

# CHAPLAIN'S CORNER

## The Power of Thought

BY JER

Do our thoughts matter? Can we truly send positivity or negativity throughout this realm? Lately, I have been ruminating on the power of thought.

In *The River of Light, Jewish Mystical Awareness*, Rabbi Lawrence Kushner says, "We participate in a perpetual organic conversation with our universe." Perhaps, Rabbi Kushner means that if we listen carefully, we can actually feel the Mystery speak to us. Perhaps, he means that the universe hears our own thoughts and prayers. Maybe he means both. Regardless, I remember a rabbi once telling me that our thoughts have a deep impact on the world around us. When we are angry and have negative thoughts about others, there is a ripple effect; that negative energy spreads throughout the world, affecting our planet in numerous (and sometimes unexpected) ways.

This, of course, can also be thought of in ways unrelated to spirituality or religion. If a person is having a bad day, and they snap at a family member, that family member may go on to be grumpy during their interactions with others. The negativity spreads like salvinia molesta. Yet, if we have positive thoughts about others (even when it may be challenging), wish them well, and see them through the lens of unconditional love, much like the way the Creator sees us, perhaps we can turn a person's bad day around. Even a smile can alter the course of a saturnine twenty-four hours.

I challenge you, dear reader, to think of ways that you may spread peace, kindness, and positivity during these last days of the semester. These are challenging times. For some, the stress is palpable. Can you offer a smile to a student studying in the library? Can you send a note of gratitude to a professor or a coworker? Can you text or call a family member, reminding them of how much you love and appreciate their presence?

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## The Power of Thought (cont'd)

Remember that small actions done in peace can have an enriching effect on you and the people you encounter.

May we remember to be a presence of peace, and may we be gentle with ourselves and with others. Maybe in the end, the adage is true—what we think, we become. May we be bringers of Light, and in doing so, may we transform our world into a place of kindness and compassion.

## Sympathies, Concerns, and Congrats

*Our sympathies are extended to:*

- **Wendy Martin** (retired from Provost's office) and her family on the death of her mother, Frances Lee Gagneur, on May 2, 2023. Link to obituary in email.



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).

## Dates to Remember

Sundays at 11 a.m.  
Worship with  
CHURCH OF THE COVENANT  
in Snidow Chapel  
(NOTE: May 14 will be the last on-campus service until August)

Sundays at 4:30 p.m.  
Weekly ROMAN CATHOLIC MASS  
in Snidow Chapel  
(NOTE: May 7 is the final Mass of the Spring semester)

Wednesday, May 17  
5 p.m. - BACCALAUREATE  
(Guest speaker is  
Dr. Amy Merrill Willis)  
8 p.m. - CANDLELIGHT  
Both in Snidow Chapel