



Chaplains' Corner

Volume 14, No. 23

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Reflection Quilt

Sometimes when I preach, I preach "quilt" sermons. I place several stories, scriptures, and experiences alongside each other. Instead of making a single point, the message is in the synthesis. That's pretty much what my life looks like as well--a quilt of roles, responsibilities, experiences and relationships. The journey is the synthesis of those often-fragmented parts. As a person of faith, I hope my faith shows forth in that quilt.

So, here are quilt pieces for today's reflection:

- **Ash Wednesday**-- Today is Ash Wednesday in the Christian tradition, the first day of Lent. Lent is a season of repentance and reflection that leads us toward the joy of Easter. When one receives ashes on the forehead the words spoken remind us, "You are dust and to dust you shall return." It is a reminder of our own mortality and the precious gift of each day. All creation is formed from dust and our lives are but a moment in the universe. What would it look like to live each day fully?
- **Transition**-- Our whole campus community is in a period of transition. The Board of Trustees have a "Transition Team." As President Garren retires and President-elect Morrison-Shetlar comes to campus, we all know there will be change. Change makes us nervous. It too is a part of the human condition. So let's just acknowledge that transition causes anxiety and fear of the unknown. It causes expectation, worry, sadness, hope, excitement and fret. What would it look like to trust fully that ALL will be well?
- **Family**-- Our families of choice, those we share homes with, and our campus community all give us great joy and endless frustration. I often joke that when Jesus told us to love our neighbor that may be easier than loving those closest to us... or sometimes ourselves. Work/Life balance can be the most unbalanced stressor there is. What would it take to feel balanced in our choices about our time and energy?
- **Mental Health**-- So many struggle with mental health that everyone is touched by it, whether you yourself struggle, family members, students or colleagues. The acuity of crises on campus is on the rise as well as the numbers of students seeking counseling. What does wholeness and wellness look like in our time?

No one has all of the answers. Our life quilts get rearranged and rarely have a traditional or orderly look. Maybe modern life will just be like this or maybe we can grab a glimpse from time to time of centeredness and joy, comfort in our own skins and our environments, a lack of stress and hope. May this be a time for you when you can reflect on all that is sacred to you in your life.

Blessings, Stephanie

By Stephanie McLemore
Chaplain and Director of Church Relations

Concerns

Our sympathies are extended to:

- **Phil D'Ambrosio** (junior, Fairfax Station, VA) on the death of his grandfather.
- **Leah Eldred** (senior, Falls Church, VA), whose grandmother died.

Our Little Free Pantry needs YOUR help

Drop-off bins are located in multiple campus locations, including Schewel, Library, Turner Gym, Health Science Bldg., Carnegie, and the Writing Center.

Or you can sign up to stock the Little Free Pantry at the Spiritual Life Center (500 Brevard St.)
[Link](#) to signup

Lenten Meditations



Weekday e-mail meditations can be obtained by sending an e-mail message reading

"Send Prayers"

to rapp@lynchburg.edu

Dates to Remember

| Date/Time/Location | Event | Description |
|---|--|---|
| Wednesday, February 26 9 p.m. Snidow Chapel | Ash Wednesday Service TODAY! | Join us to begin your Lenten journey by receiving ashes |
| 3-4 p.m.—Schewel Hall | Ashes on the Go TODAY! | Receive a short blessing & the mark of ashes |
| Thursday, February 27 7:30 p.m. Sydnor Performance Hall | Zaidee Creel Williams Memorial Lecture | "Peace, Love, Yoga: The Politics of Global Spirituality" by Dr. Andrea R. Jain |
| Sunday, March 1 4 p.m. First Christian Church (3109 Rivermont Ave.) | Turner-Warren Lecture on Life and Faith | Dr. Larycia Hawkins will speak on "Losing My Liberty. Gaining My Soul" |
| Monday, March 2 7 p.m. Snidow Chapel | Jennie Cutler Shumate Lecture on Christian Ministry | Dr. Larycia Hawkins will speak on "Does Your Blood Not Boil? Embodying Solidarity With Suffering" |

Campus Worship Opportunities

- **Quaker Meeting** - 10:30 a.m. Sundays at the Spiritual Life Center.
- **Roman Catholic Mass** - weekly at 4:30 p.m. Sundays in Snidow Chapel.
- **Weekly Vespers** - 9 p.m. Sundays in Snidow Chapel.

Regularly Scheduled Meetings

For a list of our regularly scheduled meetings during the academic year, go to the [Spiritual Life webpage](#) and click on "Spiritual Organizations on Campus."

The Chaplains' Corner is a newsletter published by the Spiritual Life Center (SLC) at the University of Lynchburg to share campus concerns and updates, spiritual life events and activities, and words for the journey written by the Spiritual Life Center staff. If you have a joy or concern you'd like to share with the campus community, please [e-mail](#) the SLC office or call 434.544.8348. We only share concerns or joys, via newsletter or e-mail, with permission. Current and previous issues of the Chaplain's Corner (in PDF format) are on the SLC [page](#) of the University of Lynchburg website.

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