

CHAPLAIN'S CORNER

Everything Is a First

BY NATHAN

Earlier this week after dinner, my son randomly came up to my wife and me to share his new motto. He said he'd been thinking about things and the motto kept popping up in his head. His new motto, he said, was, "Everything is a first, so make the best of it."

We asked him to tell us more about this motto and he went on to say that everything we do is done for the first time because it is the only time we have. We talked about how true this is and how that can help him not worry about the future or feel bad about past mistakes. Then, we got a little silly.

Since we were cleaning up dinner, we started joking about how cleaning this plate was the first time we've ever cleaned a plate and we better make the best of it. It's the first time I was pushing in the dining table chair, so I better make the best of it. It's the first time we were standing in the kitchen at 6:59 p.m. on Tuesday, so we better make the best of it.

Yet, his motto is actually quite profound and truthful. It reminded me of the book, *The Wisdom of Insecurity: A Message for an Age of Anxiety*, by Alan Watts. Published in 1951, Watts shows that in an age when people are experiencing unprecedented anxiety about the changing world, our fulfillment and joy can only be found by living more fully in the now. You might even say, our fulfillment and joy can only be found by living as if everything is a first.

In the ancient scripture and collection of poems in the book of Lamentations, there is a text that talks about the Divine's mercies. Just as every morning is a fresh start, a new sunrise, a new day, so too are the Divine's mercy and love for all of creation. It is a reminder that no matter what we are enduring, whether it's great pain and suffering or deep joy and gratitude, we can trust that living in the newness of each day can bring us fulfillment.

CONT'D ON PAGE 02



This issue:

"Everything Is a First"
by Chaplain Albert

PAGE 01

Phillips University Legacy
Scholarship Information

PAGE 02

Upcoming Interfaith
Holidays

PAGE 02

Dates to Remember

PAGE 02

Everything Is a First (cont'd)

As we begin another new semester, whether we have been a part of the Hornet community for three days or three decades, it is my hope that today, in this moment, you can live as if it is your first. It's my hope that today brings you excitement, joy, and fulfillment. And it's my hope that today, in this moment, you make the best of it.

PHILLIPS UNIVERSITY LEGACY FOUNDATION SCHOLARSHIPS

Open to incoming first years and returning sophomores, scholarships are merit-based and renewable. Range is from \$6,000 to \$9,000 annually. Recipients are required to create a project and attend a leadership development conference. Go to the **LINK** in the email for more information. Deadline is March 22.

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

The Chaplain's Corner is published by the Spiritual Life Center (SLC) at the University of Lynchburg. We share campus concerns (only with permission), updates, spiritual life events, and activities. 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."

Upcoming Interfaith Holidays

January 24-25
Tu B'Shevat (Judaism)

February 1
Imbolic (Wicca/Paganism)

Dates to Remember

Weekly on Sundays in Snidow Chapel:

- 11 a.m. Worship with Church of the Covenant
- 4:30 p.m. Roman Catholic Mass

Tuesday, February 6
3-5 p.m. in Hall Campus Center Ballroom
CLUB & ORGANIZATION FAIR

MARTIN LUTHER KING JR. WEEK

- TODAY, January 24 - 6 p.m. - A conversation with Penny Blue in the West Room of Drysdale (NOTE location change). Register using link in email.
- Thursday, January 25 - 9:30 a.m. - 3:45 p.m. - Day of Service at T. C. Miller Elementary School. Register using link in email.
- Friday, January 26, 2024 - 4 p.m. - Unity March, begins at Snidow Chapel and ends at Victory Bell Tower