

CHAPLAIN'S CORNER

Peace Within

BY JER

One of the holiest of Jewish holidays, Yom Kippur, starts today at sundown. It is a time for atonement. One of my spiritual teachers, Rabbi Chava Bahle, reminds me that Yom Kippur is also a time to reflect on how we can move forward.

Lately, I have been thinking about moving forward in peace.

We live in a chaotic world. This is true. Unexpected deadlines present themselves, loved ones become ill, and disobliging words sometimes crash in on us. It is easy to forget the importance of inner tranquility.

The great teacher and master Lao Tzu reminds us that in order to have peace in the world, we must have peace within our core. Sounds easy, right? It is not. Cultivating peace within takes time. Some meditate. Some journal. Some go to places of worship, and others simply sit in nature. (I enjoy a nice cup of tea, the sound of Sufjan Stevens' voice, and the poems of Irene McKinney and Joy Harjo.) Regardless of our vehicle to achieve inner peace, we need one (or two or three)!

So often, we neglect self-care, but if the world is to be well, we first must be well. I believe in the Jewish concept of Tikkun Olam, the belief that it is our responsibility to tend to the world. Each day, I choose to see this realm as one in need of tender love and compassion, and I ask myself how I can spread love instead of judgment, care instead of criticism, and peace instead of chaos. One way I am able to walk through this world in peace is to ensure that I am at peace.

When chaos calls, when I find myself befuddled, I close my eyes and focus on the Hebrew letter Aleph, which is mostly silent. In his work, *The Book of Letters: A Mystical Alef-bait*, Rabbi Lawrence Kushner says this about Aleph: "Open your mouth and begin to make a sound. STOP! That is Alef [Aleph]." Sometimes, I take this to mean to think before I speak. In truth, it is through meditating on this letter, and its nature of silence, that

CONT'D ON P. 2



This issue:

"Peace Within"
by Chaplain Bryant

PAGE 01

Living on a Prayer

PAGE 02

Helpful Links

PAGE 02

Dates to Remember

PAGE 02

Did You Know?

Yom Kippur is the holiest day of the year in Judaism. Its central themes are atonement and repentance. Jews traditionally observe this holy day by refraining from work, having a day-long fast and intensive prayer. They often spend most of the day in synagogue services.

Peace Within (cont'd)

I am able to slow down my breathing and return to my center of peace throughout my day.

My prayer for this realm is that one day weapons will become flowers and cross words will be transformed into poems of unity. I am not naive. I know that time is far from now. In the meantime, each of us, dear reader, must plant the seed of inner peace so that it can flower in the world. It is not easy, but I believe we can do it, and I believe that peace and unconditional love and compassion will bring about change. Dream with me, if you will, this world into a state of tranquility. Let us always have love and compassion at the forefront of our peaceful practice that we call living.

Please join us at the Peace Pole [500 Brevard Street] this Friday at 2 p.m. as we dream peace into being.

Living on a Prayer

What: Write down your prayer requests (can be anonymous)

When: Wednesdays from 11 a.m. - 1 p.m.

Where: The Dining Hall

Why: The Catholic Community prays over requests Wednesday and at Sunday Mass. Requests may also be emailed to [Kayla](mailto:Kayla (Serratore.KR@lynchburg.edu)) (Serratore.KR@lynchburg.edu). Confidentiality always respected.

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](#)

Dates to Remember

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

Wednesday, September 15
3-5 p.m.

DOGGIES IN THE DELL
Sponsored by Wellness and
Spiritual Life

Wednesday, September 15
YOM KIPPUR begins
at Sundown

Friday, September 17
2 p.m.
PEACE POLE GATHERING
Spiritual Life Center (SLC)
(500 Brevard St.)

Saturday, September 18
11 a.m. - SLC Terrace Level
PARENTS' BAGEL BRUNCH
Sponsored by Hillel

Monday, September 20
7:30 p.m. - Snidow Chapel
CLIFTON L. SNIDOW LECTURE ON
CHRISTIAN LIFE AND WORK
Rev. David Finnegan-Hosey will
speak on "You Are Not Alone: Faith,
Crisis, and Mental Health"