

SPIRITUALITY RESOURCES

The intention of this resource guide is to bring awareness of the rich spiritual resources in our community. In making this guide, our case manager attempted to contact each resource to talk with members of those communities. Not all faith traditions responded to this outreach, which means that not all faith traditions are represented on this resource guide. Changes and additions to this guide are welcomed. If you have a community that you would like to add to this guide, please contact our case manager via email at allisonk@wcu.edu.

If you would like to connect with student-led faith communities on campus you can do so by going to <https://wcu.campuslabs.com/engage/> and selecting “Religious/Spiritual” under the “Categories” tab.

Some of the student-led faith communities that you can find on the WCU Engage page are listed below. Please follow the instructions above to learn how to connect with these communities.

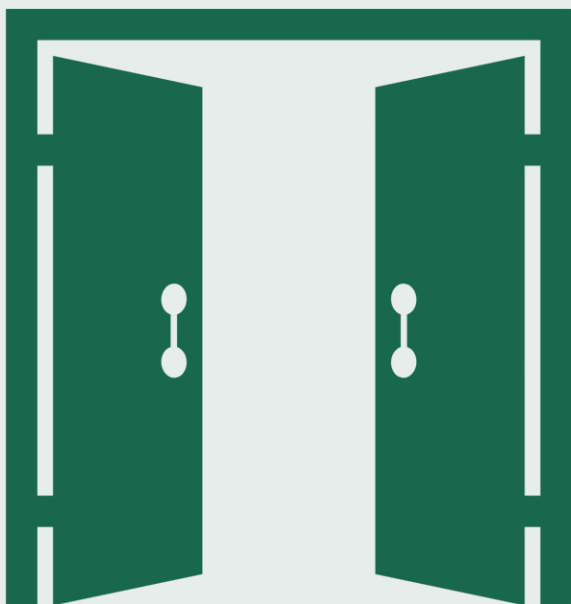
- ▶ Pagan Students Association
- ▶ Muslim Students Association
- ▶ Sigma Alpha Omega Christian Sorority Inc.
- ▶ Student Veterans Association at WCU
- ▶ Delight Ministries
- ▶ International Friends Campus Ministry

VISITING SACRED SPACES



As you begin to visit different spiritual communities in our area, it is important to remember that these are spaces that are sacred to practitioners and should be approached with cultural humility and dignity. Below are some tips on how to respectfully engage with these communities as well as enter these sacred spaces with curiosity and respect.

BEFORE YOUR VISIT



- Think about the type of sacred space you are wanting to visit. What religion or faith tradition is this space affiliated with?
- Think about why you wish to visit this space or engage with this community. What are your intentions in visiting the space?
- Research historical context as it relates to the selected spiritual community.
- Reflect on how your own identities intersect with this historical context and what considerations may be taken before your visit.
- Research if there are codes of conduct or dress codes in place and how to adhere to those rules before visiting.
- Consider the timing of your visit. Are you going during a time of celebration for this community, or is this a time that is open to the public?

Do

Be respectful and quiet. Understand that this space has special meaning for those who come to worship or engage.

Turn off your phone or put it on silent as to not disturb others who may be worshipping.

Ask staff or clergy about participation and observation. The person you ask may be able to let you know about participation opportunities and respectful ways to observe.

Follow all posted signs, especially those designating off limit sections. Remember, these spaces are sacred and not all areas may be permitted for public use.

Remember that this is a learning experience and be aware of how your own lived experience shows up in this space.

DURING YOUR VISIT



Don't

Bring outside food or drink into the sacred space. Most spaces prohibit outside food or drink.

Center your experience or worldview, this is a learning opportunity and experiences may challenge formerly held beliefs or attitudes.

Enter restricted areas, or areas specific to staff.

Use your phone while engaging with the community. This can be seen as disrespectful or rude, as well as distract others from their experience.

Record or take pictures unless permission is given by staff or clergy.

AFTER YOUR VISIT

·Maybe have a dialogue with others about your experience. This can be a friend, family member, co-worker, etc.

·You may also choose to journal your experience and reflect on thoughts and feelings about your experience with this spiritual community.

·Remember to keep engaging in self-reflection and researching further about things you may not have understood.

·If appropriate, contact the spiritual community to see how you can engage after your initial visit, to ask more questions, and to get connected.



SPIRITUALITY RESOURCES



NAME	ADDRESS	CONTACT INFO.	DESCRIPTION
The Meditation Center	1518 Webster Rd. Sylva, NC 28779	<p>Phone (828)356-1105</p> <p>Website meditate-wnc.org</p> <p>Email info@meditate-wnc.org</p>	<p>“Welcome to The Meditation Center, based in the heart of Jackson County, NC. Our mantra is “Find Your Peace,” and our mission is to teach the principles of meditation and Divine Metaphysics as a serene way of life. Our center is a study group inspired by spiritual teachings from many sources.”</p>
Cullowhee Baptist Church	148 Central Dr. Cullowhee, NC 28723	<p>Phone: (828)293-9024</p> <p>Website cullowheebaptist.com</p> <p>Email office@cullowheebaptist.com</p>	<p>“Cullowhee Baptist is a church where everyone is welcome, and we mean everyone ... single, married, divorced, widowed; straight, gay, trans, bi, or questioning; rich, poor, etc.”</p>
The Wesley Foundation	416 Central Dr. Cullowhee NC 28723	<p>Phone (828)508-7026</p> <p>Website wcuwesley.com/home</p>	<p>The Wesley Foundation is an open and affirming United Methodist Campus Ministry where everyone is welcome. We help students to connect with each other, contribute to the world around them, and celebrate their faith in a lot of different ways. Building understanding relationships and caring friendships are our priority.</p>

