

Interfaith Insider

Welcome to the SAIT Interfaith Centre monthly newsletter. Subscribe [here](#) to meet our team and stay up to date on all that's happening!



Spiritual
HEALING

January Interfaith Interface topics

January 14

"Matters of Kindness"

January 21

"Mindfulness & Mental Health"

January 28

"Preparing for Lunar New Year"

At the end of each year, I always enjoy searching out highlights of the year. Whether it be sports, news, tech or movies, these external reflections always help posture my own personal rumination. At the end of 2021, I saw Google had put out their annual "Year in Search" video. If you haven't seen it yet, take a moment to do so and then come back to this article submission. I'll wait...

It struck me very deeply that the topics searched most often had everything to do with spirituality: how to heal; how to help; how to care for oneself, others and the world; how to find one's own purpose and power. At the end of the video we read, "To everyone fighting to come back stronger, search on." This video, to me, should be rebranded as an ad for the SAIT Interfaith Centre as each of these searches are consistent with the ways we Chaplains engage with students and staff on a regular basis.

Especially amidst the difficulties of 2021. Now, with 2022 looking much like it did all last year, let me encourage you to "Search On" with vigor. Many of us have had to overcome tremendous hardship, fear, even anger and frustration to push forward into goodness. You and I are sojourners.

We are all only here for a short period of time. What we do and how we do it, amidst this daily journey of the soul, needs assistance, belonging, community, purpose and empowerment. The Interfaith Centre wants you to know you belong here. Search here, you will be found.

By: Art Kung, Chaplain, University Christian Ministries



Learner
Services

**Interfaith
Centre**

Interfaith Centre Testimonials from students:

During my time at SAIT, I did not have any friends and was feeling depressed and lost. Spiritually, I was stranded and confused because I knew that something was missing in my life but I did not know what it was. By the blessing of God I was fortunate enough to meet the Interfaith Centre Chaplain. He befriended me in a way that nobody ever had. He listened to me and began guiding me towards a better outcome on campus. I was invited to participate in events and programs. While attending these programs I made many friends which was almost difficult to believe at first.

My new Friends guided me towards an understanding of God. They helped me develop Faith through Prayer and connection with others; positive engagement in the community to help people without food and shelter. Throughout my time with the Interfaith Centre I felt a transformation that recreated me into a better person because of my Friends, connection with the community and Faith in God.

These blessings would not have transpired without the hard work and guidance of the Chaplain. Who else could encounter such a lost and miserable soul, befriend them and guide them to a path where they can spiritually thrive? Without the Interfaith Centre I would not have been set upon the path that has allowed me to achieve success in my field and employment after graduation.

- Dylan

I deeply value the community and programs that are in place to give students an opportunity to connect with others. It gives me a sense of belonging to be included in large events and small groups; and having the chance to have interfaith conversations is a way for me to learn more about others and exercise compassion and understanding towards those that have a different faith from my own.

I was able to participate in a small group book study along with attending larger group gatherings during my time as a SAIT student, and though the online experience made things a bit different than in-person events I found that the community was a respectful and inclusive place to learn from others, and I enjoyed the conversations I had with members and Chaplains.

The Chaplains were very approachable, considerate, and were actively involved in connecting students with available resources and programs. I found that the knowledge about my Christian faith grew during the book study, and I really appreciated the kindness and insight of group members

and leaders. My faith in God provides me with a strong foundation that gives me hope and security when I am stressed, overwhelmed, or anxious, and I believe that the programs offered to students are essential toward their mental wellbeing and overall understanding of the meaning of life and purpose. My experience with the Interfaith has encouraged me to go forward in my career with a better perspective on how to respect differences in others, and to be loving towards everyone. I really enjoyed being a SAIT student and getting to participate in things with the Interfaith Centre.

- Paige

The Interfaith Interface is my favorite meeting every week. It make me feel relax while learning online during the pandemic. The Chaplain are humorous and wisdom. I always felt the time flies when attending this meeting. He is also easy to reach out, and easy to communicate. Without interfaith interface, I was definitely feel boring, and not connected when learning online. It is because of this activity, I feel I am still a SAIT student. Interfaith Centre does like a harbor for students to "have a rest", to search for the peace in heart, especially during the pandemic.

The Chaplain gave me strength when I encountered my difficult time a few weeks ago, especially when he said "if you need a good listening ear, I will be always here", I was deep moved by his kind words. Maybe that is a simple sentence to others, but it gave me strength to walk through my saddest time because I know he always stand beside me when I need assistance.

Sometimes I feel religious is far away from me, or there seems a lot of boring regulations behind it, however, after having conversations with him in the Interfaith Interface, after receiving his email about my dad passed away, I found religion is indeed in our daily life, in the communication, and in the way how to show "love" to others. Thank you for your way showing up how a Christian would be like.

Last, but not the least, I do want to say that Interface Centre is a "window" when international students want to "see" the world of Canada. Your center really like a postcard to international student. No matter what kinds of activities that Interface Centre provided will definitely give us a model on how we will do in the future after graduation. Appreciated of your activities. Thank you for your efforts of making our students connected.

- Rong

INTERFAITH INTERFACE EVERY FRIDAY

Interfaith Interface is a safe, inclusive and inspiring activity where students from different spiritual backgrounds and diverse cultures come together to engage in thought-provoking dialogue.

[Click Here](#) to join us for an online dialogue on MS Teams on Fridays at 11:00 am.
