

CHAPLAIN'S CORNER



Orange Ribbon

BY STEPHANIE

As of today there is a new Orange Ribbon on the Peace Pole at the Spiritual Life Center. An orange ribbon is a sign of awareness of racial tolerance and cultural diversity associated with the International Day for the Elimination of Racial Discrimination, March 21st. The UN chose the March date to commemorate the massacre in Sharpeville South Africa which occurred in 1960. March 21st is Human Rights Day in South Africa. I wish we had a Human Rights Day in this country.

Since the start of the COVID-19 pandemic, expressions of xenophobia and anti-Asian sentiment, harassment, and violence against Asian, Asian American and Pacific Islander persons, families, and communities have increased. As the nation mourns the recent unjust deaths, the University of Lynchburg's students, staff, faculty, and administration stand in solidarity with our Asian, Asian American, and Pacific Islander communities and condemn racism and expressions of hate, bias, and discrimination in all forms. --President Morrison-Shetlar

And I believe with every fiber on my being, there are simply some core values and beliefs that should bring us together as Americans. One of them is standing together against hate, against racism, the ugly poison that has long haunted and plagued our nation. --President Joseph Biden

We denounce racist language against Black and brown communities, and we must insist that anti-Asian

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See next week's Chaplain's Corner for details on Holy Week events

Dates to Remember

Vespers
9 p.m. Sundays:
April 4 April 18 May 2
(Use YouTube Link on page 3)

Today

Wellness Day!

Athletics is sponsoring activities throughout the day (See Sound Bath information in box at the left)

Thursday, March 25
7 p.m.

"How Interfaith Work Taught Me to Be a Humanist" with Vanessa Gomez Brake
[Link to Google Meet](#)



Vanessa Gomez Brake
Humanist Chaplain & Associate Dean of the Office of Religious & Spiritual Life at University of Southern CA

Wellness Day

Sponsored by Athletics

March 24, 2021

Sound Bath

Hall Campus Center Ballroom

7:00PM

A sound bath is a type of meditation practice that aims, like meditation generally, to lead practitioners into deep states of relaxation while being enveloped in ambient sound played by the sound bath conductor. Sound baths use repetitive notes at different frequencies to help move attention away from thoughts. Generally, these sounds are created with Tibetan singing bowls, chimes, cymbals, and gongs. Each instrument creates a different frequency that vibrates in the body and helps guide attendees to the meditative and restorative state. Generally, attendees experience a sound bath while lying on yoga mats in savasana or relaxation pose. Attendees should bring a yoga mat or a blanket to lie on.



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

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Helpful Links on LinkTree at -

[SpiritualLifeCenter](#)

Orange Ribbon (cont'd)

violence be called out and addressed as part of the systemic injustices laid bare in this time of global pandemic. --Disciples Leaders, Rev. Teresa "Terri" Hord Owens, General Minister and President, Rev. Yvonne Gilmore, Interim Administrative Secretary, National Convocation, Rev. Lori Tapia, National Pastor, Central Pastoral Office of Hispanic Ministries, Rev. Chung Seong Kim, Executive Pastor, North American Pacific/Asian Disciples

White supremacy is a lie teller, and a life taker... Their deaths say that all of us must come together. Their deaths say that we can't let racism or white supremacy have the last say. --Rev. Dr. William J. Barber

Many voices have been raised against violence and racial injustice, and yet so much more needs to be done. My voice matters, but so does each of your voices. Not all statements will make the newspaper or the evening news, nor will they be retweeted millions of times, but every statement matters. Every action that any of us takes against hate and injustice matters. It is the end of March and without a formal spring break this semester, we know that the push to the end of the semester will be difficult, but please use some of your energy to make our world a better place in any of the infinite ways that can happen. My small gesture for the day is to put an orange ribbon on the Peace Pole; when you see it, please pause for a moment to reject racial injustice and violence and hold peace in your heart.

It may take me a lifetime to unlearn all of the cultural messages, religious traditions, linguistic idioms, and tendencies to micro-aggressions that make up who I am. I will apologize when I slip, I will call out racism when I see it, I will preach love and grace and justice. I will ask my community to journey with me. Racial violence has to end. --Stephanie McLemore

Peace Be Upon You and Yours, Stephanie

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 - www.lynchburg.edu/spiritual-life.



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are live- streamed via our
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