SPIRITUALITY RESOURCES



NAME	ADDRESS	CONTACT INFO.	DESCRIPTION
Catholic Campus Ministries	197 Forest Hills Rd. Cullowhee, NC 28723	Phone (828)293-9374 Website wccatholic.org Email ccm@wccatholic.org	The mission of Catholic Campus Ministry is to form Disciples of Jesus Christ in the Catholic tradition on the campus of Western Carolina University. We are open to any and all students, Catholic and non-Catholic, who wish to participate in a community of fellowship centered around Christ and the teachings of the Catholic Church.
The Bridge Church	138 Old Master Farm Rd. Sylva, NC 28779 or 240 Wisdom Dr. Cullowhee, NC 28723	Phone: (828)606-3516 Website thebcnc.com Email info@thebridgechurchnc.com	“We are a disciple-making movement reaching and equipping the now and next generations to know God, find freedom, discover purpose, and make a difference.”
Reformed University Fellowship	49 Grove Rd. Sylva, NC 28779	Phone (828)226-8179 Website ruf.org/ministry/western-carolina-university/ Email Andrew.shank@ruf.org	“RUF is a community of students learning how to love God, love people, and love Western Carolina University. Regardless of your beliefs or doubts, RUF is a safe place to EXPLORE Christianity and GROW in your understanding of who Jesus is and what it means to follow him. We welcome all, no matter where they are in the process, to be part of our campus ministry.”
Campus Rock Christian Fellowship	45 Crown Ridge Rd. Sylva, NC 28779	Phone: (828)533-0143 Website campusrock.org Email ryanworshipcr@gmail.com	“Campus Rock is a nondenominational Christian ministry at WCU. Our mission statement is Jesus. If you are looking for purpose, joy, friendship, or are seeking answers, come and let us help you find what you seek in Him! We meet on Monday nights in the University Center for worship and bible teaching. Join us during the week for bible study, fellowship, service, retreats, weekend events, and more. God has a place for you at WCU!”

SPIRITUALITY RESOURCES



NAME	ADDRESS	CONTACT INFO.	DESCRIPTION
Urban Dharma	697-C Haywood Rd. West Asheville, NC 28806	Phone (828)225-6422 Website udharmanc.com Email info@udharmanc.com	“Founded in 2011, Urban Dharma NC’s mission is to foster a deeper understanding of the teachings of the Buddha, build meaningful community, and integrate contemplative teachings into every day, ordinary life. We offer a meditation space to sit and be quiet; a consecrated shrine to experience the sacred and be blessed; a place to hang out with friends, tea, or a book; and a social space for community wellness, artistic, cultural and spiritual events.”
Serenity Insight Meditation Center	211 Bee Ridge Rd. Asheville, NC 28803	Phone Bhante Ujotika: (828)298-4700 Will Baunach: (828)687-9075 Website wncmeditation.com Email bhanteujotika@gmail.com willbaunach@yahoo.com suzannepun@gmail.com	We offer a meditation space to sit and be quiet; a consecrated shrine to experience the sacred and be blessed; a place to hang out with friends, tea, or a book; and a social space for community wellness, artistic, cultural and spiritual events.
Baptist Student Fellowship at WCU	245 Memorial Dr. Cullowhee, NC 28723	Phone (828)337-0682 Email dstone@unca.edu	“The Baptist Student Fellowship is established for the purpose of growing students in their faith, love, and service of God, and developing their understanding of God’s mission in the world.”
Je Tsongkhapa Kadampa Buddhist Center	1070 Tunnel Rd. Bldg. 2 unit 20, Asheville, NC 28805	Phone (828)668-2241 Website meditationinasheville.org Email epc@meditationinasheville.org	The Je Tsongkhapa Kadampa Buddhist Center in Asheville is a 501(c)(3) non-profit organization under Kadampa Meditation Center South Carolina (KMC SC), whose aim is to help the general public to develop inner peace by offering meditation classes and practical Buddhist advice suitable for busy modern life. People of all walks of life are discovering the immense benefits of meditation to reduce stress, find happiness and clarify the mind. Everyone Welcome! We offer classes, workshops, retreats and community events.

SPIRITUALITY RESOURCES



NAME	ADDRESS	CONTACT INFO.	DESCRIPTION
Mountain Mindfulness Sangha of Asheville	1 School Rd. Asheville, NC 28806	Phone (207)313-0794 Website mountainmindfulness.org Email mountainmindfulness@gmail.com	<p>“Mountain Mindfulness Sangha of Asheville, NC is a spiritual family connected by the practice of mindfulness. We are a harmonious community walking the path of liberation together. We can rely on the Sangha and trust it to support our deepest aspirations and give us energy and inspiration on the path of practice.</p> <p>We are a small, informal group of usually 15-25, and newcomers are always welcome! Through our Sangha practice of sitting and walking meditation, reading Thay’s words, participating in Dharma discussions and chanting, we learn how to be more compassionate with ourselves and each other.”</p>
Sri Somesvara Temple	95 Mount Soma Blvd. Clyde, NC 28721	Phone (828)531-9925 Website srisomesvara.org	<p>“Located in the Blue Ridge Mountains of Western North Carolina, Sri Somesvara Temple is a Vedic Shiva temple at the center of Mount Soma, a community commonly referred to as “Mount Kailash of the West.” People travel great distances to experience Sri Somesvara’s powerful Linga, profound silence, and timeless vibrations. <i>If you want to feel the presence of Lord Shiva, go to Mount Soma.</i>”</p>
The Brevard Jewish Community	4 Brian Berg Dr. Brevard, NC 28712	Website thebrevardjewishcommunity.org Email norm.bossert@gmail.com	<p>“We actively strive to provide the Jewish community with an opportunity to spend time together in a spiritual environment. Our services foster deeper understanding as they help us increase our knowledge of our history and the Torah.”</p>