

# CHAPLAIN'S CORNER

## Being Still

BY JER

Lao Tzu, the Chinese philosopher and credited author of the *Tao Te Ching*, once said, "Where there is silence, one finds the anchor of the universe." I also believe in the power of silence, the strength of stillness. In fact, some of my most spiritual experiences have happened during the silence and stillness of Quaker meetings and in meditation with friends who value Zen Buddhism.

I believe that when we exist in silence and stillness, we can truly connect to our heart-self and to the Source that we come from and will return to. We must only trust that the inner voice will speak to us. It is no coincidence that people tell us, "Listen to your heart" when we find ourselves making hard decisions. Yes, when one is anxious or uncertain of which action to take, one can zenfully rest their mind, and oftentimes the answer will appear.

We tend to fill our days with noise, and many of us neglect simply sitting in silence to rest, rejuvenate, or reflect. Our bodies, just like so many of the battery-powered devices we use, need recharging. I challenge you, dear reader, to carve out ten minutes a day for silence and stillness. Simply relax, and clear your mind. Let what thoughts enter your mind stay for a moment and release them without attachment. Focus on your breath. Inhale through your nose, and exhale through your mouth. Follow your in-breath and your out-breath as you keep your eyes closed.

Make silence and stillness part of your routine and determine if you feel more grounded throughout your busy days. May silence and stillness comfort you this semester, and may you always remember to care for yourself so that you can care for others.

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).



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SAVE THE DATE

# Safe Space Ally Training Symposium

Join us for Safe Space Ally Training, followed by specialized workshops on how to promote LGBTQ+ inclusion in healthcare, education, counseling, history, religion, and more!

**9-12pm: Safe Space Ally Training**

**1-4pm: Specialized Workshops**



SATURDAY, FEBRUARY 17, 2024

NOTE: Workshop entitled **“Understanding Being Queer and Religious/Spiritual”** by Chaplain Jer Bryant is at 2 p.m. To register for the training and select workshops, go to the LINK in the 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](http://www.lynchburg.edu/spiritual-life)) and click on "Newsletter."

## Upcoming Interfaith Holidays

February 1

Imbolic (Wicca/Paganism)

February 8

Laylat Al-Isra'wa al-Mi'raj (Islam)

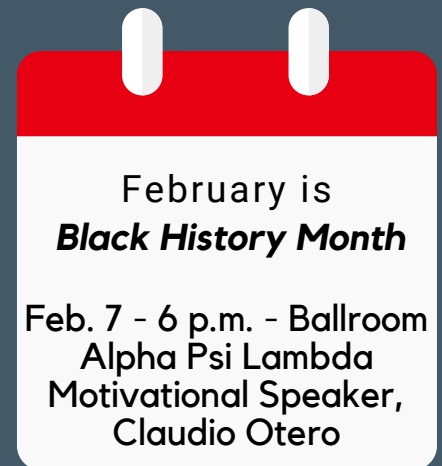
## Dates to Remember

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



Friday, February 9

Noon - 1 p.m. in Drysdale  
LUNAR NEW YEAR TABLING