Prayer is a topic often discussed in and out of church as the concept transcends various religions, cultures and spiritual traditions.

However, has the power of prayer proven to be an effective tool in the lives of millions of people?

Numerous studies report that prayer can have a significant effect on the body, mind and consciousness, while many believe that there exists a strong relationship between prayer and ethics.

Richard Hecht, professor of religious studies at University of California, Santa Barbara, will lead a discussion entitled, "Spirituality and Culture: The Re-Turn to Prayer" on Thurs., Jan. 24, from 7:30-9:00 p.m. at the First Presbyterian Church Fellowship Center, 21 East Constance Ave., Santa Barbara. He will explore prayer's three interconnected levels: individual acts of ritual, acts of collective ritual, and ethical or mystical rituals.

"Spirituality and Culture," sponsored by the UCSB Affiliates, is a program created to examine and interpret spiritual traditions and trends; explore the literal, metaphorical and mythical religious customs of many different cultures; and discuss the critical issues facing organized religion today.
The cost for the forum is $5 for UCSB Affiliates and Chancellor's Council members, and $8 for non-members.

For more information call (805) 893-4388.

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**About UC Santa Barbara**

The University of California, Santa Barbara is a leading research institution that also provides a comprehensive liberal arts learning experience. Our academic community of faculty, students, and staff is characterized by a culture of interdisciplinary collaboration that is responsive to the needs of our multicultural and global society. All of this takes place within a living and learning environment like no other, as we draw inspiration from the beauty and resources of our extraordinary location at the edge of the Pacific Ocean.