

# CHAPLAIN'S CORNER

## Let Us Remember

BY NATHAN

Last century, back when I was barely a teenager, I was mildly obsessed with the song “Remember the Time” by Michael Jackson. It was all about remembering when a couple first met and fell in love, which to me, as a pre-teen, was important stuff. Do you remember that song? If not, you should probably go take a [listen](#). It's catchy.

Remembering first love can bring back all the feels. Remembering an embarrassing moment can bring with it a great deal of laughter and smiles. Remembering where you were on a particular day or event can bring us back to the very moment, as if we are reliving it. Yet, oftentimes, remembering can bring with it great pain, deep grief, and even past trauma.

More often than not, I do my best to remember the good rather than the bad. I want to remember the positive without having to think about the negative. And yet, sometimes it is as if our minds force us to remember when we are not ready or willing to do so. Remembering, though, is an important part of our lives.

In many ancient spiritual texts, there are regular themes centered upon the importance of remembering. Remembering allows one to be mindful of what the Divine has done for people, remembering the stories of previous generations, and a way to connect with people and saints of the past.

The tradition of remembering allows us to be mindful, to recall our past, to reminisce about days gone by, and to look at our previous memories with new eyes. But more than that, it can allow us to see how the Divine has been active and present when we were not present to the Divine.

This time of year, specifically within the Christian tradition, there is a religious holiday known as All Saints Day. This holiday commemorates the belief that there is a powerful yet mysterious spiritual bond between those of us who are living and those who have died.

It is a reminder that we are connected, that when one of us grieves, we all grieve; when one of us is hurting, we all hurt, and

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the reminder that human lives deeply matter. It connects with the Buddhist belief of interbeing, that everything and everyone is interconnected.

Next week, we are hosting our annual Service of Remembrance as a way to be mindful, to call to mind, and practice the tradition of remembering. We will be honoring the lives of those who had died, especially those in the last year, acknowledging that death is a great injustice, creating space to allow our grief, and marking a moment to honor their legacy.

Our service will take place at 8 p.m. on Monday, November 1st in Snidow Chapel. We invite you to attend. If you would like to light a candle in memory of a loved one, please contact us, as we will be lighting candles to commemorate the life and lasting legacy of those no longer living. We will remember them and their light that continues to shine.

**FOOD PANTRY**

*Pantries are located at the SLC Terrace Level Entrance (500 Brevard St.), 1st Floor of Hundley Hall, and OEI.*

**Donations currently needed include:**

***Peanut Butter  
Jelly and Jam  
Soups, Stews, Chili***

***(In other words,  
Comfort Foods!!!)***



## Dates to Remember

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

TODAY!  
4:30 - 5:30 p.m. in Drysdale  
EARTH SPIRITUALITY will be giving  
away Halloween Friendship  
Bracelets

Monday, November 1 - 8 p.m.  
SERVICE OF REMEMBRANCE  
Anyone who has experienced a  
loss is invited to attend. You may  
also contact the SLC to have a  
candle lit, even if you are not  
present. [Email](mailto:slc@lynchburg.edu) or call 434.544.8348.

For a list of regularly scheduled  
fellowship group meetings,  
go to the [Spiritual Life webpage](#) and click on  
"Spiritual Organizations on Campus."  
Helpful Links on LinkTree at -  
[SpiritualLifeCenter](#)

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 - [www.lynchburg.edu/spiritual-life](http://www.lynchburg.edu/spiritual-life).