

Chaplaincy Focus

MARCH 2019

MULTI-FAITH CHAPLAINCY



UNIVERSITY OF
LINCOLN



Spirituality and Wellbeing

Mark Lilley

At the Chaplaincy Away Day in September 2019 the team worked on the theme 'Spirituality and Wellbeing'. This offered the opportunity to think about the bigger ideas, and expectations, of what it means to have 'wellbeing'.

We all have a notion of what we think of as wellbeing: in my mind, it would be freedom from distress, pain, and fear. Positively, it would be a sense of physical health, appropriate responses to stress, a healthy self-confidence and, quite legitimately, 'happiness'. A crucial question that lies behind understanding wellness and happiness is 'What is normal?' be it feelings, behaviour, or beliefs. Expectations of 'normal' are often actually inarticulate and distorted, and so become sources of distress.

Spirituality can play a role in understanding wellbeing. Spirituality seeks out answers about the infinite and perceives a dimension of experience that is beyond the 'material'. I am a Quaker, and my approach to life is shaped by my tradition. The defining element of Quaker worship is 'silent waiting'; in a Quaker meeting we gather as a community in silence, waiting for the inspiration of the spirit to guide us. Silence is restful, relaxing, healing – and rare. Silence is calm, positive and therapeutic, and it is also sacred. In my experience, silence has been the start of healing because it gave a space to 'pause', to find some time in which you do not have to put into words what you are feeling. Sometimes not having to speak can be immensely

therapeutic, and leave space to think again about 'what is normal?'

How can a university, and education, have a wider role in the meaning of 'mental wellbeing'? An important contribution is in advocacy, promoting values that encourage honest discussions about mental illness and distress. By creating an environment in which people can talk about their suffering with dignity and respect, attitudes are shaped that are carried into wider society by students, graduates and staff. Advocating for positive measures, and policies that promote well-being, and against the negative elements that erode self-confidence are all worthwhile outcomes of the university experience. We all have a role to play.

Big White Wall

The Student Wellbeing team now offer an online support service called Big White Wall that you can use at any time of the day or night. You can access support 24 hours a day, 7 days a week. Big White Wall is a great source of support outside of the Student Wellbeing Centres opening hours, and means you can get support when our service is closed, including evenings, weekends and periods of closure.

It's a safe and anonymous online space you can go to if you're feeling down, struggling to cope or just want to talk to people who understand what you're going through.

Signing up is easy – go to bigwhitewall.com and use your University email address to join. The email address is only used to confirm you have free access and then you pick an anonymous username which is how you're known on

24/7 online mental health support
for students at bigwhitewall.com

Big White Wall Get Support Take Control Feel Better

Big White Wall. It takes 5 minutes and you have immediate access to support.

You can use the service whenever you need it from any device with an internet connection.

Big White Wall is a place where you can anonymously connect with people who understand what you're going through. Whether you want to get advice, tips or just want someone to listen outside of your friendship group, Big White Wall may be for you.

You can get immediate support whilst you're waiting with Big White Wall. This

won't affect your wait for support through the Student Wellbeing Centre; it's just another choice for you that you may want to explore.

Lots of students find it helpful as you can continue exploring your feelings at your own pace, speak to others in similar situations and make use of many resources without a time pressure.

Big White Wall offers unlimited, 24/7 accessible online support – you can connect with peers, speak to clinicians, use self-help resources, join groups or take self-assessments. Lots of students find it incredibly helpful.



Chaplaincy Focus

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Message from the Multi-Faith Chaplaincy Co-Ordinator

Subash Chellaiah



As I reflect on the year 2018 it was a busy year for the Multi-Faith Chaplaincy. The University of Lincoln is a growing university

and has established an international reputation for the quality of its teaching and research. Lincoln is ranked 22nd overall in the UK in The Guardian University Guide 2019 and is a top 50 UK university in the Complete University Guide 2019. Highlights for 2018 included the Medical School being established with the specific aim of enhancing recruitment of doctors to Lincolnshire. The University's first medical students will start in September 2019.

The University of Lincoln is growing in all aspects, in particular creating inclusive communities. Multi-Faith Chaplaincy itself has a constantly growing team that reflects the communities we serve and care for. It is a growing service and has dedicated space at Witham House that offers various facilities and caters to the spiritual wellbeing of the community.

A major highlight for Chaplaincy was the trips that we been on. Spending two weeks in Southern Italy (our first proper family holiday) staying with our friends enjoying food, culture and exploring the local area. It was very much needed! It is always eye opening when you travel as you learn new things and expand your horizon in understanding other cultures, appreciate all the new things that you come in contact with as well as the challenges you face too. Chaplaincy trips have been great too. When we take students to Leicester for the Faith Awareness Trip – what I have heard from students is 'I have been exposed to these places of worship and cultures and by visiting the communities, interacting with them, sharing a meal at the Gurdwara is an eye-opening experience and we will treasure this for life'. In November during National interfaith week we have joined with BGU chaplaincy for the Faith Awareness Trip to Leicester.

University catering has been donating food to the local YMCA and this continues to support the local homeless community. It is going a long way to support those in real need in the city of Lincoln as well as tackling the food waste. Chaplaincy continues to work with catering on this.

Multi-Faith Chaplaincy made strategic partnership links with the Doncaster Buddhist Centre and hopefully in the summer 2019 the university will have a Buddhist Chaplain for accessing pastoral support. In the meantime, Gomde is the first point of contact for anyone looking for information and wanting to learn about Buddhism.

During this period the university has helped make improvements at Witham House with new carpets and a larger space created for the Chaplaincy Thursday Lunch, social events and group workshop purposes.

Thursday Lunch started in September and was a huge success. It is led by a group of committed volunteers and they provided different world cuisine (vegetarian). Donations received were used to support this initiative.

It was very sad to hear of the death of The Revd Les Acklam who died on 22nd December. Les was my predecessor. He was the first chaplain at the University of Lincoln. I met him last summer and on his return back from Lincoln to London, he messaged me to say 'I have read the Chaplaincy Focus from the beginning to end. Hugely impressed. Such a wealth of input and nothing light weight; and it looks so good'. Les Acklam is greatly missed by his friends and from the university and all those who he came into contact with.

