

CHAPLAIN'S CORNER

Holiday Love

BY JER

I have a deep connection to Chinese Spirituality. Both Buddhism and Taoism are integral parts of my spiritual core. In fact, The Tao Te Ching inspires me in ways that are hard to express. It is not uncommon for me to spend Friday evenings burning incense and pondering its sage advice.

One particular quote that encourages me deals with love: "Being deeply loved by someone gives you strength, while loving someone deeply gives you courage." During a time in which we are celebrating so many sacred holidays--Ostara, Ramadan, The Birth of Buddha, Passover, and Easter to name a few--I cannot help but be moved by how holidays bring us together. Families, both by blood and by choice, gather to celebrate, remember, reflect, sing, pray, meditate and/or eat delicious holiday meals. Some will attend Easter sunrise services. Others will host Passover Seders, and some will fast from sunrise to sunset. These moments remind us that our family members, including our closest friends, deeply love us and give us the strength to go out into the world and thrive. By loving them, we have the courage to not only be a presence in the world, but to make it a

CONT'D ON P. 2



This issue:

"Holiday Love"
by Chaplain Bryant
PAGE 01

Dates to Remember
PAGE 02

SPIRITUAL LIFE GA POSITION

Initiatives in Peacebuilding through
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Holiday Love (cont'd)

better place for all beings. If we are loved, we want others to feel loved, and I believe that the power of love is a healing force.

Holiday traditions also remind us of our ancestors. During the rituals we engage in, we are connected to each person who came before us. Remember that ancestors can be non-blood related too. Each time I bathe a statue of Buddha to celebrate His birth, I feel linked to all hands who have done so, both past and present. They are my spiritual family, and my connection to them motivates me to be a presence of peace.

The season we are in is magical; it is holy, and it is undeniably special. So many of us pause our busy lives and surround ourselves with those who make our spirits radiate with goodness. These moments together can be times of thanksgiving, occasions to tell our loved ones that their compassion gives us the courage to care for the world, to see past constructed divisions and embrace the truth of humanity's oneness.

Dear reader, remember during this season of celebrations that you are deeply loved. We are blessed to exist in a realm that gives us family in many beautiful forms. Just remember that you belong, not only during these holy times, but during all times. You belong. As part of this belonging, do not forget to be family for someone in need. Love is all it takes. Give yourself the gift of celebrating whatever sacred holiday speaks to you, and in doing so, connect with those who nourish your very existence.

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

April 2 - May 1
RAMADAN
in the United States

Wednesday, April 13 at 2 p.m.
BHAJANS PRESENTATION by
Garam Masala
Daura Gallery

Friday, April 15 at 7 p.m.
GOOD FRIDAY SERVICE
Snidow Chapel

Sunday, April 17 at 4:30 p.m.
EASTER SUNDAY MASS
Snidow Chapel

For more information about the Spiritual Life Center, including info on student spiritual life groups, go to our webpage - link in the email signature. You can also visit our Linkt.ree (link is in email).