

CHAPLAIN'S CORNER

New Year, Fuller You

BY NATHAN

It's the new year. We all know that this time of year is a push to become a new you. We crave to be more productive, develop new and healthy habits, or long to lose some weight and gain some muscle.

Did you make a list of resolutions? Have you already failed at your resolutions, like I have? The prospects of me keeping any of my resolutions are slim. However, this year, I think I am OK with that because I have been thinking a lot about the ideas of buddha nature and *imago dei* from the Buddhist and Christian tradition.

In the Mahayana Buddhist tradition, every being has a Buddha nature. This means that each person has within them the seed and potential to become fully awake and enlightened. When we become aware of our Buddha nature, we become more present, aware, and mindful of the here and now. This seed of Buddha nature can grow and sprout within us leading us to a fuller life.

In many Christian traditions, every person has the *imago dei* or is made in the image of the Divine. This is the belief that the fingerprint of the Divine is upon every person. Therefore, by being with a diversity of humans we not only see the beauty of creation but a reflection of God as well.

Both of these principles remind me that within each person is inherent worth, value, and sacredness. Each person, simply because of their existence, is holy, good, and beautiful. A new year's resolution cannot change this truth.

So this year, instead of being a 'new' me, I want to become a fuller me. One that connects with my Buddha nature and the image of the Divine.

My hope for you, too, is that you don't become a new you, but you become a fuller and truest you; the you you are meant to be; the sacred, good, and beautiful person you already are.



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

Save the Date

MLK Week 2023 on campus is
January 23-27
(Watch for upcoming details from OEI)

Passages . . . through grief

A **Virtual Grief Recovery Program** for those who have had significant loss due to death, divorce, relationship strain, or health issues.

Dates: 6 sessions on Thursdays, beginning January 12

Time: 6:30 - 8:30 p.m.

Cost: \$75 per person (If need for scholarship, contact the Spiritual Life Center)

Leaders: Mary Ann Lippincott, Ph.D.
Licensed Psychologist, Fellow, AAPC
Susan H. Williams, BSW
Certified Grief Counselor

Contact Susan Williams at 434.944.8458 or register at www.passagesthroughgrief.com

Sympathies, Concerns, and Congrats

Our sympathies are extended to:

- **Dr. Cheryl Coleman** (English) on the death of her father, Carl Edward Coleman. Link to obituary in email.

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 - go to Link in signature (www.lynchburg.edu/spiritual-life) and click on "Newsletter."

Dates to Remember

Sundays at 11 a.m.

Worship with

CHURCH OF THE COVENANT

in Snidow Chapel

- Jan. 15 - Contemplative presence in the life & work of Rev. Dr. Martin Luther King, Jr.
- Jan. 22 - "How to Be a Beloved Community" from multiple perspectives

Sundays at 4:30 p.m.

Weekly ROMAN CATHOLIC MASS

in Snidow Chapel

(Mass will resume on January 29)

Monday, January 23

Noon - 1 p.m. in Drysdale

LUNAR NEW YEAR

The Buddhist Community will be giving out treats

