


radix

McGill's Student Spirituality Magazine



breaking barriers

September
2014

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*Front cover photo
by Trista Xiang
in Thailand.*

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*This photo by
Trista Xiang on
Mont-Royal in
Montreal.*

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with support of the
McGill Office of Religious and Spiritual Life*

editorial

Kimberly Seida

Dear Radix readers,

It is hard to believe that autumn-and the beginning of another school year-is already upon us. On my most recent walk to the university I noticed the first twinges of yellow and orange on the oaks and elms lining the city streets. Although it has become somewhat of a trope by now, when I see the leaves turning colour I cannot help but think we can take a page out of the trees' notebook, as it were; as trees transition with the seasons, so too should we be willing to change our perspectives, and adapt to changing contexts.

As the title of this semester's Radix issue suggests, breaking barriers-be they of ethnicity, religion, class, language, or nationality-is a central component of this broader goal of expanding our horizons, broadening our understanding and increasing our acceptance of that which is 'other', and working toward a society in which we can learn to climb the walls that separate us.

For many of us, the past few months have been bittersweet, with the enjoyment of the short yet incredible Montreal summer, often overshadowed by news stories of the Gaza Strip conflict, expiring ceasefires, killings of journalists and civilians around the world, and the tragedy of Ferguson, Missouri. Even before this summer, the lines of division between us were made evident by the Quebec elections this past spring, in which our politicians capitalized on barriers rather than bridges in efforts to further their goals.

It may be tempting, upon experiencing, viewing, or reading these stories, to throw our hands up in exasperation or turn away in apathy, since these walls and fences can seem so insurmountable at times. However, as Mother Teresa once wisely said, "[w]e ourselves feel that what we are doing is just a drop in the ocean. But the ocean would be less because of that missing drop." In responding to a social reality in which we feel divided and alienated from one another, we can apply her words, in our own simple way. We may not, as individuals, be able to ensure peace in conflict-ridden zones, or erase centuries of racism; we can, however, reach out our hand to someone 'different,' listen to their stories, hear their words, and walk a mile in their shoes.

We hope that the following pages of poems, stories, and pictures inspire you to examine, and perhaps begin to dismantle, the walls you may have built around yourself, either to keep yourself in or others out.

*Kimberly Seida is co-editor of Radix magazine and
a PhD candidate in the department of sociology*

Welcome Back to School from the McGill Office of Religious and Spiritual Life (MORSL)

Sara Parks

For most of the world, it might be New Year's Day that represents a fresh start, but here at McGill it's September that's the real "blank slate." With the start of a new fall semester comes the feeling that we can wipe away past mistakes and begin anew to achieve our dreams. Many of us make more resolutions and set more goals in September than we do in January! We at the Office of Religious and Spiritual Life would like to invite you to include mindfulness and serenity in your goals for the 2014-2015 school year. Students who start the school year off on the right foot by getting into healthy self-care routines are less likely to become overwhelmed, sick, and stressed out by the time mid-terms roll around. Two ways we can help you take care of yourself mentally and physically are to provide a space for you to develop a spiritual practice, and to connect you with your religious community of choice on campus. Developing the habit of meditating or praying, along with finding a community where you feel like you belong can help when the pressures of university life feel like they're too much to handle. Why not make a point this fall of dropping by MORSL on the second floor of the Brown Student Services Building (McTavish) to meet some of our diverse and welcoming team, enjoy a free session of "full-spectrum light therapy," meditate in the peaceful prayer room, colour your own mandala to de-stress, set up a meeting to chat with volunteer chaplains from a variety of faiths, or just relax in our lounge with complimentary tea, coffee, and local apples? If you keep kosher, we also have meat-only and dairy-only kosher microwaves for away-from-home nuking purposes. We are always open to student input, and always looking for student volunteers with fresh ideas to help raise religious literacy and promote dialogue and spiritual wellness on campus! Hope to see you around the Student Services Building!

Sara Parks is director of MORSL and an instructor in McGill's faculty of religious studies



Sara Parks, director of McGill office of religious and spiritual life, holding the latest issue of MORSL pamphlets.



