

# The Wellesley College Office of Religious and Spiritual Life

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<b>MARCH 22</b> <b>Roses in the Res Halls ORSL Kick-Off Event</b> Pick up a rose and stone in your lobby	<b>23</b> <i>Tip: Call someone you haven't talked to recently</i>	<b>24</b> <b>Dayenu: It Would Have Been Enough</b> 8pm–Online Jewish Life/ORSL	<b>25</b> <i>Tip: Create a hope or prayer list for yourself</i>	<b>26</b> <b>Postcards of Gratitude</b> Sharing appreciation & kindness Development Office	<b>27</b> <i>Tip: Take a long walk or meditate today.</i>  Passover begins
<b>28</b> <i>Tip: Send a surprise card with a kind message to someone you miss</i>	<b>29</b> <b>Holi</b> Celebration TBD in May! Happy Holi	<b>30</b> <i>Tip: Send a note of gratitude to a staff or faculty member</i>	<b>31</b> <b>Wellness Wednesdays Table</b> Noon–Lulu 2nd Fl Office of Student Wellness	<b>APRIL 1</b> <b>Sunrise Yoga</b> 7:45 am–Every Thurs Register online PERA	<b>2</b> <i>Tip: Forgive a grudge</i>  <b>Good Friday stations of the cross</b> 2 pm–Billings	<b>3</b> <b>Follow @wellesleyorsl</b> for inspiration from Harambee House and ORSL messages
<b>4</b> <b>Easter Service</b> 4pm–Houghton Chapel, followed by <b>Easter egg hunt</b> ORSL	<b>5</b> <b>Fresh Check Outreach Table</b> Noon–Lulu OSW and the Stone Center	<b>6</b> <b>Spring Break Game Hour</b> 1pm–Online & in- person Slater & LGBTQ+ Services	<b>7</b> <b>Self Care Market</b> 10am to 1pm Sign up on WEngage ORSL & OICE	<b>8</b> <b>Hug in a Mug</b> Noon–Lulu 2nd Fl Office of Student Wellness	<b>9</b> <b>Friendship Fridays</b> Random acts of kindness Every Fri during 40 Days Residence Life	<b>10</b> <b>The Giving Tree</b> All 40 Days at Acorns House Latinx Advisor & OICE
<b>11</b> <b>Follow PERA @welleseyathletics</b> 40 Days campaign for inspiring words of gratitude	<b>12</b> <b>Loving Kindness Meditation</b> 5pm–Online every Mon & Wed	<b>13</b> <b>Facebook–Tag an Alum</b> WC Alumnae Association  Ramadan begins	<b>14</b> <b>Kindness Cookies</b> during lunch–Bae Pao Lu, Tower & Bates Wellesley Fresh	<b>15</b> <i>Tip: Thank &amp; appreciate our Dining services and Facilities staff</i>	<b>16</b> <b>Jum'ah Prayers</b> 1 to 2 pm–The MFC Every Friday	<b>17</b> <i>Tip: Write a note to someone who helped you become a better person</i>
<b>18</b> <i>Tip: Reflect on your time at Wellesley. How have you flourished here?</i>	<b>19</b> <b>Walk the Outdoor Labyrinth</b> Munger Meadow Self-Guided	<b>20</b> <i>Tip: Practice a random act of kindness on campus</i>	<b>21</b> <b>Wellness Wednesdays Table</b> Noon–Lulu 2nd Fl Office of Student Wellness	<b>22</b> <i>Tip: Eat a meal with your block and reconnect</i>	<b>23</b> <b>Shabbat Service</b> 5:30pm–Amphitheater Every Friday	<b>24</b> <i>Tip: Find a sacred space to visit and spend 30 minutes there</i>
<b>25</b> <b>Follow @welleseyclassdeans</b> 40 Days campaign daily expressions & practices	<b>26</b> <b>Loving Kindness Meditation</b> 5pm–Online every Mon & Wed	<b>27</b> <i>Tip: Take some time to journal about your hopes and dreams</i>	<b>28</b> <b>Wellness Wednesdays Table</b> Noon–Lulu 2nd Fl Office of Student Wellness	<b>29</b> <b>Loving Kindness Meditation</b> 3:30 pm–Online every Thurs	<b>30</b> <b>Hug-a-Tree @wellesleypaulson</b> Social media campaign Paulson Initiative & The Botanistas	