Multi-Faith Chaplaincy is also losing two of its team members of Fr. George and Douglas Duckworth. They have both stepped down as volunteer Chaplains/ Faith Advisors. Their time at the university and their help was invaluable.

Life is a journey-treasure every moment, strive hard, be happy and utilise all the services that are available on campus at the university of Lincoln and when you are in need, stressed, anxious, feeling rejected, feeling low, low in self-esteem, need someone to listen to with a non-judgemental ear - our team is always here. Just pop in and say hi. All our contact details are in this newsletter. We look forward to meeting you soon.





Emptying Out

Janis Boardeux

Growing up I was raised in a secular home, and as a result, my parents taught me to question everything. To question, but to do so with compassion and respect. Turning 15 years of age was a seminal time in my life for questioning. During this time, I came out as a lesbian, and after 6 months of effectively preaching Richard Dawkins's *The God Delusion* as if it were holy gospel, I abandoned Richard and his books altogether. The values Dawkins presented to me were certainly not something I wanted to live by anymore.

My first introduction to Buddhism was in Religious Education classes at school. I rejected the idea of Buddhism and religion in general, but I thought the spirituality behind reincarnation was cool.

I began pouring myself over books about Buddhism, before finding my lineage after reading *The Nyingma School of Tibetan Buddhism; Its Fundamentals and History* by Dudjom Rinpoche. Appointed by His Holiness, the 14th Dalai Lama himself as the supreme head of the Nyingma tradition, this book still is very important to me and I found Rinpoche's teachings indispensable.

There isn't much out there about the Nyingma tradition, so when the



Chaplaincy invited me along to visit Gomde, the Tibetan Buddhist Centre at Lindholme Hall, Doncaster, there was no possible way I could refuse.

The centre resides in a beautiful rural area which you can only access by driving down a long dirt road. Upon stepping out of the car after starting the morning in the busy hustle of Lincoln, the peace and quiet was palpable.

We were greeted by the live-in residents with offers of herbal tea and vegan biscuits, before having a guided tour around the estate. After the tour we were led into the on-site meditation centre that resembled a Buddhist temple, and awaited our discussion with Lama Oser. When Lama came into the room and greeted us with a smile and a bow, you couldn't help but feel welcome. He welcomed me, and I clasped my hands together and bowed before saying "Tashi Delek!" which roughly means "Blessings!" in Tibetan. I let other members of our group ask their questions first, I was so in awe that I felt lost for words, I do also have a stammer and I was moved to tears 3 times during our hour with Lama, so maybe they were contributing factors. Lama turned to me and asked me if I had anything to ask him. I asked him as a young practitioner how I could I gain the discipline to become more devout in my faith. He simply said that when I am ready, it will come to me, but I shouldn't be in such a rush to give myself completely to my practice.

Patience is a virtue, even more so when it comes to the evolution of one's faith. Dharma for me means emptying out, it means setting aside all distractions to enable me to be present always. It means to be in a constant state of awareness, and to do so with compassion and kindness.

Dharma to me, means everything. And I cannot wait until my next visit to Gomde.

A Celebration of Hanukkah and Advent: A Festival of Lights

Rachel Gee

On the 6th December, there was a coming together of the Christian and Jewish communities in Lincoln to celebrate the coming of Advent and Hanukkah, the Jewish festival of light. Hanukkah is celebrated by the Jewish people in December, to commemorate the destruction of the Temple in Jerusalem, and the victory of the Maccabees against oppression. It celebrates the miracle of the oil in the temple that lasted for eight days instead of one. On Hanukkah, we celebrate this miracle by lighting the menorah, a candlestick with 8 candles, one representing each night.



This year, the Council of Christians and Jews and the Lincoln Jewish communities came together at the Church of Our Lady of Lincoln to spread the message of tolerance and peace, and to achieve the end to racial and religious prejudice everywhere. With the children of Lincoln Minster School, the evening began with a reading from the students followed by the lighting of the Advent candles. This was followed by Silent Night, sung by the students and the community. The service included both Christmas carols and Hebrew songs, accompanied by both piano and flute. The candles on the menorah were lit with the help of the children, followed by a period of silent meditation. As a community, events such as this are essential in promoting religious and racial harmony, and reflecting the message of Hanukkah and Advent, one of peace, joy and tolerance.

The Alpha Course Every Friday at 6pm

**Want to talk about
the big questions?**

Join us for some short videos on the Christian faith, followed by open discussion and free food. No sign-up required. Why not pop in and see what the fuss is all about?

Starting Friday 8th February in the Multifaith Chaplaincy (Witham House; number 10 on the campus map).

For further information, please email JShiell@lincoln.ac.uk for details.



Catholic Chaplaincy

Helen Townsend, Catholic Chaplain



This year the Catholic Chaplaincy is flourishing. We're delighted to have launched a student-led Catholic Society offering friendship and support, worship, faith development and opportunities to engage in charitable work to students on Campus. New members are welcome to register through the SU.

Throughout the summer, the Chaplaincy continued to offer pastoral care and social events for students who remain at Uni. The Chaplain organised weekly 'Healthy Lunchtime Walks' from Witham House enjoyed by students

and staff alike. Students enjoyed a trip to the beach; a tour of the university Conservation department; we also attended the popular 1940s event in the Bail.

Freshers' Week brought a large influx of Catholic students. We visited BGU to see a film about Pope Francis and to visit the Chapel there. Afterwards we enjoyed a home-cooked pizza meal at St Hugh's. Later in the term, we went to see 'A Star is Born'. Our students prepared and served a Ghanaian meal at Witham House as part of the Thursday Lunches. They also prepared dumplings for the Chinese student lunch. Our students enjoyed a roof tour of the Cathedral and of course, a trip to the Christmas Market.

