

CHAPLAIN'S CORNER

Light in Chaos

BY JER

One recent Friday, we had a snowstorm. I was working late, and I had just finished my last task and had called in takeout from my favorite Thai restaurant in Lynchburg. I made my way to my car, hopped in, and started the engine. There it was. Someone had left a typed note on my windshield: *STOP, STOP, STOP. I noticed that your left rear tire is flat.*

What could I do? It was a snowstorm. Who would help me? I felt panic creep up into my throat. Chaos settled in. I took a deep breath and chose gratitude over worry. I sat for a moment, cultivating a deep sense of thankfulness that someone was looking out for me. Someone cared enough to leave a note.

I called for roadside assistance. Then, I called the Thai restaurant to apologize that I could not come to get my order. They said, "We will bring you your food. No problem." So, in slippery road conditions, the owner of the restaurant drove my peanut sauce tofu to me! She said, "If you need to pay later, that's ok."

Moments later, a young man from a towing company arrived to provide roadside assistance. He said, "I'm not just going to put your spare on. That's not good. I'm going to patch your tire for you. You shouldn't have to drive on a spare." He did so while snow soaked his clothes. Yes, even during frenzied times, there is compassion. Just look for it. Three souls had come to my aid, and I chose gratitude over lamenting about my flat tire. Even in darkness, there was light.

While I am unquestionably appreciative that I received help, my experience in the snowstorm also reminded me to live out compassion. I am a true believer that we are charged with tending to the world. When someone is suffering, we should do all that we

CONT'D ON PAGE 2



This issue:

Light in Chaos
by Chaplain Bryant
PAGE 01

Dates to Remember
PAGE 02

Helpful Links
PAGE 02

Sympathies, Concerns,
& Congrats
PAGE 02

Student Spiritual Life Group
Information
PAGE 02

Sympathies, Concerns, and Congrats

Our sympathies are extended to:

- **Jyoti Aggarwal** ('18 MEd, '22 EdD) and **Nidhi Aggarwal** ('19 MEd, '22 EdD) on the death of their grandmother.
- **Ashley Carwile** (Registrar's Office), whose uncle died.
- **Catherine Ruskan** (senior, Henrico, VA) on the death of her grandfather.



*Valentine's
Day is
Monday*

Light in Chaos (cont'd)

can to comfort them. This ideology is expressed in most of our world's spiritual paths; it is embedded into our very souls.

After my tire was mended, I drove home in the snow thinking about how I need to work even harder to spread loving kindness and compassion to those who are struggling. I challenge you, dear reader, to do the same. Let us be that calming presence of hope and love for all who find themselves surrounded by chaos. And, let us remember that when we ourselves face trouble, there just might be a ray of light nearby. I leave you with a quote from the Sufi poet Rumi: "If the house of the world is dark, love will find a way to make windows."

Thankful Thursdays

What: An opportunity to deepen an Attitude of Gratitude (and FREE Stickers!)

When/Where:

- Feb. 10, 11:30 a.m. - 12:30 p.m., the Westover Room
- Feb. 17, Noon - 1 p.m., Graduate Health Sciences
- Feb. 24, 11:30 a.m. - 12:30 p.m., 3rd flr. Drysdale

How: Write a message of appreciation to someone, on a note card we provide. We'll take care of the rest!

Sponsored by: Hornet Wellness

Dates to Remember

Sundays at 4:30 p.m.
Weekly ROMAN CATHOLIC MASS
Snidow Chapel

BLACK HISTORY MONTH

Events this week include:

- Wednesday, February 9 at 3 p.m. - (Virtual) Courageous Conversation with Brian Sorge on "How Everyone, Including White People, Can Take Responsibility and Be Anti-Racist." [Link](#) to join.

Friday, February 18

11:30 a.m. - 1 p.m.

SPIRITUAL LIFE POP-UP

Topic: Winter Blues Remedy

Drysdale 3rd Floor

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 - www.lynchburg.edu/spiritual-life. Click on "Newsletter."

For a list of regularly scheduled fellowship group meetings, go to the [Spiritual Life webpage](#) and click on "Student Spiritual Life Groups."

Helpful Links on LinkTree at - [SpiritualLifeCenter](#)