

CHAPLAIN'S CORNER

Contemplate the Possibilities

BY NATHAN

There's a buzz on campus again as everyone is gearing up for the start of the semester. There are also a lot more visible smiles around here too, thanks to the vaccines. People are planning and getting ready for the return of a couple of thousand students. Stressful, sure, but incredibly exciting. We all are planning, preparing, dreaming, and anticipating the semester ahead.

I have been thinking about the word 'anticipating' this week. One of its definitions is "contemplating the possibilities." I really like that definition and I want to make sure I contemplate the possibilities as I prepare for the fall semester.

The thing is, for me, worrying about the possibilities is a more natural occurrence than contemplating them. Perhaps it is for you, too. There has been plenty for us to worry about during this pandemic.



This issue:

"Contemplate the Possibilities"
by Chaplain Albert
PAGE 01

Sympathies, Concerns,
and Congrats
PAGE 02

Helpful Links
PAGE 02

Dates to Remember
PAGE 02

CONT'D ON P. 2

Contemplate the Possibilities (cont'd)

Anticipation, though, brings with it dreams and hopes while worry brings with it fears and trepidation. Anticipation allows for awareness and curiosity while worry brings constriction and mindlessness.

When we worry, we live in a fearful future that has not yet happened, allowing us to easily dwell on troubles that do not yet exist and catastrophize the possibilities. But, when we anticipate and contemplate, we can dream about the hopeful possibilities of the semester.

So my hope for each of us as we prepare for a semester in person is that we anticipate and dream what could be rather than worry about what might not even happen. Sure, that's probably easier said than done. However, I do know that dreaming and hoping is better for our hearts and souls than worrying. So may you have a moment today where you choose to contemplate the possibilities and may that bring you peace and hope.

Sympathies, Concerns, and Congrats

Congratulations to:

- **Dr. Jeremy Langett** (Communication Studies) and his wife Lindsay on the birth of their daughter. Eloise Josephine Langett was born on October 9, 2020 .

Our sympathies are extended to:

- The family, friends, and former colleagues of **Dr. Joseph Nelson** (emeritus professor of Religious Studies) who died on January 24, 2021. A **memorial service** will be held in Snidow Chapel at 1:30 p.m. on Sunday, July 25. [Link](#) to full obituary.
- **Annette Stadtherr** (Multicultural Services) on the death of her aunt.



Dates to Remember

Sunday, August 15

4:30 p.m. - Weekly Roman Catholic Mass begins. Snidow Chapel

Tuesday, August 17

4:30 - 7 p.m. - Spirituality Fair
Join us in Drysdale to learn more about Spiritual Life opportunities on campus! Meet our staff and key leaders! Free T-shirts! Candy! Activities!

August 18-19

4 - 6 p.m. - Organization Fair in the Dell

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.

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](#)