Our monthly Mass on Campus is celebrated by Fr Matthew Jakes. Students met with Rev Patrick McKinney, the Bishop of Nottingham and later went on weekend retreat to the Briars Youth Retreat Centre in Derbyshire. Here, students reflected on their Christian Faith and discipleship and met other Catholic student groups. Students also attended the Theology of the Body Conference

at Nottingham University. The term culminated in the Mass of Christ the King at Nottingham Cathedral with a good bus full of Lincoln students joining other students from around the region.

In Advent we held a special prayer service at Witham House. The Chaplain, Helen, also hosted 10 meditation drop-in sessions at the University Library, as part of the Self-Care Week and the Study Happy Week events. On Christmas Day we prepared a traditional three-course Christmas dinner for 20 students and their families in St Hugh's church hall.



Buddhist Meditation Sessions at the Chaplaincy

Our new Buddhist Chaplaincy have offered to host lunchtime Buddhist meditation and study sessions at the Multi-Faith Chaplaincy Centre in Witham House. These sessions are open to anyone wishing to attend. Two introductory sessions are scheduled for Thursday 21st February and Friday March 8th March, both are from 12:30 to

1:30pm. The sessions will be facilitated by David Greenop on behalf of the Gomde UK Buddhist Centre <http://www.gomde.org.uk> and will take place under the guidance of Lama Oser. During the sessions there will be the opportunity to discuss the dates and structure of future sessions.

If you would like further information please contact:

Subash Chellaiah, Multi-Faith Chaplaincy Co-Ordinator chaplaincy@lincoln.ac.uk

or

David Greenop, Buddhist Faith Advisor DGreenop@lincoln.ac.uk

Guru Nanak's Birthday Celebrations

Guru Nanak's Birthday was celebrated in the Atrium of the University of Lincoln on Sunday 4th November 2018 and it was a huge success, enjoyed by all.

Guru Nanak was the first Guru and the founder of Sikhism. He spread the message that there is only one God. Guru Nanak started Langar (free food) for all, to teach the principle of Equality of all human beings. Even today all Sikh Temples worldwide, serve Langar (free food) to all.

We were honoured to have the presence of The Very Revd Christine Wilson, Dean of Lincoln, The Right Worshipful Mayor of Lincoln, Councillor Keith Weaver and his Civic Team, Chairman of Lincolnshire County Council Ron Oxby and his wife Di Oxby. Mr Resham Singh Sandhu, Chairman of the Sikh Welfare and Cultural Society and former High Sheriff of Leicestershire attended with his wife Surinder Kaur Sandhu from Leicester. Soroptimist International of Midland East Region, Ruth Dodd and her husband Roger Dodd from Chesterfield, Monica Dodds, former Vice President of British Federation of Women Graduates and her



husband Jack Dodds from Huddersfield and Margaret Middlemass, member of BFWG from Leeds were among the invited guests. Also present were members of the Sikh community and members of many other Faiths. Indian food was served and turban tying was enjoyed by the participants followed by Bollywood songs and dance.

My sincere thanks to Mr Subash Chellaiah, Multi-Faith Chaplaincy Co-Ordinator and students of the University of Lincoln for all their kind help, not forgetting the Security Staff and the City of Lincoln Council for sending their photographer, Mick Fox. Also, a big thank you to Chris, who helped with the electronic set up in the Atrium and last but not the least, my family for all their immense support and all friends for their very kind help.

Guru Nanak's Quotes:

"Truth is the Highest Virtue but higher still is truthful living"

"Conquer your mind and conquer the world"



Dipvandana Mehta, Hindu Faith Advisor

The Hindu community in Lincoln is a small community. Nevertheless, over the past few years there has been increasing activity with an established set of festival celebrations along with participation in interfaith and charity events involving both students and the wider community. In 2018, for the first time the community celebrated Janmashtmi (celebration of Lord Krishna's birth) in August with over 100 people attending. October saw the annual Navratri celebrations at Lincoln Christ Hospital School through the traditional dance of Garba and in November the community, University of Lincoln Chaplaincy, Students Union and Hindu Society joined together to celebrate Diwali, in an event with ever increasing attendance. As well as celebrating festivals, there



has been an increased drive to instil the concept of Sewa or selfless service through participation in a blood donation drive and donation of over 200 items of food and toiletries to the University of Lincoln Chaplaincy and local food banks at Navratri. We are hoping to further increase Sewa (service/charitable) activities in 2019 and look forward to working together with the University of Lincoln and wider community to promote this.



**Liz Mallett,
Eckankar Chaplain**

I am delighted to be joining the Multi-faith Chaplaincy team as an Eckankar Chaplain. I joined the university a year ago as a member of staff in the Library. It is a joy to know that the university offers this space for people of all faiths and none to come together as a community.



Eckankar may be unfamiliar to you. It is known as The Path of Spiritual Freedom, which is about becoming more aware of the presence of God's love. It teaches that the Light and Sound of God are the common thread running through all religions, otherwise known as the Holy Spirit, the Life Force, Divine Intelligence or "the ECK" as it is known in Eckankar.

We believe that our true identity is Soul (the spiritual being), so we don't "have" a Soul, we actually are Soul and have a body! At the heart of the Eckankar teachings is the principle that Soul exists because of God's love for it.

Members of Eckankar live in over 120 countries throughout the world, and practice spiritual exercises for about twenty minutes every day. Just as physical exercises improve physical fitness, spiritual exercises (such as singing HU mentioned below) can bring greater vitality to our spiritual lives.

As a member of the Eckankar Clergy and a trained ECK Spiritual Aide, I will be available to listen confidentially to anyone who needs to talk about a personal spiritual concern.

I'll be offering regular open meetings called Sound of Soul events. This is where people of any belief can come and join in with a HU chant, followed by relaxed spiritual conversation. HU is an ancient sacred mantra that can uplift and bring a feeling of inner peace. For more details see: <https://eckankarblog.org/sound-of-soul/>

I look forward to meeting you!



West End community meal

James Bridgen



The West End community meal was held on the 13th October from 5:30pm – 8:30pm at St Faiths Hall on West Parade, an event organised by the chaplaincy where all people of the local community from students, families and residents of the west end along with religious leaders came to meet and work together. Such a meal was designed to get all areas of the local community involved and offered a chance to meet and establish healthy relationships within the community of the west end. The meal was a great success with a healthy turnout of each of the different members of the local community. The first west end community meal was a great success for all those involved, from the conversations between members of the community, to the great food cooked by Jayakumar Gangadharan and also the entertainment by Rajeesh Aravindhakshan.



