

# wellnessNEWS

Ideas to help you *LIVE WELL* from the ENCANA WELLNESS CENTRE



## Integrating Spirituality at MRC

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Although spirituality has become somewhat of a buzz-word, it continues to be a difficult concept to nail down. Generally, spirituality is understood as a way of life that is concerned with our connection to self, to our values, beliefs, and our sense of meaning and purpose. It is often central to our true connection to others and to a higher being or transcending idea.

Mount Royal recognizes the value of helping students integrate their personal spiritual development along with their intellectual, academic and career development. The words "integrity" and "integrated" come from the same Latin root word. To foster people of integrity, Mount Royal's Multi-faith Chaplaincy seeks to help students, staff and faculty integrate their spirituality with the rest of their lives.

### Chaplaincy seeks to help students, staff and faculty in a number of ways:

- \*1) By providing a Meditation Centre for personal meditation, reflection and prayers
- \*2) By offering access to spiritual counselling with eleven different chaplains representing many religious traditions
- \*3) By offering group worship, prayer and study events to develop community
- \*4) By offering campus wide educational events to raise understanding about different religious and spiritual paths

For information about any of these services, please contact Monique Verhoef, the Chaplaincy Coordinator, at 440.8904.

## Top 10 Religious Affiliations @ MRC

(Source: Employee Wellness Survey 2007)

Christian Mainline Protestant	23.8%
Christian Catholic	23.4%
Christian Evangelical Protestant	8.7%
Buddhism	5.1%
Native Spirituality	1.7%
Hinduism	1.3%
Judaism	1.1%
Islam	0.6%
Christian Orthodox	0.4%
Sikhism	0.2%
Other/None of the Above	33.8%

## Spiritual Integrity

To have integrity as a person, you need to integrate your beliefs, values and sense of purpose with your actions. Here is how the two words are related:

### in•teg•ri•ty (noun)

From Latin integritās, soundness

1. Steadfast adherence to a strict moral or ethical code.
2. The state of being unimpaired; soundness.
3. The quality or condition of being whole or undivided; completeness.

### in•te•grate (verb)

From Latin integrātus, intact

1. to bring together or incorporate (parts) into a whole.
2. to make up, combine, or complete to produce a whole or a larger unit, as parts do.
3. to unite or combine.

## Did you know?

(Source: Employee Wellness Survey 2007)

**77.2% of MRC Employees** either have religious tradition and explore spirituality inside or outside their tradition, or they have a tradition but are non-practicing.

**15.8%** said they were neither religious nor spiritual.