A view of one of MORSL's tables during clubs week at McGill University.

meet the MORSL team



Buddhist: Zengetsu Myokyo Judith McLean is our Zen Buddhist monk. Myokyo holds Zen meditation sessions every Friday morning in the Birks Chapel in the fall and winter semesters (8:15am-9:15am), as well as at Enpuku-ji Zen Centre in the Plateau. Myokyo's Facebook page is "Enpuku-ji Zen" and the Zen Centre's website is enpuku-ji.org. (myokyo@enpuku-ji.org)



Catholic: Robert DiPede, Director of the Newman Centre, is our link to all things Roman Catholic. Located on Peel Street, Newman is the home of Catholic spiritual and intellectual life at McGill. It offers a beautiful space for quiet study and hosts events like low-cost healthy lunches, retreats, coffee houses, and Mass. Robert holds a Ph.D. in Philosophy and Theology, M.A. in English and Hon. B.A. in Medieval Studies. After holding research fellowships at the University of Toronto and l'Institut Catholique de Paris, Dr. Robert DiPede returns to the Newman Centre of McGill University, where he previously served as a Pastoral Associate (2005-07) and Interim Director (2012-13). He also serves as Editor-in-Chief of the journal *The Newman Rambler: Faith, Culture, and the Academy* and teaches courses at McGill University within the Catholic Studies program and the Faculty of Education. (robert.dipedemcgill.ca)



Catholic: Terrel Joseph has been the Catholic Campus Minister of the Newman Catholic Centre on Peel since 2011. A born and bred Montrealais, Terrel has been an active leader in young adult ministry in the Archdiocese since 2005. He has been a key player in the Montreal Catholic Challenge Movement for several years, organizing retreats and sitting on the Executive Committee. Terrel is a truly approachable individual and is especially gifted at conveying the faith in the language of everyday life, responding sensitively to the hopes and desires, joys and sorrows of students in today's world. When asked what made him get involved in campus ministry, he replied: "I love God, love working with young people, and I love sharing the JOY of the authentically Christian life."



Protestant Ecumenical (Anglican and United): Rev. Jean-Daniel Williams is one of our two Protestant Christian chaplains. He has a bachelor's from Harvard and a master of divinity from Yale and was very involved in campus ministry at both schools. He is a PhD student in practical theology at Université de Montréal. At McGill and at downtown United and Anglican churches, the Ecumenical Protestant chaplaincy offers opportunities for social justice advocacy, community service, interfaith events, Bible study, supper and bilingual contemporary worship services. He is happy to talk to you about God, the Bible, the meaning of life in general or your life specifically, school, 17th-century regional British dialects, Irish mythology, Québécois folk music, or any other topic you need to talk about.



Sikh: Juss Kaur recently joined our team as our second liaison to the Sikh community. She received her DPhil from Oxford in Education (teaching the gifted and talented) and her PGDip from McGill in the same field. She also has a BSc in Chemistry from Concordia. Juss is also a leader in a local Sikh community as well as a practicing visual artist. She would love to connect with Sikhs or Sikh-curious students at McGill and will be offering some art therapy sessions around mid-terms and finals to help students relieve stress. (juss.kaur.magon@mcgill.ca)



Muslim: Imam Salam Elmenyawy, hailing from Egypt, has served both McGill and Concordia as a Muslim chaplain for many years. He is also president of the Muslim Council of Montreal, and is an advocate for student rights on campus and in the community. (salam@muslimcouncil.org)



Eastern Orthodox Christian: Father Ihor Kutash is a pioneer of MORSL. He has been on the team as Orthodox Christian chaplain since 1975, and has been connected to McGill even longer than that, having received his M.A. and Ph.D. from the Faculty of Religious Studies during the years 1970-1987. Father Ihor is a priest of the Ukrainian Orthodox Church of Canada and a professor of Eastern Christian theology and culture. (ikutash@gmail.com)



Hindu: Dr. Arvind Sharma, who volunteered to be our Hindu chaplain in 2013, much to everyone's delight, hails from India. He has been at McGill University since 1987. Dr. Sharma has been a regular participant in the meetings of the Parliament of World's Religions and has been instrumental in convening two Global Conferences on World's Religions After September 11 in Montreal in 2006 and 2011. He hosts regular "What is Spirituality?" sessions at MORSL where students enjoy a brief discussion and participate in using the syllable "Om" in guided meditation. (arvind.sharma@mcgill.ca)