Because of the success of the meal, further events in the future could be run by the chaplaincy or others such as the Lincoln inter-faith forum. Events like these are a great way to get the diverse and multi-cultural communities and areas of Lincoln together to enjoy one another's company and forge greater relationships between those areas and also the people of Lincoln.



Ma Wenyi Wendi, Studying Bachelor of Architecture



The Chaplaincy is a great asset for students, I feel. Especially international students like myself who are looking to explore and know more people, as it organises many events for the students, such as trips and festival celebrations. I went on a trip to Peak District. This is the first trip that I went on that is organised by the Bishop Grosseteste University Chaplaincy. I really enjoyed myself. Almost everyone are international students, and wants to know more people, thus everyone was so friendly and open. We were like a family, eating together, cooking together, travelling in the same van together, and we even slept together (with many bunk beds in the same room). I got to know many wonderful people and became good friends with some of them. The highlight of the 3D2N trip is the day spent in Matlock Bath, where we visited the Heights of Abraham and the Aquarium. The Heights of Abraham is a park that spans the whole mountaintop, and consists of many attractions. We visited the Great Masson Cavern, a cave partially dug out by lead miners and High Falls, a building with a rock shop and exhibition on rocks, and the history of the park. The view was also amazing.

This trip is unforgettable for me, one that I liked so much I wish it would last longer.

I also spent and experienced my first Christmas with people I got to know from the Chaplaincy. As I'm not Christian and my family do not have the tradition of celebrating Christmas, I've yet to celebrate it before. Since I'm not going back to Singapore, and have no plans to travel during Christmas, Nancy, who is in charge of Christian service in Chinese in the Chaplaincy, invited me over to spend Christmas with her family in her home. I stayed in her home for over 2 nights, experiencing Christmas at its fullest, including Christmas activities like unwrapping of gifts, attending Christmas church service, eating scrumptious Christmas Eve and Christmas Day dinners. I had a great time and a very special first Christmas. She and her family are so hospitable and kind.

Without the Chaplaincy, I never would have met Nancy and would not have had all these wonderful times hanging out with her! That's why I'm really grateful for the Multi-Faith Chaplaincy and want to volunteer my time to help out at the Chaplaincy, so more students can benefit from the Chaplaincy.



Journeys of Faith – take a modern pilgrimage across Lincolnshire to Lincoln Cathedral

Throughout history, people of all religions and faiths have set off on pilgrimages to various places of worship, including Lincoln Cathedral. These pilgrimages not only involved an outward physical expedition, but also an inner spiritual journey as participants searched for meaning and purpose.

Inspired by those early pilgrimages, Journeys of Faith is a set of three pilgrimages to celebrate social justice and religious freedom. Journeys of Faith guides people through three separate routes across Lincolnshire to the Cathedral, each offering the opportunity to think and talk about spiritual issues and reflect on life itself.

Greater Lincolnshire has much to celebrate and enjoy. Its people founded a monastery, negotiated the Magna Carta, marched in thousands against the dissolution of the monasteries, sailed across the Atlantic, and composed hundreds of hymns. Journeys of Faith embraces much of that local history as well as the people, places and events that have shaped religious freedoms and social justice over the centuries.

From Louth to Lincoln

In October last year, a group of 'modern-day pilgrims' set off from St James' Church in the historic parish of Louth, making their way to Lincoln Cathedral as the first pilgrimage of Journeys of Faith. The aim of the pilgrimage was to bring people together, with participants encouraged to reflect on the spiritual paths they're taking as they traverse the physical path of the pilgrimage.

The starting point of Louth was chosen because of its connection to the Lincolnshire uprising in 1536, when members of the local congregation marched to Lincoln to protest religious changes that King Henry VIII had introduced.

The guidebook refers to the various stops along the route and the people associated with them, and offers thoughts, prayers and readings intended to prompt participants to think about their own journey with God.

From Epworth to Lincoln

The second pilgrimage will be launched in March 2019. Epworth was chosen as the starting point for one of the three journeys as it is the birthplace of the Wesley brothers, John and Charles, who co-founded the Methodist movement in the 18th century.

Whilst the Louth journey had 'uprising' as a theme and saw pilgrims collect psalm numbers in a 'pilgrim passport' along the way, the Epworth journey visits the birthplace of the Wesley brothers, and invites pilgrims to collect Wesley hymn numbers at each stop.

From Boston to Lincoln

The third pilgrimage, linked to the Pilgrim Fathers, will be launched next year to mark the sailing of the Mayflower in 1620.

Easter Pilgrimage 2019

If you would like to join us, from 15 to 18 April 2019, on a 50 mile pilgrimage from Louth to Lincoln, please contact jsheill@lincoln.ac.uk or rma@lincolncathedral.com for more information.

Obituary: Les Acklam

Les Acklam sadly passed away on 21st December, following complications brought on by pneumonia.

Les had been priest-in-charge at St Faith's church since 1993 where he was a well-loved and respected member of the west end community and is remembered with fondness. Les joined the University in 1995, firstly in a part-time role and subsequently as the University's first ecumenical chaplain. During his time at the University, Les instigated a number of initiatives in support of the growing population of international students; including but not limited to film nights and coach trips to UK cities – a tradition which continues today and is always popular with international students. The Christmas opening sessions for anyone who was alone over Christmas and included refreshments, games, films and quiet space were welcomed by the small number of people who attended.

Those of us who were lucky enough to meet and work with Les will greatly miss his calm demeanour and kindness and feel blessed to have witnessed them.

Memorial Service For Les Acklam

Monday 12th March at Witham House from 11.30–2pm. For those who knew Les you are welcome to drop in between these times to share any memories that you have. There is a formal gathering from 12.30–1pm followed by refreshments served between 1–2pm.



What would you ask them now?

