



UKirk Presbyterian Campus Ministry
Hillside Grind Coffeehouse
594 Centennial Dr.
Cullowhee, NC 28723

ukirkwcu.org
hillsidegrind.org

Every school year brings a kind of rebirth for UKirk & Hillside Grind and this one especially. With the relaunch this year, the coffeehouse has truly become the front door to our ministry. It is the place where conversations start and where repeat customers become known on a first-name basis. From those coffee-encounters we are building a community of students that are involved in many other ways, including our weekly discussion group which has been well attended on Wednesday nights.

A surprise success in our re-launch this year has been the continued positive response and demand for the new yoga class we offered. The idea came naturally since my wife operates a yoga studio in downtown Franklin, NC and one of her yoga teachers happens to be a student at WCU. Initially, the idea was to offer yoga on the first two Mondays of the semester as a way of easing in to the rigors of school work – but the response was overwhelming. Nearly 30 students showed up for the first class and over half of them wrote on their sign-in form that they were seeking stress relief and help dealing with anxiety. The need was obvious and the outcry was vocal so we have continued the class on every Monday since. Each class begins with a brief meditation and Scripture reading that I offer to guide the practice. Each class then ends with a room full of students who have experienced relaxation, grounding, and self-care in their stress-filled anxious lives.

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