

CHAPLAIN'S CORNER

Unconditional Love: Our Deep Inner Being

BY JER

I have learned so much about compassion and unconditional love from watching my mother, Penny. I have seen her care for countless family members as they have finished their earthly time. I have witnessed her forgive those who have deeply wronged her. I have observed her see the best in me even when I could not. How can I be more like Penny?

Perhaps, the answer can be found in unconditional love. The late spiritual teacher Ram Dass once said, "Unconditional love really exists in each of us. It is part of our deep inner being." For as long as I can remember, I have felt a calling to serve. Though I am not perfect, I try to have compassion for all, including those who may cause me suffering. Some days, I fall short. Some days, I excel. My mother's example always encourages me to do better. Ram Dass's teachings, which have settled deeply in my Buddhist bones, urge me to love without limitations.

Wonder if we could all tap into the unconditional love that lives in our "deep inner being?" Wonder if we could treat each person, even when we vehemently disagree with them, with kindness and compassion? What if we could radically forgive? I often think about what our world could be if we placed loving-kindness above egos and agendas.

I challenge you, dear reader, to stretch yourself when it comes to kindness and compassion. See if you can exercise both, even when it is difficult, and notice how you feel afterward. In a world heavy with violence, judgment, condemnation, and division, may you and I be beacons of loving-kindness and cultivators of unconditional love. May we be a Penny to someone in need of care or forgiveness.

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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Upcoming Interfaith Holidays

March 10 - April 9
Ramadan (Islam)

March 23-24
Purim (Judaism)

March 24
Palm Sunday (Christian)

Did you miss our

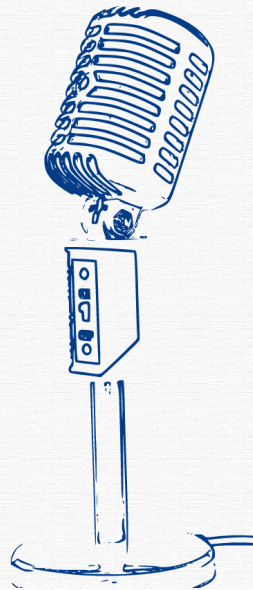
SHUMATE OR SNIDOW LECTURES?

Good news!

**LECTURE
RECORDINGS ARE
NOW AVAILABLE**



Link
in the
email



University of Lynchburg

Holi

FESTIVAL

Join us for a day of fun, music, and lots of color as we celebrate Holi, the Hindu festival for the Arrival of Spring

March, 25th 2024
3-5pm | The Dell

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 (No Mass on March 10 and March 17)

Monday, March 25
3 p.m. - The Dell
HOLI FESTIVAL
(See box at left)