Paulina T Dziewiatka

"My father once said to me, You will have to listen to what I tell you, all these stories, because one day you will need to tell people because they won't believe you, that this happened."
– Simon Winston

Learning about the atrocities of the Holocaust in a classroom environment is one thing but hearing a Holocaust survivor talk about his first-hand experience is another. It brings everything into a perspective. We were fortunate enough to be able to invite Simon Winston over to the University of Lincoln to hear about his experiences.

The Holocaust did not happen overnight. It started with prejudice and hatred against a group of people which then led

to mass murder of millions. The future generations need to be taught that all genocides started with prejudice, with people having a problem with others simply because of their race, nationality or religion. We can create a better world without prejudice and hatred, and it is possible but only if we all do it together.

The stories of the survivors are very powerful. Powerful in that those survivors have endured such atrocities, and they have not lost hope. Hope for a better future. The highlight of Simon's story is that we must do everything we can to prevent anything like the Holocaust from happening again in the future. Unfortunately, that has not been yet achieved with the examples of Cambodia

1975, Rwanda 1990, Bosnia 1995 and more recently, Darfur 2003. The fight is still happening at this moment, and only together we can succeed.

We need to listen carefully to those survivors because one day, it will be our turn to tell their stories.







Witham House

The University of Lincoln Multi-Faith space, based in Witham House, is a facility used for worship, prayer, interfaith discussion and hospitality by the diverse student body.

Witham House has four principal objectives:

- To provide the spaces necessary for different religious groups to pray, worship and explore their faith together on campus.
- To be a centre for interfaith dialogue and common endeavour that seeks to address the religious tensions of today's world.
- To be welcome and hospitable to all.
- To provide a reflective space on a hectic campus where both students and staff can take time out, away from noise and the stress of work either individually or in organised meditations, yoga, and so on.

Registered University of Lincoln SU Faith Societies committed to principles of interfaith understanding are welcome to use the space for their meetings. Please contact the Multi-Faith Chaplaincy for more information.

Multi-Faith Chaplaincy Regular Events

- Tuesdays Craft and Games
- Communion Service for Christians on campus
- Catholic Mass on Campus
- Christian Orthodox Worship Service (Artoklasia)
- Jumma Prayer – Every Fridays
- Christian Meditation
- Quaker Meeting for Worship
- Arthi Hindu Prayer (Every Tuesdays during term time)
- Baha'i Meditation
- Buddhist Meditation
- Raja Yoga Meditation and Positive Thinking
- The Sound of Soul – Every Other Friday from 1st March 2019, 12.30 – 1.30 pm
- Chinese Christian Group Meeting
- Peace Gardening
- Science and Faith Discussion
- Celebration of Festivals/Interfaith Events

To know more details of times and venues or to get involved please contact the Multi-Faith Chaplaincy chaplaincy@lincoln.ac.uk. Witham House is open during the week. University opening hours as the space has prayer rooms, quiet room and interfaith library.

Who are the Street Pastors?



We are a local Christian charity which supports vulnerable people out in Lincoln at the weekends. Our 30 volunteer Street Pastors, and 20 Prayer Pastors, are there to listen, to care, to help and to pray, and provide a reassuring presence in Lincoln's bustling evening economy.

Working with Lincoln BIG, the Council, Police, venue managers and door staff and the Ambulance Service, Pastors are on hand to be called to situations in the city where people are lost, abandoned, inebriated, or under the influence of drugs, to try and resolve problems and help them to get home safely.

Pastors are trained and DBS-checked then go out on a rota about once a month between 10pm and 4am, and offer practical help such as emergency blankets, bottles of water, and flip-flops, but also a listening ear and packets of tissues if need be.

If you are a practising Christian (of any denomination) and would like to see more of what we do, you would be most welcome to join us for an observation shift – to patrol or to pray. Please email lincoln@streetpastors.org.uk to see the Church in action on the streets!



Ten tips to make the most of your money

Put pen to paper

Write it all down! Add up all your income, then work out everything you have to pay for. Don't forget occasional things like laundry, parking and library charges.

Organise your income

Expenses could be daily, weekly or monthly expenses but your income arrives as a lump sum at the start of each term. Work out how much of your loan you need each month to survive to the end of term – don't forget money to travel home!

Maximise income

Consider part time work – visit the Jobshop.

Get help

Struggling? The Advice Service has a Make your Money Go Further workshop. Control your money, don't let it control you!

Deals and discounts

Look out for deals and student discounts in shops, bars, restaurants and cinemas

Cook!

A basic sandwich could be £2 in shops, but you can make them yourself for pence. Pack your own lunches, buy a refillable water bottle and get a flask to make your own coffee in the morning.

Managing debt

You'll be offered a student overdraft and possibly credit and store cards. Not all borrowing is equal – visit our Be Money Savvy workshop to compare interest rates and work out the best deals.

Stay in control

Check your bank statements, compare prices, shop around and don't carry cash you don't need. Some banking apps will let you check your balance as you go.

Pay your way

Don't forget that parking illegally or not having a TV licence could cost you much more in the long term.

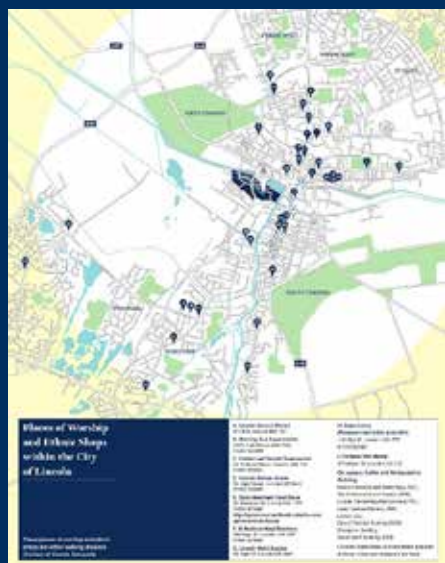
Turn unwanted things to cash

Lots of online options - try a car boot sale app.

