



Tips and Tools for Spiritual Wellness During the COVID-19 Pandemic

In the words of the Mizpah blessing,
"May the Lord watch between me and thee while we are absent one from the other"
(Genesis 31:49 NKJV)

Bentley Virtual Spiritual Life Gatherings:

- **Zen Zoom**, every Wednesday 2:15-2:30pm Join for 15 minutes of Guided Mindfulness Meditation followed by conversation. Led by [Rabbi Foust](#). <https://bentley.zoom.us/j/741559586>
- **Catholic** Adoration, Bible Study, Stations of the Cross, Maundy Thursday, and Good Friday ZOOM services: email [Fr. Ted Brown](#)
- CruBentley ZOOM Bible Study: email [Peter Seremetis](#)
- Chat with a Chaplain about anything that's on your heart or mind. Email [Rev. Robin Olson](#)

Chaplain recommended resources for your spiritual well-being:

Vision for the Pandemic Journey:

- [How to be Less fearful in Turbulent Times](#), podcast from [The Aspen Institute](#)
- Poetry: "[Pandemic](#)" by Lynn Ungar, Unitarian Universalist minister.
- Brene Brown podcast [Unlocking Us](#): Pandemic Weariness
- [Spirituality and Practice](#): find what fits for you in spiritual practice
- [Seven Spiritual Strategies](#) for a Time of Pandemic

Religious and Spiritual Communities:

- Muslim: [Islamic Society of Boston](#): home masjid and well-visited by many from Bentley, numerous virtual worship opportunities
- Catholic: [Fr. James Martin](#), daily videos to encourage you; lovely Jesuit [Prayers](#)
- Protestant: [National Cathedral](#) in D.C., Lenten and Easter inspirations.
- Orthodox Christian: [Stuck Inside!](#)
- Jewish: [Virtual Shabbat](#), the [Seder's Secrets to Enduring a Pandemic](#)
- Buddhist: [Thich Nhat Hanh](#) and Mindfulness
- Hindu: [A Hindu Prayer](#), [Hindu Spiritual Practices](#)
- Sikh: [Valerie Kaur](#) podcast conversation with Jim Wallis
- Mindfulness: [Guided Meditations](#)

Art and Soul:

- [Religion around the world](#) and COVID-19, 27 Buzzfeed pictures
- [Mandalas](#) to color
- Doodle with Bentley friend [Sakina Hassanali](#), who visited campus to teach us mandalas

Additional Affinity Support Groups:

- [QChristian](#) resources for LGBTQ+ Christians and Allies, Lenten study
- [Multi-faith inclusion](#) for LGBTQ+ communities, with specific Spring holiday resources