

# Spirituality Activities

## Past activities have included

- Interfaith Service at Graduation
- Random Acts of Kindness week
- International Day of Peace
- Monthly 'Stillpoint' for reflection and stillness
- Understanding Islam workshop
- Meditation workshops
- Stations of the Cross
- Melody of life workshop for Chinese students
- Scripture and Personal Growth workshops
- Operation Friendship Programme events
- Video series 'Canticle to the Cosmos' by Brian Swimme (video series available in the AUT Library)
- Articles in Debate



## Spirituality and Chaplaincy Services

### HEALTH COUNSELLING AND WELLBEING

*"we care for you, mind, body and spirit"*

North Shore Campus:  
City Campus:  
Web:  
health

AS104 Ph: 921 9998  
WB219 Ph: 921 9992  
[www.aut.ac.nz/student\\_services/](http://www.aut.ac.nz/student_services/)

**AUT** UNIVERSITY **STUDENT SERVICES**