Jewish: Rabbi Shmuly Weiss is our Orthodox Jewish chaplain, and our link to Montreal's Chabad House. He writes of the Chabad Student Center of McGill University: "We are a home away from home. We, at Chabad, are dedicated to the holistic well-being of each and every student and strive to be the nexus of their social, cultural, and religious needs. We offer students emotional security, spiritual growth, and personal guidance in a warm and nurturing environment. Furthermore, we empower students with the tools to engage in the higher education of Judaism. Students are able to explore and discover their heritage in an atmosphere of intellectual stimulation infused with Jewish values and traditions." (shmuly@chabadmccgill.com)



Protestant Ecumenical (Presbyterian): Jill Foster is one of our two Protestant Christian chaplains, and is also at the helm of various social justice projects. Jill studied history, philosophy, and theology. Jill facilitates McGill's Radical Christian Students' Association, which offers a free vegan meal and small-group non-denominational Christian worship every Thursday night at 6pm at the Presbyterian College (corner University and Milton). Jill always welcomes anyone who has something on their mind to come by for coffee and a non-judgemental listening ear. We've nicknamed Jill our "Social Justice Chaplain", as she is always eager to coordinate justice-based and peace-making events. Jill has experience working for justice alongside non-status folks and Canada's first nations. (linda.foster2@mcgill.ca)



Sikh: Manjit Singh has been working at McGill as a volunteer chaplain for Sikh students since 1999. For several years, he also served MORSL as its director, which put McGill down in the history books as the first university in North America to hire a non-Christian Director of Chaplaincy! Manjit taught Intro to Sikhism in the Faculty of Religious Studies for the last ten years. He has an M.A. in History with specialization in Medieval India, the period during which Sikhism was born. (manjit.singh@mcgill.ca)



Universalist Unitarian: Carlene Gardner volunteered in 2013 to be McGill's liaison to the Montreal Universalist Unitarian community. She hosts events for food and conversation with UU students in mind. Carlene would love any Unitarian Universalist or curious students to get in touch with her to be connected with Montreal's UU community. (campus@ucmtl.ca)

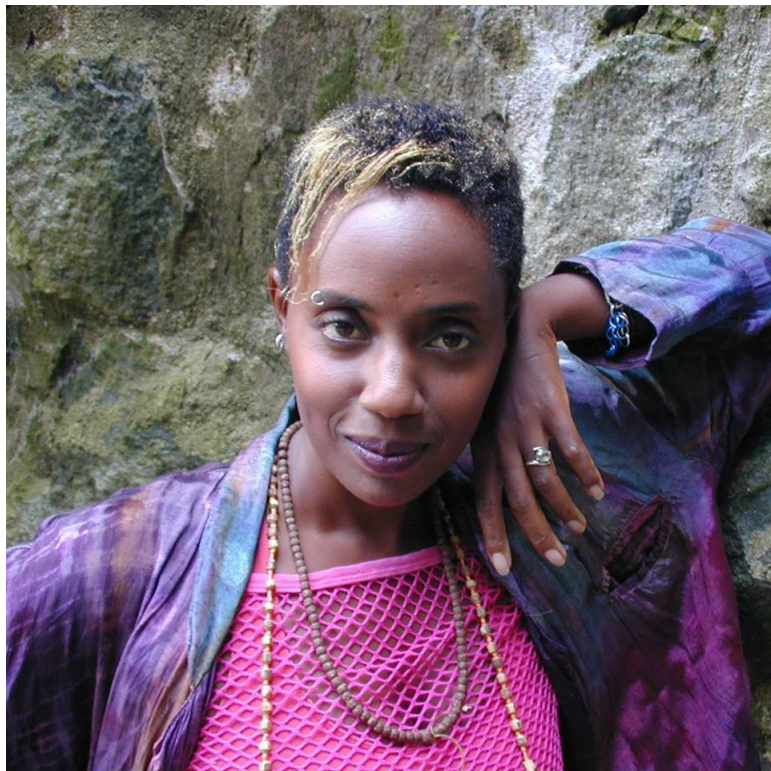
Buddha, Baal, and Mary - finding your footing among many spiritual paths