Student
Support
Centre

Go to the Student Support
Centre
Ask for the Advice Service
Drop In: 12-2pm

Tel: 01522 837495
Email: adviceappointments@lincoln.ac.uk



Free copies of 'Place of worship and ethnic shops within the City of Lincoln' maps are available at Witham House, Student Support Centre and Student Wellbeing Centre.



The Revd Jeremy from St Mary le Wigford has donated these paintings to Chaplaincy. These have been painted by students from the university and community as a project arranged through St Mary le Wigford church.

Greater Lincoln Active Faith Network



A number of years back, a few Church leaders met to talk about how the Churches and Christian Organisations in the city needed to work better together. We knew that there was a lot of good work going on all over the city and in surrounding villages, but in terms of being able to map these projects and ensure that we were not duplicating efforts, there was no strategy. We also felt that there was a need to draw Church Leaders together in order to build relationships and encourage mutual support. This is how the Active Faith Network was birthed. Our vision statement is "Churches and Christian-rooted organisations united in serving Christ, through serving the people of Lincoln" and our main aims are:

Relate – Talking and sharing together

Achieve – Dreaming and acting together

Represent – Promoting what we are each doing

We have had a great few years since we began. We hold annual 'Civic Prayer Breakfasts' at the Cathedral where we invite leaders from the seven sectors of society (government, health, security, community, arts, education, business) to join us for an early morning breakfast. They share their greatest challenges and

hope for the future, and we will pray for them and for the city.

We launched six subgroups a year ago to focus on areas of need within the city (such as food poverty, debt, ill health) and drew together Christians from all denominations who have specific passions for each area to work through a Tearfund model of mapping what is currently happening and identifying the gaps. This has meant that we now have an action plan for the next three years moving forward for us to focus on.

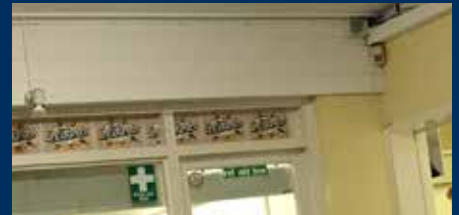
The Active Faith Network is run by a steering group made up of Church Leaders from different denominations who recognise the growing need for partnership. We believe that the only way we are going to see Lincoln become the flourishing, strong, healthy City we long for, is for the Church of Jesus to play her part in a united and powerful way.



Opportunities in Youth Work

Lincolnshire Council for Voluntary Youth Services and Lincolnshire Youth Association are the key county infrastructure support to the voluntary youth sector and work together under the brand of 'Young Lincolnshire'.

We want a vibrant and multicultural team of volunteers to work with us in our various youth centres and projects.



In return we offer you work certification and level 3 up to university level training in Youth and Community Work.



General open youth work is challenging, fun and whether a student, staff, or a friend of the university you will be welcome said Dr Charles Shaw, LCVYS Chair.



The Truth Booth

Let's talk about Hate Crime

Taking place in the Student Support Centre from the 29th-31st January, a number of students were interviewed regarding their thoughts and experiences of hate crime. The initiative was aimed at raising awareness of prejudice and discrimination, as well as giving support and a voice to those who have been struggling.





Pastor Vera Icheke, Pentecostal Chaplain welcoming new Pentecostal students in the church.



The Revd Matt Harbage was Assistant Curate on placement at St. Mary-Le-Wigford, St. Peter-at-Gowts and St. Botolphs, Lincoln and for part of the placement Matt had volunteered with the Multi-Faith Chaplaincy during Welcome Week and assisted Revd David Osbourne, Anglican Chaplain in pastoral work with the students. It was great to have Fr Matt with the Chaplaincy and we wish him all the best for his future endeavours.



Lincoln Central Mosque
& Cultural Centre

مسجد لىكون المركزى والمركز الثقافى



Camino de Santiago

The Camino de Santiago is an ancient pilgrimage to the cathedral-city of Santiago de Compostela in northern Spain. As Europe's most popular pilgrimage site, drawing in hundreds of thousands of pilgrims from all over the world each year, the Camino appeals to those of all walks of life: whether for the exercise, its beautiful scenery, its kind locals (and diverse pilgrims), its delicious food, its low costs, or its departure from one's normal life – providing a rare opportunity to step back and to reflect on the more important things in life.

In conjunction with Lincoln Cathedral and BGU's Chaplaincy, Lincoln University's Multifaith Chaplaincy is organising another group to go this summer. The trip will be starting from the city of Porto in northern Portugal on June 7th and arriving in Santiago on the 17th, before going on to Finisterre ("The end of the world") for the 21st. Those joining will have the option to come for whichever days they are able, but will have to walk for the last five days before reaching Santiago if they wish to receive the official "Compostela" certificate of completion.



If you have any questions at all, please email Jshiell@lincoln.ac.uk.



Carole Glover, Brahma Kumaris Chaplain

Nancy Ng, Chinese Christian Chaplain



Carole Glover has recently joined the Multi-Faith Chaplaincy team as Volunteer Brahma Kumaris Chaplain to offer students and staff pastoral support and listening ear.

Carole's primary focus was Fine Art until 1994, since becoming involved in a peace group in the conflict in Yugoslavia, her attention was re-directed towards world peace. Carole's specific interest is in healing the emotional wounds of victims of war violence.

This change of direction brought her to the Brahma Kumaris in 1996 and in 1997 she became a teacher of 'Positive thinking and additional spiritual approaches to healing both human hearts and this world in which we live.

Carole says "a life of gardening naturally led me to become involved in the B.K.s 'Green Team', of which I am a member.

Our philosophy recognises that human thoughts, emotions and actions all have a profound effect on our entire environment and therefore the well-being of our planet.

As each one of us learns to be peaceful, caring, and powerful, through our connection with the infinite power of Supreme Soul, we are enabled to heal the world as well as ourselves. To empower others as well as myself, has become my purpose, through the sharing of knowledge, and teaching Raja Yoga meditation. Our belief is that 'when I change, the world changes.' Carole is planning to offer Raja Yoga and Positive Thinking sessions at the University of Lincoln.

