

CHAPLAIN'S CORNER

Presence of Peace

BY JER

University of Lynchburg's recent peace vigil for Ukraine was a powerful event. Collectively, those in attendance either prayed or meditated with the goal of spreading peace. No matter our religious, spiritual, or secular traditions, we came together for the sake of nonviolence.

I have been thinking of the late Thich Nhat Hanh's various responses to war and violence. I hold closely this quote by the famous zen master: "Everyone knows that peace has to begin with oneself, but not many people know how to do it." As a Buddhist who serves as interfaith chaplain, I often see my purpose as assisting others in finding balance and peace within their lives. Of course, achieving balance and tranquility is an ongoing process. Each moment has the potential to bring us unsettling circumstances. Everything is constantly changing, and sadly, even peace comes and goes. We must, therefore, have a core that we can return to again and again.

When I find my peace disrupted during the day, I meditate in silence for two to three minutes. While this may not seem long enough, even a brief moment of stillness can be beneficial. Slowing down thoughts and focusing on breathing can be grounding.

I am a believer in spiritual self-care, what I call spiritual resetting. For me, this involves silent meditation and Buddhist chants each Friday night and Saturday morning. This spiritual reset rebuilds my core of peace, enabling me to be a presence of peace.

Before we can be a presence of peace in this realm, we have to be a being of peace. First, we must pledge to choose a life of peace. This can look differently for each person, but overall, a life of peace means doing the least amount of harm to yourself and others. Next, we must acknowledge disruptions and find effective ways to regain our core of tranquility. Remember that when one's life

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becomes about peace, one is less likely to give into the poisons of greed and ignorance—the seeds of violence. So you must first be at peace within in order to express peace in the outside world.

I challenge you, dear reader, to ruminate on practices that bring you peace. May you engage them with regularity. I also challenge you to be a presence of peace by advocating for compassion and nonviolence. May you stand up for others. May you take care of those in need. May you forgive more than you are accustomed to forgiving. May you see Oneness within all things. In the end, may we bring forth a realm without anger, greed, and oppression.

Sympathies, Concerns, and Congrats

Our sympathies are extended to:

- The family, friends, and colleagues of **John Nimon** (rabbi of Agudath Sholom Synagogue and good friend to the university's Jewish community), who died on February 27, 2022. [Link](#) to obituary.
- **Kim Shelton** (Print Shop) on the death of her mother, Janet Weeks on March 7, 2022. [Link](#) to obituary.



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."

Dates to Remember

Sundays at 4:30 p.m.
Weekly ROMAN CATHOLIC MASS
Snidow Chapel
(No Mass held on March 13 & 20)

Thursday, March 10
BOLLYWOOD MOVIE NIGHT
featuring "R..... Rajkumar"
6 p.m. in Hopwood Auditorium
Sponsored by Garam Masala

Wednesday, March 16
PURIM
begins at Sundown

Monday, March 21
POP-UP on "Seeds of Hope"
11:30 a.m. - 1 p.m.
Drysdale 3rd Floor

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**