

CHAPLAIN'S CORNER

We Are Enough

BY JER

We have final exams, papers, and projects.

We have annual reports, assessments, and grading.

We have so much to do, and it may all seem so urgent. Hopefully, we remember to breathe. Hopefully, we remember to have compassion for ourselves and for others. The chaos that some experience during this time of year can be overwhelming, but we must remember to do our very best and to love ourselves through it all.

One of my spiritual teachers, the late Ram Dass, once said, "Our whole spiritual transformation brings us to the point where we realize that in our own being, we are enough." How often we forget this truth. We miss a deadline for our office, or we do not perform as well as we thought we should have on an assignment, and we feel absolutely destroyed. We must remember, however, that we are human. We must remember, however, that our self-worth is not tied to our failures. We are so much more.

This past weekend, I was returning home after running errands, and I was overtaken by the beauty of trees on the way to my subdivision. I began to see the Divine's presence in each trunk and then in each leaf. Soon, I saw divinity everywhere. I had a wonderful moment of clarity—the Divine pulses through all things, and that means that the Divine is in us even when we fail. Nothing changes the Creator's love for us, and failure does not change the fact that we are greatly loved by God.

As you read these words, dear reader, I pray that you succeed in all of your end-of-the-year endeavors. And, I want you to know that you are worthy of all things good each and every day, no matter what. I am so grateful for your presence. I am so grateful that you are connected to our beloved university. Remember that you are enough just as you are in this very moment.



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by Chaplain Bryant

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Upcoming Interfaith Holidays

April 30 - May 1

Beltane (Wicca/Paganism)

May 5-6

Yom HaShoah (Judaism)

Dates to Remember

Weekly on Sundays in Snidow Chapel:

- 11 a.m. Worship with Church of the Covenant (Beginning May 12th worship will be held at 4415 Boonsboro Rd. for the summer)
- 4:30 p.m. Roman Catholic Mass (May 5 is the final Mass of the semester)

Sunday, May 5

4 p.m. - First Christian Church

(3109 Rivermont Ave.)

YOM HASHOAH SERVICE

Held in conjunction with

Agudath Sholom Synagogue

The graduating class of 2024, along with their family & friends are invited to celebrate:

Baccalaureate Service & Candlelight Ceremony

DATE AND TIMES:

Wednesday, May 15th

BACCALAUREATE 5 PM

A BLESSING FOR SENIORS AND HONORARY DEGREES, WITH GUEST SPEAKER REV. DR. JAN FULLER

CANDLELIGHT CEREMONY 8 PM

WITH CHAMPAGNE TOAST



BOTH EVENTS WILL BE CELEBRATED ON CAMPUS IN SNIDOW CHAPEL

**RSVP for Candlelight to
spirituallife@lynchburg.edu**

Sympathies, Concerns, and Congrats

Our sympathies are extended to:

- The family and friends of **Willow Nance** (former student) who died on April 22, 2024. Link to obituary in email.
- **Shawn Wood** (Advancement) and his family on the death of his step-father, Fred Gruber.

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

May is

**Asian American
Pacific Islander Month
and
Jewish American
Heritage Month**