Raja Yoga Meditation (7 sessions)

Learn an ancient system of mediation that helps you:

- Understand yourself better
- Find the clarity and power to improve the quality of your life
- Connect with the Divine

Positive Thinking (4 sessions)

Tap into the natural positivity of the mind to:

- Become a master of your thoughts and feelings
- Finish energy – draining self – talk

Carole Glover will be able to take classes every Monday at Witham House 12 – 2pm. Carole has been a Raja Yoga for 22 years and teaching classes for 20 years.

Everyone is welcome regardless of religion or experience. For further information please contact at chaplaincy@lincoln.ac.uk.



Our first event started at the Fresher Fair where some students and I distributed leaflets and also invitations for our "Chinese New Students Welcoming Party". Immediately after the Fresher Fair, which coincided with the Mooncake Festival we invited the new students for a celebration. We had a mooncake and dumpling demonstration and student were so enthused that everyone tried their hands in making own mooncakes and dumplings. Many students jammed into the largest room at Witham House and many had to leave due to limited space. Students participated in making lanterns, quizzes and games with many free gifts and goodwill from us. It was a very enjoyable evening.

Subsequently, I was able to meet up with some members of this group for Thursday lunch and Sport activities. Many expressed their wish to attend the lunches but due to timetable clashes, there were a few regulars. I had the opportunity to prepare a Chinese lunch and again there was a big turnout of about 40 over who came for Chinese meal. I enjoyed my Thursday sessions from 12.30 – 3.30pm not only in getting acquainted with Chinese students, but also socializing with staff and students. It was a very meaningful time where I could meet up with non-Chinese speaking students.

Though this year, we were unable to form a fellowship group we still have our regular Bible-study at the Uni and a few of the students attended our Chinese church for various events like birthdays, Christmas and Boxing Day. The last day of 2018 my house was filled with students and families ending the year with great meals and even champagne to welcome 2019.



‘So powerful is the light of unity that it can illuminate the whole world’

Baha’i writings

The Academic Year began with meeting many students showing interest in finding out more about the Junior Youth Spiritual Empowerment Programme which is in full swing across the planet and involves youth your age working with Junior Youth between the ages of 12 to 15. We recognise that the process is a considerable commitment and more work and support will be needed for it to be enacted here at Lincoln Uni.

These meetings and conversations continued at the weekly Thursday £1 lunches at Witham House and were further continued during the extraordinary and eye-opening visits to the large Buddhist Centre near Doncaster organized by the Chaplaincy. There is so much more to learn about ‘unity in diversity’ that can enhance our lives and create fresh perspectives in how we see each other on our planet and that we are ‘the waves of one sea and the flowers of one garden.’

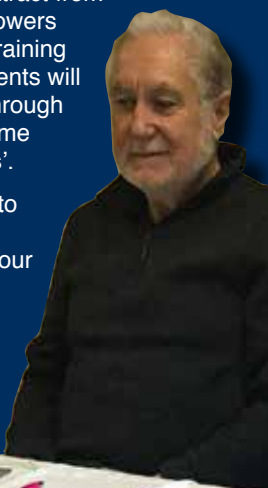
The Baha’i world community have been very clear about this for a long time. In fact since Baha’u’llah revealed during His 40 years of imprisonment and exile during the 19th Century that ‘There can be no doubt whatever that the people’s of the world, of whatever race or religion, derive their inspiration from one heavenly Source, and are the subjects of one God.’

Our monthly Baha’i Meditation/ Discussion meetings at Witham House are held every 3rd Wednesday from 1–2pm.

If you want more information or details of the Junior Youth Programme contact us at cliveatully@hotmail.co.uk, jilltully@hotmail.co.uk tel 07932 259825.

This is a small extract from ‘Releasing the Powers of Junior Youth’ training manual that students will be asked to go through before they become ‘Junior Animators’.

We look forward to hearing from you and listening to your views on how we can bring fresh vision and hope to youth and to our world.



Peace Blanket

Rebecca Broughton

Ghada Mohamed is aiming to create the largest peace blanket in the world and is hoping to make it a Guinness World Record! The aim is to create one that is 800 metres square, and she has been enlisting the help of all sorts of local people to knit, sew and crochet this magnificent blanket. On 28th January it was bought to the Atrium at the university to engage students and staff in helping

achieve this world record. After speaking to Ghada about what a peace blanket really is, she talked about the importance that it is not religious and is a way of bringing people together no matter what their cultural or religious background. With still a few hundred metres square to go make sure you keep an eye out for any events organised by the Chaplaincy where you could help out too.

Churches Together in Lincoln & District (CTLD)

CTLD aims to be a signpost to unity, sharing information, vision and experience.

We hold the annual Week of Prayer for Christian Unity from 18th to 25th January.

We organise the Good Friday “Walking Cross” from the North, South, East & West of Lincoln.

We observe the special days of prayer during “Thy Kingdom Come” (from the Ascension to Pentecost).

We hold three Open Meetings per year (February, June and October) with an

invited speaker or small discussion groups on topical subjects.

We publicise church events so that our members can visit other denominations for worship, study, fellowship and social events.

CTLD encourages members to support other Christian and Inter-Faith groups.

Further information on the CTLD website: ctld.org.uk

Chair, Mary Wilford:
mwilford@virginmedia.com

Secretary, Peter Foster:
peterzygons@gmail.com

Buddhist Chaplaincy at University of Lincoln

Gomde UK, a Buddhist Centre located at Lindholme Hall near Doncaster, has a formal agreement with the University of Lincoln to offer advice and support for anyone at the University who is interested in or is practicing authentic Buddha Dharma.

Gomde UK is a UK registered charity 'Rangjung Yeshe UK' (www.gomde.uk) and is under the spiritual direction of Chokyi Nyima Rinpoche; a meditation master and renowned teacher who has been teaching audiences around the world for the past 25 years. Rinpoche is the Abbot of Ka Nying Shedrub Ling and the author of a number of books.

Gomde UK is one of a number of Rangjung Yeshe Tibetan Buddhist centres worldwide with its home at Ka-Nying Shedrub Ling Monastery in Nepal (www.shedrub.org). Also located at the monastery in Nepal is the 'Rangjung Yeshe Institute' (www.ryi.org) affiliated to the University of Kathmandu for studying Buddhism and related languages and Dharma Sun (www.dharmasun.org) which provides online Buddhist teachings, courses and events.

