

CHAPLAIN'S CORNER

The Gift of Presence

BY JER

I am trying to be more present.

This means I stop my wandering mind from going to the past or worrying about the future. Doing so helps me be grateful for each moment of my life. Doing so also helps me be a better son, friend, and teacher.

Benedictine monk David Steindl-Rast says, “At any moment the fully present mind can shatter time and burst into now.” But why is it important to be in the now? Being present provides us with many gifts. Firstly, we can take in the multitude of blessings that we regularly overlook. We can note the beauty of clouds and contemplate the giving of water by the ground to the sky above. We can observe the tender touch of a bee to a flower basking in sunlight. We can also realize the many acts of kindness that are bestowed upon us throughout the day—a smile from a passerby on the Dell, the “good morning” from our professor or coworker, the person who holds the door for us as we rush inside to get to class. There are so many blessings in each moment.

Being present also makes us aware of other people’s struggles. When our minds are somewhere else, whether it be five years in the past or five years into the future, we shut off the world that exists outside of ourselves. We miss the person whose books have slipped from their bag and are now scattered on the sidewalk. We miss the person whose head is down in sadness or anxiety, that one soul across from us in the cafeteria who just needs companionship. We miss the exhaustion of a professor who stayed up all night with a sick child but came to class to tend to their students anyway. Yes, when we abandon being present, we miss a lot.

I challenge you, dear reader, to be more present. When your mind goes to the past, or when it fills with anxiety about the



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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).

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future, I encourage you to take a few deep breaths. Breathe in, saying, "At this moment, I am present." Breathe out, saying, "I am in the here and now." Be mindful of the blessings you encounter. How beautiful your day will be! And don't forget to be mindful of those around you who may be in need. Remember that caring for others is how we make this world a more beautiful place for everyone.

May we both receive and give the blessings afforded by being present, and may we always keep compassion and love at the forefront of our practices.



Dates to Remember

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

Today and Tomorrow!!!
Wed. & Thur., Aug. 31 - Sep. 1
INVOLVEMENT FAIR
4-6 p.m. at Hundley Highway

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, 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) and click on "Newsletter."

Sympathies, Concerns, and Congrats

Congratulations to:

- **Karen Zongrone** (Student Development) and her husband, Vinny, on the birth of their granddaughter. Cameron Blake Moore was born to Danielle Z. Moore '12 and Blake Moore '19 MBA on August 24, 2022. She weighed 7 lbs, 1 oz and was 19.75 inches long. Cameron joins big sister Taylor (2 years old).

Sorry if you missed us at yesterday's Spiritual Life Fair. We do have some t-shirts left for anyone who did not receive one. (We have multiples of size Small left and just a few size Medium.) Come by the Spiritual Life Center to get your shirt.

500 Brevard St.
between 9 a.m. and 5 p.m.