

CHAPLAIN'S CORNER

That Focus Point

BY NATHAN

It's that time of year. It seems like many of us have 4,302 events to attend, 31 exams to take, 1,678 pages of essays to write, and about 7 hours to get it all done.

Ok, yes, I might be exaggerating a wee bit. Regardless, it is a very busy time of year. There is a lot swirling around, keeping us busy, and making us a bit dizzy.

As I have been thinking about the end of another semester, I was reminded of the countless dance classes I took while training to be a professional actor in my previous career.

One of the more difficult sessions was learning how to do a double pirouette. A simple double turn, it is one of the most basic and iconic ballet moves.

Yet, completing a double pirouette without getting dizzy or falling takes a lot of practice. To successfully do so, one must focus on a few key elements. One must firmly anchor one's turning foot, maintain good posture, gain enough momentum from pushing off the ground, utilize one's arms to keep you spinning, and, possibly most importantly, find a spot point.

The spot point is usually at eye level across the room. In some theaters, it is a lightbulb at the back of the audience. Dancers focus their eyes fixed on this spot throughout the entire spin. One keeps looking at it until the motion of the turn forces one's head to spin around quickly. Focusing on this spot ensures one does not become dizzy and allows them to keep focus as they are literally swirling around the stage.

In the final push of the semester, as we have long to-do lists and numerous final events in which to participate, we might find ourselves becoming a bit dizzy. My hope is that we each find that focus point, the spot, upon which we can keep our eyes

CONT'D ON PAGE 02



This issue:

"That Focus Point"
by Chaplain Albert
PAGE 01

Baccalaureate and
Candlelight Info
PAGE 02

Sympathies, Concerns,
and Congrats
PAGE 02

Dates to Remember
PAGE 02

That Focus Point (cont'd)

and that will keep us motivated and anchored. Maybe that's graduation, a daily meditation practice, time with friends or family, or a simple sweet treat we can reward ourselves with, once a task is completed.

The first time I completed a double pirouette, I was ecstatic. Although my foot was on the ground the entire time, in some way, it felt as if I had actually flown.

As we finish another semester, I hope that at the end of it, you feel a sense of pride in all that you have accomplished. Perhaps keeping that focus point will allow you to feel as if you've flown. And may that bring you great joy as the summer begins.

Sympathies, Concerns, and Congrats

Our sympathies are extended to:

- **Donzailya Berg** (senior, Stephens City, VA) on the death of her grandfather. Link to obituary in email.
- The family, friends, and colleagues of **E. Stewart Coleman** '86 (Trustee), who died on December 16, 2022. A funeral service will be held at St. John's Episcopal Church, 205 Elmwood Ave., Lynchburg, on Friday, May 12 at 3 p.m. Link to full obituary is in the 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)

Wednesday, May 17

5 p.m. - BACCALAUREATE

(Guest speaker is

Dr. Amy Merrill Willis)

8 p.m. - CANDLELIGHT

Both in Snidow Chapel

Seniors - Please RSVP for

Candlelight Ceremony

(spirituallife@lynchburg.edu)