Throughout the year Gomde UK at Lindholme Hall offers a wide selection of Buddhist activities, including talks, teachings, meditation sessions and practice retreats. University students and staff are very welcome to attend these. If requested Gomde UK may be able to offer some similar activities at the University.

Lama Oser, a senior monk at Ka-Nying Shedrub Ling Monastery, who spends part of the year at Gomde UK, is the Buddhist Chaplain at the University of Lincoln. He oversees the relationship between the University and Gomde UK. He will visit the University and be available to answer your questions and offer pastoral support. When he is not resident in the UK, he may be available for a Facetime or Skype call.

Gomde UK is providing our first point of contact for students and staff enquiring about Buddhism or requesting pastoral support. Our contact at Gomde is Paulette Benjamin who will arrange for you to speak with Lamar Oser or a suitable member of the Gomde UK Buddhist community.

Tuesdays Crafts



Arts, Craft and Games

Need some time away during your lunch? Join us at 12 – 2 pm on Tuesdays for some relaxing crafts such as sewing, knitting, origami and colouring.

Time: 12 pm – 2 pm
Witham House (Multi-Faith Chaplaincy)

Bring along your lunch and escape from the world into the peaceful environment of Witham House.

Calming activity, great for relieving:

- Anxiety
- Stress

No need to register nor book - JUST TURN UP

University of Lincoln Health Service

Health Service NHS

Click and easy

GP online services

You can now book appointments, order repeat prescriptions and even access your GP records online. It's quick, easy and your information is secure.

Register for online services at your GP surgery or to find out more visit nhs.uk/GPonline

Marina Building, Brayford Pool, LN6 7GA
Tel: 01522 870010
Web: www.ulhsonline.co.uk

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THE BACK PAGE



UNIVERSITY OF
LINCOLN

Week One

Monday 25th February
Information Stand
Learn about Fairtrade and how your actions can have a big impact on communities around the world.
Minerva Building 11:00 - 14:00

Tuesday 26th February
Arts, Crafts and Games
The weekly event will focus on Fairtrade.
Witham House 12:00 - 14:00

Thursday 28th February
Interactive Information Stand
Learn about Fairtrade and how your actions can have a big impact on communities around the world. We'll have games and prizes to win!
Minerva Building 11:00 - 14:00

There's more!

Fairtrade Competitions
Keep your eyes peeled for our Fairtrade competitions, including a challenging task for your SU Leaders.
Prizes include wine and chocolate!

Follow us to learn how to win:
Social Media - @GreenLincolnUni

Fairtrade Tea, Coffee & Chocolate
Fairtrade products are available for purchase in FoodLinc catering outlets and in The Swan.

Free Fairtrade Tea & Coffee
The Chaplaincy are providing free Fairtrade tea and coffee throughout the fortnight.
Witham House, Daily 12:00 - 14:00

Week Two

Tuesday 5th March
Fairtrade Pancakes
The Chaplaincy, in conjunction with St. Swithun's and the Christian Union are providing free Fairtrade Pancakes for the University.
SU Square 11:30 - 13:30

Tuesday 5th March
Free Fairtrade Tea & Coffee
Percol Coffee have donated plastic free sachets of Fairtrade Coffee for students to enjoy whilst they study. We'll also have Fairtrade tea!
Library front desk 11:30 until stocks run out

Don't forget to bring your own mug!

Tuesday 5th March
Arts, Crafts and Games
The weekly event will focus on Fairtrade.
Witham House 12:00 - 14:00

Wednesday 6th March
Kitchen Garden
Help get the University Kitchen Garden ready for the new season. Learn about the plants we're growing and how the vegetables will support the chaplaincy lunches.

Free Fairtrade tea, coffee and snacks for all volunteers.

Pop-up info stands
What is Fairtrade
We'll be popping up around campus with information about Fairtrade and how you can get involved:

- David Chiddick Building
- Isaac Newton Building
- Nicolas de la Haya

Lincoln Community Larder

Helping Local People in Crisis

The Lincoln Community Larder is a registered charity which aims to relieve poverty in the Lincoln area through the provision of basic nutritious food and other basic amenities to those in need of short term help. We also support those suffering from illness or special needs.

We issue Larder Vouchers to a variety of agencies in the area who then refer people to us in need of assistance and we give 3 days' worth of food for each person included on the voucher.

YMCA Annexe
Rosemary Lane
LN2 5AR
(Opposite YMCA Fitness Centre)

St Giles Methodist Church
Addison Drive
LN2 4LQ

St John the Baptist Parish Church Hall
Laughton Way
Ermine East
LN2 2ES

Tel: 01522 569291
lincolncommunitylarder@hotmail.co.uk

Charity no 1175176
www.lincolnlarder.co.uk

Foodbank – Bridge Community Hub
107-115 Newark Road
LN5 8NQ

Foodbank – Moorland Park Methodist Church,
Skellingthorpe Rd
LN6 7RB

Foodbank – Central Methodist Church
123 High St
LN5 7PR

Foodbank – Birchwood Life Church
127 Birchwood Ave
LN6 0JE

01522 542166
info@lincolnfoodbank.org.uk
www.facebook.com/LincolnFoodbank
Foodbank is an initiative of the Trussell Trust, managed by Acts Trust Charity no 1119911



"The University of Lincoln exists because of the overwhelming support of our local communities so we understand completely our responsibility to the city and county."

"The University is now very much part of a rich heritage and we will continue to seek out local partnerships and collaborations to move forward to meet the opportunities and challenges of the 21st Century."

Professor Mary Stuart CBE
Vice Chancellor of the University of Lincoln

TEF Gold Teaching Excellence Framework



/UoLChaplaincy



/ChaplaincyUoL



/uolchaplaincy



/UoL Multi-Faith Chaplaincy

Free copies of 'Place of worship and ethnic shops within the City of Lincoln' maps are available at Witham House, Student Support Centre and Student Wellbeing Centre.