

Welcome to the University of North Dakota!

This Spirituality Walk is offered to you by Healthy UND and its Spiritual Subcommittee.

It highlights a few special places for reflection and contemplation as well as gathering places for some of UND's faith communities.

We hope the walk will invite you into life - a bit slower; insight - a bit clearer; and purpose - a bit deeper.

1. The walk begins at the Memorial Union, a central gathering place for students at UND. The Union offers food service, recreation, meeting space and offices for numerous student groups including student government.

2. From the Union journey west behind the Chester Fritz Library to the Soaring Eagle Prairie Garden. This inspiring sculpture was crafted by Native American artist Ben Brien and is surrounded by varieties of vegetation indigenous to the prairie. Listen to the grass whisper and let your imagination soar!

3. The walk continues west and south to the sphere and ever-burning torch located in the Old Main Memorial Plaza, site of the first building on the campus. This sculpture was created by the late Stanley Johnson, Professor of UND Art Department and dedicated in May of 1964.

4. The walk now moves west across the Fox Memorial Bridge which spans the English Coulee. This bridge was designed and constructed by UND alums and is named in memory of Alice C. Fox, Billings Montana. The bridge was dedicated in June of 1966. The Fox Memorial Bridge will lead you to the Adelphi Fountain, a gift from the Adelphi Literacy society in 1907. This Society was the first student organization on UND's campus. Listen and feel the gift of fresh flowing water!

5. The Spirituality Walk now invites you north on Centennial Drive to the J. Floyd Stone Alumni Center. This mansion was home to UND presidents from 1902 until 1955. The center now houses the UND Alumni Association and Foundation. Remember the richness of UND as it shapes the future!

7. The next destination will take you north on Harvard and a little bit west on 5th Avenue North to Wittenberg Chapel - the campus ministry center for the Lutheran Church Missouri Synod. This center offers worship, bible studies, and fellowship opportunities to the UND community and a wonderful new pipe organ for your listening pleasure. Step in to see if someone will play a hymn for you.

8. The Newman Center is the newly constructed home of Catholic Campus Ministry. Mass, Christian education, fellowship opportunities are but a few of the Center's weekly activities. Enjoy the Sanctuary's stained glass and the peer ministers' hospitality.

6. Journey east from the Alumni Center to Christus Rex Lutheran Campus Center and Tabula Coffeehouse. The coffeehouse and campus ministry center is a place of hospitality, conversation, prayer, and study for students, faculty, and staff. It is a ministry outreach of the Evangelical Lutheran Church in America. Come, wonder with us what God is up to in our lives and in our world.

9. The Lotus Meditation Center shares a place of gathering with the UND International Center on University Avenue. It welcomes people of all faith traditions and is a gift from Tamar Read, a retired music professor. Come in, for some quiet and reflection.

10. A final destination invites a five block eastern stroll toward the Red River to University Park. It is a place of towering cottonwood trees, colorful flower beds, a Japanese rock garden, and the half-moon bridge. Sit among the natural beauty of the Valley, refreshed, and make plans for your trip home...