

## Sacred PNW: Spirituality & Community New Student Trip (NST)

*Portland is home to a rich diversity of spiritual expressions, as is your new L&C community! Did you know there is no single dominant religion in the Northwest? You'll spend the week connecting with other new students as you get to know Portland's sacred spaces through immersion in urban forests, trips to local spiritual communities, collective conversations, and meditative practice. You'll stay on campus during this "trip," and learn about spiritual life, practice, and community at L&C.*

### What will I do during the trip?

- Explore Portland and the L&C campus and find some beautiful and sacred spots
- Visit some spiritual communities in Portland and learn about the variety of spiritual traditions and attitudes that thrive and sustain Portland's culture and people
- Practice meditation, yoga, forest bathing, playful movement, and community reflection
- Learn about some of the science of spirituality and religion
- Explore the history and meaning of spirituality and religion in this region and learn about the stories that have shaped the current landscape
- Share our own spiritual/religious backgrounds and develop appreciation for others' backgrounds, build caring relationships with one another
- Engage in discussions about spirituality, belonging, and community care
- Develop skills for practicing care across deep theological/personal differences, exploring profound spiritual questions in this particular context
- Learn about Spiritual Life at L&C and start college with kind and grateful friends

### What will I gain from the program?

- An introduction to Spiritual Life at L&C and in Portland
- Exposure to various spiritual and religious attitudes, expressions, practices, and traditions
- A network of caring friends and community resources that share in your curiosities and that will support your spiritual exploration and your time here
- A strong foundation of belonging to support your transition into a new community
- The skills and invitation to be a leader in your community that cultivates respect, care, and belonging among your peers at LC
- Confidence navigating campus and connecting with Portland that will ease the first few weeks of transition to this new place

### Where will I stay during the trip?

During this immersive experience, all participants and trip leaders will stay on the Lewis & Clark College campus in residence halls. We'll have scheduled activities all day, with some planned rest time for you to return to your own space in the afternoons and late evening. Accessibility accommodations are available, contact [outdoors@lclark.edu](mailto:outdoors@lclark.edu) for more information.

### **How will I make sense out of the experiences I have during the trip?**

Your trip will be led by current students. They will serve as your guides for the week, showing you their city and answering your questions about life at Lewis & Clark. Like you, they are excited to build community and think about spirituality and care with other people. You will spend time together as a group reflecting on and discussing our activities as well as having fun and making new friends. While we hope to engage our exploration mindfully and carefully, we believe that playfulness, joy, and social connection are central to healthy spiritual life – we're here to have a fun and meaningful time together! This is a great way to connect with other students in the community at L&C and meet a group of people with your similar interests!

### **What are the policies?**

Participants on College Outdoors trips are expected to follow all [Lewis & Clark College conduct policies](#). All trips are tobacco, drug, and alcohol free, including vaping, medical cannabis, and tobacco products. Nicotine patches and nicotine gum are permitted.

**More questions? Just ask! We LOVE to talk about trips!**