Office of Multicultural Student Services

We Count! Todos Contamos: 2020 Census
Lewis University Census Presentation
Thursday, Sept 17, 4:00pm-5:00pm
Join Zoom Meeting: https://us02web.zoom.us/j/87221783764

Unity Dialogue
Tuesday, Sept 29, 3:00pm-4:00pm
Join Zoom Meeting: https://us02web.zoom.us/j/87221783764?pwd=TupmQzZemlaa42Zn97zZvDz09

University Ministry
ELEVATE
Bible Discussion, Worship, Episodes of The Chosen & More
Every Monday, 7:00pm
In-Person Event: Darcy Great Room
Masks and social distancing, additional spaces available to spread outdoors if needed. Ministry will also host some outdoor meetings. Virtual by request

Sunday Mass
Provided both virtually and in person, with masks and social distancing.
*In-person services remain live-streamed only.
Every Sunday, 5:00pm
In-Person Event: Outdoor, directly behind the Encounter Statue
Streamed Live on Facebook: www.facebook.com/lewisministry
Are you a student interested in learning more about Ministry?
https://forms.gle/HS35rf7TRJWb32ze5

Mass of the Holy Spirit
Let’s take time to celebrate God’s presence in our lives and to pray for God’s blessing and guidance as we learn, study, and grow together in new and unique ways due to the global pandemic.
11:00am classes are cancelled.
Wednesday, Sept 16,- 11:00am
Streamed Live on YouTube: https://youtu.be/sjY1PhnA660

Student Recreation

Group Fitness
Class schedule for the current week will be posted on the Lewisapp.
Daily (Weather Permitting) at 12pm or 4pm
In-Person: Outside the Rec Center with masks and social distancing
Rhythm Toning on Demand:
https://www.dropbox.com/s/v/1k4vkxkoym6eqc/Rhythm%20Toning%20LP.mp4?dl=0
Zumba HITT on Demand:
https://www.dropbox.com/s/v/jqycjldfoaxn4h/Zumba%20HITT%20LP.mp4?dl=0

TikTok Fitness Challenge
Meet on the University Green to learn a fitness based Tik-tok and film it! We will teach you the routine first and stay to be in the video.
Wednesday, Sept 16, 2:00pm
Wednesday, Sept 30, 2:00pm
In-Person Event: University Green
with masks and social distancing

TikTok Snack Attack
DIY Protein Pack to make in your dorm or at home.
Thursday, Sept 24 - Join us on Instagram Virtual Event:
Tik Tok / Instagram Follow:
@LewisURecCenter
Think you can do it better? Duel challenge by September 30th to get re-posted and win a blender bottle!

Podcast - Wellness Committee
Exercise Your Right to Vote Podcast
Thursday, Sept 18 - First Episode
Follow us for more information:
@LewisURecCenter Twitter & Instagram

Intramural Sports
Have FUN competing in the following, socially distant, on campus sporting events:
Kickball on the Stadium Turf, Goalie Wars, Football, NBL Combine, Singles & Doubles Tennis, Disc Golf & More!
Every Mon, Tue, Wed & Thu - After 4pm
Registration: Must use @lewisu.edu
Website: https://imeagles.com/lewis
Lewis Rec App:
Twitter & Instagram

Student Activities

Painting Event
Wednesday, Sept 9, 3-5pm
In-Person Event: BJC Lawn
*In-person weather: BJC Lobby

Tie-Dye Event
Thursday, Sept 24, 12-2pm
In-Person Event: BJC Lawn
*In-person weather: BJC Lobby

Flyer’s Faces Weekly Social Media Series
Introducing the stories and passions of our Flyer’s Every Tuesday!
@LewisUStudentActivities

Counseling Services
Virtual Drop-In Opportunities
Drop-in to ask questions or chat informally with staff at Counseling Services
Thursday, Sept 3, 1:00pm | 1 hour
Meeting number: 120 572 0903
Password: wmlTvSf429 (9688778 from phones)
https://lewisu.webex.com/lewisu/j.php?MTID=m3e30T9Yd50th06e40678610dzj20z8c

Tuesday, Sept 8, 3:00pm | 1 hour
Meeting number: 120 435 5644
Password: 6mYRCsU87 (6647945 from phones)
https://lewisu.webex.com/lewisu/j.php?MTID=m9a10c1f2ee57ce063999e5afa56877

Wednesday, Sept 9, 3:00pm | 1 hour
Meeting number: 120 375 1116
Password: C236YjgjDq3a (22369453 from phones)
https://lewisu.webex.com/lewisu/j.php?MTID=m1x2919a5132a3ae41b67516b969

Friday, Sept 18, 11:00am | 1 hour
Meeting number: 120 375 1116
Password: C236YjgjDq3a (22369453 from phones)
https://lewisu.webex.com/lewisu/j.php?MTID=m1x2919a5132a3ae41b67516b969

Students of Color Support Group
A welcoming, safe space for students of color, multi-ethnic students, and DREAMERS hoping to find connection and gain support. In coming together, students will help each other navigate societal experiences of discrimination and privilege and nurture identity acceptance and empowerment in our community. Two meetings per month in Oct and Nov.
Wednesday, Sept 23, 12:00pm | 1 hour
Meeting number: 120 788 2969
Password: TNc2zz6c (86428999 from phones)
https://lewisu.webex.com/lewisu/j.php?MTID=m0b309cd6b61548e07f72c97

Check Yourself!
Join Counseling Services for a 30-minute workshop to learn to recognize how your own mind and body responds to stress and what you can do about it to find relief.
Thursday, Sept 24, 12:00pm | 30 min
Meeting number: 120 327 2277
Password: Dz5v9hXzpi (3779457 from phones)
https://lewisu.webex.com/lewisu/j.php?MTID=m0f0e692f0e6b732e771bb2d692e5a

The Amazing Benefits of Mindfulness!
Join Counseling Services for a 30-minute workshop to learn the many scientifically proven benefits of mindfulness practice on overall health and wellbeing.
Thursday, Sept 29, 12:00pm | 30 min
Meeting number: 120 470 7063
Password: MQPvaym843 (67472926 from phones)
https://lewisu.webex.com/lewisu/j.php?MTID=m736b6453z1l1b47e46800465b087

Career Services
How to Prepare for Virtual Career Events
Workshop Pre-Registration on Handshake
Wednesday, Sept 9, 5:00pm
Tuesday, Sept 15, 11:00am
Questions: Mary Myers myersma@lewisu.edu

For a complete schedule of ON-CAMPUS and VIRTUAL EVENTS, download the LEWISU APP