

CHAPLAIN'S CORNER

The Thing Behind the Thing

BY NATHAN

I was recently speaking to some colleagues on campus about how, in the many conversations I have as a chaplain, there is always more to the story than someone is telling me. There's a thing behind the thing.

For instance, I might be having a conversation with someone who may say they are really tired. Yet, as the conversation progresses, I learn the tiredness is not from a lack of sleep, but rather a deep burnout from work or exhaustion from being a young parent.

Or, talking with a student, I might learn about their frustration they are experiencing being a student on campus, but as they get more comfortable speaking to me and open up, I learn that their frustration is really because of a recent break up causing so much pain.

There's a thing behind the thing.

Sometimes the thing behind the smile is grief and pain. Sometimes the thing behind the anger is actually a bout of shame. Sometimes behind the outburst is an experience of a great injustice. Sometimes behind the excitement is a lot of anxiety. Sometimes behind our motivation is actually a lot of fear.

There's a heavy thing that is often behind the thing.

Even as I write this, I sense a deep heaviness within me as the death toll from the earthquake in Turkey and Syria (which was at 5,000 when I wrote last week's Chaplain's Corner) is now at 36,000. I sense a deep frustration within me as there is yet another shooting at another college campus, and our students students reel with emotions as such a tragedy is normalized. I sense a longing to be with my kids as they spent their morning making the cutest Valentine's Day cards for their sitter, and I love seeing them create.

CONT'D ON PAGE 02

we stand with you



#spartastrong

This issue:

"The Thing Behind the Thing"
by Chaplain Albert

PAGE 01

Information on
Passages Through Grief

PAGE 02

Sympathies, Concerns,
and Congrats

PAGE 02

Dates to Remember

PAGE 02

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](https://linkt.ree) (Link is in email).

The Thing (cont'd.)

We all carry more than we let on.

As you speak with colleagues and friends today, may you be aware that everyone is carrying a deep and heavy burden; there's a thing behind the thing. If today you are carrying a deep and heavy burden, may you have the courage to share it with a safe person so you may know that you are not alone. May we all have moments where the thing behind the thing is a deep sense of peace, love, joy, and hope.

GRIEF

Passages...through grief

A Grief Recovery Program
(for all significant kinds of loss)

Beginning March 2, 2023 - 6 sessions
On Zoom - 6:30-8:30 pm

For more info, www.passagesthroughgrief.com
Susan Williams at 434.944.8458

Sympathies, Concerns, and Congrats

Our sympathies are extended to:

- **Joseph Gatti** (senior, Monmouth Beach, NJ) whose father died.
- **Dr. Andy Tatom '78** (Trustee) and his wife, Sue Tatom, on the death of Andy's mother, Helen S. Tatom. 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

- Feb. 19 - Rev. Jan Linn will speak on "The Journey to Joy: A Personal Story"

Sundays at 4:30 p.m.

Weekly ROMAN CATHOLIC MASS
in Snidow Chapel

Thursday, February 16
5-7 p.m.

LCF Info Table
in Drysdale, 3rd Floor

Friday, February 17
3-4 p.m.

Earth Spirituality Interest Meeting
SLC, Terrace Level

ASH WEDNESDAY - February 22
(All are welcome)

- Services in Snidow Chapel
 - Noon - Ecumenical
 - 8 p.m. - Roman Catholic
- Ashes on the Go
 - 11:30 a.m. - 1 p.m. - Drysdale
 - 2:45 - 4:30 p.m. - Schewel