

# CHAPLAIN'S CORNER

## Remember to Breathe

BY JER

Each morning, I sit in silence before I begin my day. Sometimes, I recite a Hindu mantra. Sometimes, I simply envision the faces of people I love. This is my way of grounding myself before my day begins.

On the way to work, I sip hot tea out of one of my favorite traveling mugs, and I listen to chants while I focus on my breathing (and the traffic, of course!). Part of my life's work is to be a presence of peace, and this is something I take seriously. So, I ground myself before I step into the roles of director, professor, and interfaith chaplain.

Throughout the day, if I feel myself tensing, I return to a mantra I love. I say my mantra to myself until I regain my sense of balance. I breathe in through my nose, and I exhale through my mouth. I envision the love that I have for this beautiful campus and for its people. Catholic Benedictine Monk David Steindl-Rast likes to repeat, "Thy will be done." What a beautiful practice! Maybe everyone has their own mantra or prayer or slogan that fuels them through the day.

As we approach the post-midterm part of the semester, we need to think about ways to ground ourselves. Life seems to speed up, and we may find ourselves forgetting to take deep breaths, go out in nature, spend time with our friends, or even eat and hydrate. It's important to take time to do all of these things. While I am not necessarily accustomed to using apps, some of us might find them helpful; they may even be our self-care reminders. I urge you, dear reader, to seek out ways to remember caring for yourself (and for others). I challenge you to list several ways that you can care for yourself during each week. What might this look like for you? Perhaps you like to sit on the Dell and observe the changing of the leaves. Maybe you

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For more information about the Spiritual Life Center, including info on student spiritual life student groups, go to our webpage - link in the email signature. You can also visit our Linkt.ree (link is in email).

## Remember to Breathe (cont'd)

enjoy going to the chapel for prayer or meditation. You might even call a friend or a family member during your lunch break.

The natural world, which we are also a part of, reminds us of the need for rest. Let us not neglect the necessities of grounding and self-care. Let us be compassionate with ourselves so that we may be a presence of compassion for all. May you take good care of yourself as we embark on the second part of the semester, and do not forget to ask for help if you need it. That's what a campus community does; it takes care of one another.

## LAVENDER WEEK

Monday, October 17 - 11 a.m. - 1 p.m.

**Qmunity Connection** - Hundley Highway  
(Rain Location is Drysdale 3rd Floor)

Tuesday, October 18 - 6-8 p.m.

**Film - The Danish Girl**  
Daura Museum of Art

Wednesday, October 19 - 5-8 p.m.

**Safe Space Training**  
Drysdale, West Room

Thursday, October 20 - 7:30 - 8:30 p.m.

**"The Power of Identity" Panel**  
Livestream - Link in email

## Dates to Remember

Sundays at 4:30 p.m.  
Weekly ROMAN CATHOLIC MASS  
in Snidow Chapel

Friday, October 14 - 5 p.m.  
PIZZA IN THE HUT  
SLC - 500 Brevard St.  
RSVP to [bryant.j@lynchburg.edu](mailto:bryant.j@lynchburg.edu)

Monday, October 31 - 2-4 p.m.  
DOGGIES IN THE DELL  
(Halloween Style)



## Sympathies, Concerns, and Congrats

*Our sympathies are extended to:*

- **Dr. Ei Hlaing** (Psychology) on the death of her mother, Myint Myint Sein.
- **Kayla Serratore** (Catholic Campus Ministry) whose grandmother, Rita Serratore, died. Link to obituary is in email.

The Chaplain's Corner is a newsletter published by the Spiritual Life Center (SLC) at the University of Lynchburg. We share campus concerns and updates, spiritual life events and activities, and words for the journey. If you have a joy or concern you'd like to share, reply to this message, email the SLC office - [spirituallife@lynchburg.edu](mailto:spirituallife@lynchburg.edu), or call 434.544.8348. We only share with your permission. Current and previous issues are on the SLC page of the University website - go to Link in signature ([www.lynchburg.edu/spiritual-life](http://www.lynchburg.edu/spiritual-life)) and click on "Newsletter."