



An Ecumenical Ministry at Portland State University

Spiritual Life Center

633 SW Montgomery, Room 001, *Entrance on SW Broadway*

PO Box 607, Portland, OR 97207 • Phone: 503.226.7807

Portland Campus Christian Ministry
& Growing Roots Student Group at PSU

Website: www.campusministry.pdx.edu

Fall Quarter 2009

The *Spiritual Life Center* welcomes you to come find quiet, reflection, warm community, and opportunities for social justice and service as we seek together to deepen our connection with the Divine. We are an ecumenical Christian and interfaith community striving to learn together and engage one another so that we might actively live out our faith. Join us to collaborate in faithful living on campus and in our communities. Come and share your gifts.

WEEKLY SCHEDULE AT THE SPIRITUAL LIFE CENTER

TUESDAYS

10-11am Yoga Group

Enjoy 45 minutes of deep breathing and stretching!
Bring your own yoga mat.

5:00pm Centering Prayer

Come to the Spiritual Life Center to enjoy some time away in the midst of your busy schedule to pause and quiet your mind.

7pm (and other times, following student needs) De-Stress and Relaxation Meditation

Come to the Spiritual Life Center to enjoy some time away in the midst of your busy schedule to pause and quiet your mind. This group is student led, and welcomes persons from all traditions, backgrounds, and experience. We welcome newcomers to meditation, as well as those with more experience.

Contact Joe Herbert: jwm.herbert@gmail.com

WEDNESDAYS

8:30am Centering Prayer

Twenty minutes of meditative prayer, followed by breakfast at a nearby café. Contact: Doug Spears: dougsp@teleport.com

The Portland Campus Christian Ministry is supported by Disciples of Christ, the Episcopal Church, the Presbyterian Church, USA, and the United Methodists.

Contact our Staff

Carol Joy Brendlinger, *Campus Minister*
caroljoy@pdx.edu • Cell: 503-348-2182

Rev. Dennis J Parker +, *Episcopal Campus Minister*
revdennisj@comcast.net

Accounting: Audrey Moser, mosera@pdx.edu

Peer Ministers/Coordinators of Growing Roots Student Group

Stephanie Haessler, *Labyrinth Coordinator*,
sbhaessl@pdx.edu

Mike Thomas-Drawbaugh, *Episcopal Peer Minister*,
michaeldrawbaugh@gmail.com

12-12:30pm Silent Meditation in the Quaker Tradition

Would you enjoy some time for centering and worship during your lunch hour? We will gather in meditative silence and prayer as we wait and listen, turning our attention to the Divine. On the 2nd Wednesday of the month we will gather from 12-1 pm: 30 minutes for an opportunity to respond to a reflective question, followed by 30 minutes of silence.

5:30-7:00 pm Artists Way & AA gathering

Welcome...show up and join us...at PSU's Spiritual Life Center. Listen to inspired readings and do index card art, using "Artist's Way" and other inspirational material. All are welcome!

Contact Martha Kimble at Excavatemind@gmail.com

THURSDAYS

11-12:15pm Morning Oasis

Coffee, tea, and conversation! We'll be outside on campus offering a respite and an energy boost between your classes.

5:00pm Eucharist Service

Join us for a weekly service of Holy Eucharist (Communion) The communion table is open to all!

5:30pm Growing Roots Supper and Discussion. Come join us for a meal and a discussion series around sustainability and spirituality. Guest speakers will and share how their faith has deepened their commitments. Bring your questions, experience and thoughts!

Office Hours at the Spiritual Life Center

Carol Joy Brendlinger, *Campus Minister*

Tuesdays 2-4, Wednesdays 10-12

Dennis j Parker +, *Episcopal Campus Minister*

Wednesday 2-4pm, Fridays 9-11

Center Open Hours:

Tuesdays 10-2pm

Thursdays 12-2

WEEKLY SCHEDULE (*cont*)

THURSDAYS

5:30-7pm Brew (coffee or malt :) and Theology

1st & 3rd Thursdays, Pizzicato, 1708 SW 6th Ave.

Come gather twice a month at Pizzicato for a lively discussion of theology, philosophy, Biblical literature and other sacred writings, and current events. Bring your questions, your unique perspective, and your curiosity! Folks from all faiths, traditions, experiences and of all ages are welcome at the table! Questions? Contact Rev. Dennis Parker, revdennisj@comcast.net.

6-7:15pm Women's Spirituality Circle

Enjoy an hour of companionship and spiritual seeking as we learn from each other's journeys and listen to how we can live in a way that is more in tune with and connected to caring for Mother Earth.

FRIDAYS

10-11:15am Women's Spirituality Circle

We envision a space where women can share and grow in their spirituality and connection to Earth in a safe and sacred space. Please join us on this journey where we will meditate, do yoga, learn about local ecology, build community, share resources and networks, and work towards self-directed transformation and change to live in greater harmony with ourselves and Earth.

Contact Abigail Pecore: rimon4abby@yahoo.com

SPECIAL EVENTS

CONTEMPLATIVE OFFERINGS

Walk the Labyrinth

Tuesdays, Sept. 22, Oct. 20, Nov. 10, Dec. 1

11:00am-4:00pm, Smith Memorial Student Union 333,

Take time out for rest and reflection by using this ancient tool for prayer and meditation. Contact Stephanie, sbhaessl@pdx.edu for more information or to be placed on the labyrinth listserv.

Oct. 7-10 - Labyrinth Society 11th Annual Gathering

Oct. 7 - Pre-Gathering Workshop Wed. at First Christian Church

Oct. 8-10 Gathering at McMenamins Edgefield Lodge
www.labyrinthnetworknorthwest.org

Oct. 22—5pm Celebration of the New Episcopal Ministry Eucharist
5:30 Reception and Gathering; 6pm Program

Join us to celebrate the reestablishing of the Episcopal Campus Ministry at PSU! The Bishop will be here to celebrate with us, and together, we will officially welcome Rev. Dennis j Parker as our Episcopal Campus Minister. Bishop Sandy Hampton will be our evening speaker as we will continue the evening with our usual Thursday night topic of Sustainability and Spirituality.

Oct. 6, 5pm Centering Prayer Introduction

Interested in learning a bit more about this contemplative prayer practice? Join us for an hour where you can have a brief intro. to Centering Prayer and ask any questions. Rob Downer from Oregon Contemplative Outreach will be facilitating our discussion.

Oct. 24, 9-1pm Centering Prayer Workshop at the Spiritual Life Center

Cost: \$20 Registration Deadline: Oct. 16

(Follow up meetings: 5-6:30pm Oct. 27; Nov. 3, 10, 17; Dec. 1, 8)

If you were intrigued by the intro, come to the half day workshop! Certified leaders from Oregon Contemplative Outreach will guide us through a morning of learning and contemplative prayer. Contact caroljoy@pdx.edu with inquiries and to register

Advent Worship

Dec. 2. 12-12:25 Silent Meditation,
12:30-1pm Service

Join us for a contemplative service of music and readings as we celebrate the season of Advent

Spiritual Direction

You are invited to come for an hour to share what is on your heart. People of all faiths, traditions and spiritual journeys are welcome! As a certified spiritual director, my hope is to companion you in your spiritual journey by providing the space for you to integrate spirituality into your daily life. This service is offered at the Spiritual Life Center and is free for all PSU students, faculty and staff. See Carol Joy.

End-of-Term Celebration Friday, Dec. 11, 7pm,
Spiritual Life Center

Donations to Portland Campus Christian Ministry (PCCM) for the ministries/services of the Spiritual Life Center are welcome and appreciated.