Robin Renée

The other evening, a friend and I had a glorious opportunity to sit in a park in Bristol, PA with a fresh fruit picnic as we enjoyed the transition from summer to autumn, from evening sun to dusky night. If you don't identify as Pagan, this is one of those nights that could beckon you toward that particular spiritual way—In the warm air, highlighted by an idyllic full moon, we savored the opportunity to sit close to the earth and to touch the grass that made its best effort to return strong from its most recent mowing, all in the company of a gorgeous, mighty oak. How easy it is to discover the Divine through nature on a night like this, and to experience the sacred energy of Goddess, God, Mother Earth, Father Sky—any of those names—ancient or new—that one may use to describe The Infinite.

I am a longtime practitioner of meditation, bhakti yoga, and eclectic Paganism. Indo-Pagan, Krishna witch—I enjoy wading through the words I might use to describe the set of practices that call to me. During our twilight picnic, my friend told me about her growing connection to the Druid path, and how she loves celebrating with her group, called a grove. She enjoys the righteous mix of reverence and mirth among its members, and that with each gathering they create anew while harkening to the ancients. We talked about how, like many modern Pagans, we both create rituals and adorn our own altars according to our personal connections to Spirit.

This friend of mine had a happy thing to report on that front – Not long ago, she added an image to her altar. Mary. Yes, Holy Mary, Mother of God. She had discovered a sweet, inner connection to Mary, opened to her guidance as a Protector, and for many nights has lit candles to honour her. It was a bit daunting at first, this foray into the icons of dominant religion by this devoutly alternative woman, but she has grown comfortable over time in talking about it with her grovemates. They welcomed her discovery of this connection, and the inner strength it brought to her and her practice. At first glance, her experience seems opposite to the religious dilemma of many, but her initial hesitation was really a lot like what so many of us go through when expanding out from the traditional religions of our families.



Robin Renée is a Mantra-Pop recording artist, writer, kirtan chanter, Pagan, fangirl, once and future scientist, and advocate of all things queer and sacred. Her written work has appeared in Big Hammer #12, Curve Magazine, Songwriter's Market, PanGaia, Biff Bam Pop!, That Takes Ovaries – Bold Females and their Brazen Acts (Random House), Blessed Bi Spirit – Bisexual People of Faith (Continuum Press), and many other publications. This article was reprinted with permission from The Dream Between (<http://dreambetween.wordpress.com>).



Most of us in North America who now identify as Pagans grew up with a different tradition. For those from a Judeo-Christian background, it can be a daunting experience to step outside those boundaries and into a different way of seeing. For those of us who also grew up queer, quite possibly having been inside varying degrees of religious philosophy that called our sexual expression sin and instilled the fear of God in relation to all things Pagan is a serious 1-2 punch. You might well be caught in a dogma that told you there is only one true way. If you are feeling called to explore outside the lines, how can you move through your learned fears and get from the thought to the action?

The first time I bought a pentagram—a five pointed star, encircled, symbolizing the four sacred elements and Spirit—I have to admit, I was quite nervous. I felt in my heart that the small sterling pendant around my neck represented deep, Universal love and healing magic. But that little, irrational voice persisted... “No matter what I am feeling, is this actually the mark of the devil?” Putting time in working on the paths that call me allowed the fear to wane. It was different, yet nearly as odd when my devotion to Divine Consciousness found me honoring Jesus once again, having rediscovered that expression of light and wisdom in and through the beings of love I had come to honour.

Eventually, I got better at discerning what is true for me and what is imposed from another’s insistence—from any side of the religious equation. After all, what is the core of each religion, if not love? What is a religion but a path to the centre of love along with a set of tools for help and celebration along the way? Why not find skillful, honest, and integrated ways to utilize all those tools that help us love the clearest and live the best? Infinite numbers of seekers have realized the fabric of love, compassion, and enlightenment pervading all that is as the silence of The Buddha and as the pure love of the Christ. It has been found in an exalted Father-God and in Gaia, the living Spirit of the Earth Herself. You may find it in the named or the unnamed, a plurality of practices or a single tradition, Higher Self, or no-self.

