

CHAPLAIN'S CORNER

The Power of Change

BY JER

We are changing at every moment. A professor's words, a colleague's selflessness, a coach's belief in us, a piece of art in the Daura Museum, these things can all spark change. Maybe one changes their mind about a deeply held belief, or maybe a deeply held belief is strengthened. Maybe one suddenly finds their heart opening in an unexpected and beautiful way. Change happens. Let us not fear it.

As we end this semester, many of us—faculty, staff members, and students—find ourselves in reflection mode. What went well for us? What do we want to further explore? What do we not want to try again? What do we want to change? Let me first say that you, dear reader, are perfect the way you are. In the words of the mystic poet Rumi, “You are the mirror of divine beauty.” Never forget your worth. If you feel you failed at something, know that failure does not define you. You are so much more.

Yes, it is human nature for us to reflect on our personal evolution, particularly at a semester's end, and I encourage you to give yourself permission to change. Change can be scary, but it can also be the opening to new opportunities, exciting possibilities. I am inspired by a profound quote by the Quaker physician Gerhard Ockel: “We must see God as the creative spirit who works through growth.” What a profound thought! Perhaps change is divine! When have you found yourself afraid of something new, only to then discover that your life has been transformed by this change?

As we approach winter break and downtime, do not be afraid to reflect on the last few months. Do not be afraid to make any necessary changes to your life. And, do not be afraid to embrace a change that seems scary but that may be fulfilling. I remember telling some of my friends a few years ago that I was going to become University of Lynchburg's first Interfaith Chaplain. Some said, “How can you fit something else into your already full schedule?” I trusted the Voice within that called me to

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chaplaincy, and it has been one of the greatest gifts I have been given. Each day I serve as a chaplain is a blessing. May you, dear reader, feel empowered to meet changes with hope and a beaming heart. Be not afraid.



Advent - Dec. 3-24



For more information about the Spiritual Life Center, including info on our student groups, go to our webpage - Link is in the email signature.
You can also visit our Linkt.ree (Link is in email).

Upcoming Interfaith Holidays

December 7-15
Hanukkah (Judaism)

December 8
Immaculate Conception of Mary
(Christian)

Dates to Remember

Weekly on Sundays in Snidow Chapel:

- 11 a.m. Worship with Church of the Covenant
- 4:30 p.m. Roman Catholic Mass (Mass will resume on January 28, 2024.)

Thursday, December 7
4 p.m. - Drysdale Living Room
De-Stress Fest with Hot Chocolate,
Hanukkah Cookies, and Gift Bags

