crisis as needed
- Provides spiritual counseling
- Encourages spiritual development through outreach within the community

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