There is no one answer or simple means to break through to a place of comfortable exploration. But as you begin to explore, consider giving yourself to the possibility that you may discover this: If you’ve been told of an “only way,” that one way may turn out to be whatever is suited uniquely to the longings of your own spiritual heart. Know that many, many seekers have walked the way of doubt, spiritual crisis, and emergence. In that, you are already a part of a beautiful tradition.



Photo by Ayman Oweida at prophet Muhammad's mosque in Madina, Saudi Arabia.

breaking the “muslim” barrier

Ayman Oweida

At the core of the Canadian charter of human rights and freedoms is the right to life, liberty and security. Canadian law dictates that individuals have the right to adopt their religion of choice without any fear or threat to one’s life or property. Sadly, political events and cultural norms often become the barrier to ensuring these freedoms are fully protected. It would be an understatement to say that the global events of the last 15 years have considerably focused on Islam and Muslims. This has given rise to considerable religious stigma on Muslim minorities’ identity formation.

Islam is the second largest religion in Canada with over 800,000 Muslims and making up to 10% of the population of some Canadian cities. Ironically, the word Muslim means peaceful. Islam is one of few religions that is not named after a Prophet or founder, but rather after its core value: Peace. The main greeting of Muslims is “peace.” Islam carries a deeply rooted understanding of respect, understanding, and love for others regardless of their faith or ideology.

In the last few years alone, Canadians were exposed to a wide range of negativity, including banning of the niqab in Quebec, banning girls from wearing the hijab in sports, the passing of a “code of conduct” by the municipality of Hérouxville in Quebec that prohibited prayer in school, and most recently, the bill tabled by the defeated Parti Québécois to ban public workers from wearing religious symbols. This list of locally-generated Islamophobia-generating events is only the sugar-coating of a grandiose globally-manufactured cake that has, intentionally or not, stereotyped Muslims.

Islamophobia is a growing concern in Canada and the consequences of its infiltration are harmful to all Canadians irrespective of their faith and belief. Muslims form an integral and constructive part of Canadian society. Take a close look at your daily dealings: Your visit to the hospital, your ride with the taxicab, your order from the shawarma restaurant, or your drive by the local mosque.

Breaking barriers is a task that we must all embrace to ensure a coherent, constructive, and free society. University campuses are ideal for cultivating this rich understanding. McGill came out strongly against the previously tabled bill to ban religious symbols and we need to build on that narrative and ensure that our campus continues to promote values of religious tolerance, respect, and freedom. Indeed, every year I look forward to a list of multicultural events and interfaith discussions and this year is no different!

Ayman Oweida is co-editor of Radix magazine and a PhD candidate in the department of experimental medicine at McGill University.



Photo by Kimberly Seida taken in Marrakesh, Morocco

the excitement of ecumenism: breaking barriers to be brothers and sisters

Julian Paparella

Jesus Christ entered human history heralded as the longed-for “Prince of Peace.” In his final hours he begged his Father prayed that his followers “may be one, as we are one” (John 17:11). Yet in the twenty centuries that have intervened since Jesus of Nazareth first began calling disciples on the Sea of Galilee, Christians have bickered as often as they have bonded, fought wars as ardently as they’ve evangelized, and allowed themselves to fall into division, distrust, and discrimination instead of bearing with each other as brothers and sisters, together on the road of discipleship.

Thanks be to God we are living in an era when excommunication and inquisition have been replaced by ecumenism and genuine inquiry into one another’s beliefs. How evident this is here at McGill where Christians of diverse denominations not only avoid waging war and burning each other at the stake, but unite with one another to pray for the campus, organize froshes together, and be friends.

For Christians, what brings us together is not only a common sense of mission or a similar set of beliefs, but a Person: Jesus, the incarnate Word of God, the same Prince of Peace who prayed that we may be one and lived among us to lead us to the Father. As a Roman Catholic, engaging with fellow Christians of Baptist, Evangelical, Anglican, Presbyterian, non-denominational, and other faith backgrounds has always caused me to delve deeper into my own faith, and igniting a desire to live it more intentionally and genuinely as a authentic follower of Jesus. Moreover, it has been an exciting occasion of joyful encounter: encountering one another, and through each other, Christ.

Reaching across borders, breaking down barriers, understanding one another, and broadening horizons: how urgently these are required not only among Christians but across the human family, so frequently plagued by exclusion, indifference, and narrow-mindedness. None of us are immune to these perils. Each of us is called to create bonds of peace, unity, and love with one another. These do not require GAS, referenda, a grant, or a new initiative, but first and foremost the gift of ourselves to those around us, in ways as simple as a smile. Whether as brothers and sisters in Christ, as fellow people of faith or simply of good will, how beautiful it would be to live on a campus, in a city, and as part of a civilization where barriers are broken down, where peace truly is prince, and where all “may be one.”

Julian Paparella is a U3 Biology student with a Minor in Catholic Studies.



Photo by Trista Xiang taken at the botanical gardens in Montreal

Photo on the left by Trista Xiang taken in Cuba

the heavens

Daniel Galef

About a winking yellow star
sits Man on rocky Earth,
and longs and pines for, near or far,
disproof of his own dearth.

He turns to ireful, arid Mars,
and timidly he knocks.
The red-hued desolation bars
anything but rocks.

He had the opportunity,
and he had the spirit,
but, hope: nought, void: unity:
not life, and nothing near it.

He wrote a heartfelt valentine,
and folded it into a plane.
It said, "I'm yours; will you be mine?"
It voyaged off in vain.

The icy maid Europa winks
and, with her finger, beckons.
"A whole new world," the hopeful thinks.
"Fat chance," the cynic reckons

*Daniel Galef is a U2 International Student at
McGill University, born and raised in Jefferson, Mississippi.*

Photo by Trista Xiang taken in Quebec City

shag shop to reopen more accessibly



Amanda Unruh

There are a few changes happening in the Brown Student Services building this year that Radix readers may be interested to know. The Shag Shop sexual health boutique run by Student Health Services since 2005, closed its Student Health location in April 2014. The closure occurred for an important reason: First Peoples' House, which stands adjacent to the Shag Shop, does not have an accessible entrance, so the old Shag Shop space is being restructured to allow for a new entrance to First Peoples' House, with construction slated to end in October. This has left the Shop without a physical space. Despite joint widespread efforts to find a new spot, with space on McGill campus at such a premium, no alternative location has been found. As a centre for sexual health, reproductive products, and health education, the Shag Shop can't set up just anywhere; they do need a specific type of venue that is accessible and easy to find, but also private and discreet. Such a location could not be found in time to open for August 2014. However, McGill students need not fear that the Shag Shop is gone for good. As a solution, they are opening their products up for online sale. Condoms, lubricants, sustainable menstrual products, pregnancy tests, massage oils, and alternative contraceptive methods will all be available for online order at www.mcgill.ca/healthymcgill/shagshop later in the fall semester.

In addition to this virtual venue, a variety of Healthy McGill kiosks with free safer-sex items will be made available throughout both campuses in participating locations. The McGill Office of Religious and Spiritual Life (MORSL) is one such location. Students are welcome to visit the Healthy McGill Station in MORSL's Oasis lounge, between 10am and 4pm Monday through Friday. The kiosk will be to your right upon entering the MORSL lounge. In addition to health products, MORSL will also be offering free local apples (first-come first-serve, one per student per day) in conjunction with Healthy McGill, as well as the free tea and fair-trade coffee they have always offered to users of their lounge and meditation room. Other locations where Shag Shop/Healthy McGill stations will be set up include: Dave's Store (Bronfman basement), Macdonald Campus Student Services, Thomson House Grad Student Pub (main floor washrooms), the SSMU building, and many more to be announced in the coming weeks. Any students living in residence also have access to free safer sex items through their floor fellows.

Please direct any media requests or questions about this matter to Amanda Unruh, Health Promotion Coordinator in Student Health Services.

Email: amanda.unruh@mcgill.ca or via phone 514-398-2087.

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Radix is looking for Volunteers.

Like what you see?

Believe in student creativity, and inter-faith collaboration?

Help us do it better! We can always use help in marketing, web-development, research, distribution, writing, layout, and much more! Email us to join the community. radix@mail.mcgill.ca

The McGill Office of Religious and Spiritual Life (MORSL)

MORSL, a proud member of McGill Student Services, is located in the Brown Building, suite 2100. Please feel free to stop by our Meditation/Prayer Room any weekday from 10:00am to 4:00pm! You'll find a full-spectrum light therapy lamp, CD's for guided relaxation, a serene space with floor pillows and meditation stools, and some suggestions on how to meditate in different traditions. Take time for some serenity and zenity! Stay connected with MORSL on Twitter [@SpiritualMcGill](https://twitter.com/SpiritualMcGill) or like us on Facebook: fb.com/morsl

Weekly Zen meditation

Every Friday morning at 8:25am, McGill Zen Buddhist chaplain, Myokyo Zengetsu, offers guided Zen practice in the Birks chapel (3520 University Street, 2nd floor). Free of charge. Must arrive early or on time in order to join!

Newman Centre

Newman Catholic Centre, 3484 Peel Street, is a home away from home for Catholic Students. Visit www.newmancentre.org to find out more about this centre for Catholic spiritual, social, and intellectual life on campus!

The Rabbit Hole Café

Food for Thought's vegan collective, The Rabbit Hole, will soon begin cooking up vegan lunches every Friday at 1:00 p.m. Drop by, pay a toonie, enjoy the company and eat up! All proceeds go towards maintaining this Yellow Door program (3625 Aylmer) along with their Food For Thought student food bank, sponsored by the McGill Office of Religious and Spiritual Life.

The Radical Christian Students' Association

Thursdays at 6pm in the Presbyterian College second-floor lounge (corner of University and Milton). Exploring, living, and testifying to the justice mission of Jesus Christ. Enjoy a free vegan meal and spiritual conversation, then move into Bible Study or a presentation, followed by music and prayer. Rad Christians support each other's social justice work. Check out facebook.com/radicalchristiansmcgill or e-mail radchristiansmcgill@gmail.com

McGill Student Parents' Network

The MSPN provides a support network for McGill students who are parents. We have grown! No longer based in the Office of Religious and Spiritual Life, we are now housed with PGSS. We still offer regular "Study Saturdays" at Thomson House, where parents can study while the kids enjoy free programming, and more. Interested families can contact the MSPN at mcgillspn@gmail.com.

Russian Orthodox and Ukrainian Orthodox Christian Students

Join our weekly student meeting, Orthodox Christian Fellowship! We also have monastery visits, picnics, and movie nights. Contact McGill's Orthodox chaplain, Father Ihor for details: ikutash@gmail.com.

The Muslim Students Association of McGill

MSA aims to provide spiritual, social, and educational services. We offer weekly study circles, free Islamic educational materials, Ramadan services, lectures/conferences, and a wonderful library called House of Wisdom. We also have many community events to serve others (eg. Project Downtown), as well as exciting social events (eg. ski trips, cultural dinner nights, MSA Frosh, and so much more!) Come drop by and say hi to us in our office (Shatner building, room B09.)

Mondays at MORSL

New this year! The Office of Religious and Spiritual Life will start hosting "Mondays at MORSL" – a variety of free Monday-night events, including art therapy, yoga, zen meditation, Quaker meditation, Om meditation, talks on World Religions, Orthodox icon-writing workshop, movie nights, and more! Like us on facebook at fb.com/morsl to find out more or email morsl@mcgill.ca.

classifieds

The Jewish community at McGill

Visit www.hillel.ca and www.chabad-mcgill.com for information on shabbat meals, holiday celebrations, educational programming, and fun social activities!

My Neighbour's Faith Series

This series of monthly visits to Montreal's places of worship joins forces with Concordia's "Sacred Sites Visits" to provide a guided experience with various world religions being practiced in Montreal, and a free meal! Visits include a Sikh Gurdwara with Punjabi meal, a Baha'i temple, a candle-light Christmas Carol service, and more! Email morsl@mcgill.ca to join the mailing list.



