

Chaplaincy Focus

SEPTEMBER 2019

MULTI-FAITH CHAPLAINCY



UNIVERSITY OF
LINCOLN



SU Service Team of the Year 2019

Mark Lilley, Quaker Chaplain

At the Student Union Awards held on the 10th May 2019, Multi-Faith Chaplaincy won the Service Team of the Year. In accepting the award on behalf of the Chaplaincy team Subash Chellaiah spoke of the importance of the many activities that Chaplaincy offers to students and the university community like Peace Gardening and Celebration of religious festivals.

Subash said that MFC would continue to develop its services and to offer a warm welcome and place of peace and quiet to all students at Witham House.



Community Cohesion on campus

Kostas Michailidis, Chaplaincy Volunteer

I became a Chaplaincy volunteer in early January 2019 after seeing an ad calling for people to join as event assistants on the university job board. Being an events management student, I thought that it would be a great opportunity to get some extra hands on experience. My only hesitation about joining was whether I was the right person for the job. I was raised an Orthodox Christian but having lost my faith around the age of 15 my only connection with religion was reading about it in books. Greece is relatively ethnically and religiously uniform, making it so that one would have to go out of their way to interact with people of different faiths. Yet from the moment I joined the chaplaincy I was made feel welcome and so were people from a wide range of creeds and religions. Unlike most voluntary

positions of this caliber all participants were encouraged to give their input in the planning process and even take charge of certain aspects of the event being organised. The first event I had the opportunity to help out with, was a talk by Holocaust survivor Simon Winston. This event felt special to me as it offered a glimpse into a very tragic yet fascinating time in history from a personal perspective of a living eyewitness. A variety of events followed ranging from religious celebrations to the promotion of the fair trade cause and beyond. I was glad to be able to work alongside fellow Chaplaincy volunteers and employees in its continuous effort to strengthen community bonds and advance the message of peace, no matter how small my input was in the grand scheme of things.



Message from the Multi-Faith Chaplaincy Co-Ordinator

Subash Chellaiah

Chaplaincy Focus

ISSUE 5 – SEPTEMBER 2019

The submission deadline for the next issue is on Monday 10th February 2020
Email: chaplaincy@lincoln.ac.uk

CONTENTS

Lincoln city and countryside	3
Sacred Space	3
Residential Wardens	4
Catholic Chaplaincy Summer 2019	4
Vanuatu Response to Climate Change	5
Annual Community Fête at Gomde Buddhist Centre	5
Family Fun Day	5
My life experience at Lincoln	6
Eid Celebrations at the University	6
The beauty of God's Creation	7
Climate Action at Lincoln	7
Looking back	10
The Golden Temple	10
Mindfulness Meditation	10
Through Heart to Peace in Bosnia	11
Working as a chaplaincy assistant	11
Buddhist Meditation	11
Unitarian Chaplain	12
Ecumenical Communion Services	12
Greek Orthodox Chaplain	12
Have you had a spiritual experience?	12
Article 32	13
Ridvan	13
Help Lincoln's elderly	14
Peace Blanket	14
Lincolnshire Wolds & Coast Festival	15
Community Events	15

REGULAR FEATURES

A Message from the Multi-Faith Chaplaincy Co-Ordinator	2
Contact Details	15



Time flies! I have been at the university for seven years and the university is growing and standing out with a great reputation for academic

excellence and student experience. The University was awarded Gold – the highest standard possible – in the 2017 Teaching Excellence Framework, a nationwide assessment of teaching quality across UK higher education institutions and it was ranked 22nd out of 121 UK universities listed in The Guardian University Guide 2019. The University VC and her leadership combined with a lot of hard work to give the best services to all students who are studying at the university is wonderful.

Multi-Faith Chaplaincy is connecting the dots and offering pastoral and practical supports for all faiths and none. We have been busy offering support and being there for students and staff in their times of sorrows, joy and success.

Our team members are there for everyone regardless of faith background and none, and they are there to offer non-judgmental support and be there for listening those who need it. Having someone to trust and chat to about anything is much appreciated.

Multi-Faith Chaplaincy had a very busy year offering social support for students through project, Thursday Lunch, Tuesday crafts and gardening – all have been well received. Students and staff who attended have benefited hugely. Sometimes all you need is a break where you can do something and be away from the pressures of life, making friends at the same time.

I am really proud to say that the Multi-Faith Chaplaincy has been awarded the

Service Team of the Year Award. This shows how students have valued our services and the work of our team has been recognised in this way. My sincere thanks to the team for their dedication to the work of the Multi-Faith Chaplaincy.

I also want to share some good news. I was awarded a Rotary International Peace Award. This has recognised my humanitarian work in India and my work at the University developing the Chaplaincy. I was extremely delighted to receive this prestigious award on 4th July in North Wales at the Music Festival. This award was a big surprise, I was not expecting it at all. I feel honoured and extremely happy that what I stand for and want to achieve in the world has been recognised. I feel that this is wonderful recognition, and this now gives me hope for the future that the vision that I hold to work with communities of all faiths and none for peaceful coexistence.

As I was receiving the award I also acknowledged where I come from, admire my parents for their sacrifice to offer me a good education, starting with primary education under a tree-I still remember those moments. During this time of joy and happiness I also remember the times of hardship and the rocky journey that has brought me to where I am today. I am grateful to all those individuals who have helped and inspired me in this journey of life.

As the new term starts we are here for you and the first few months can be daunting being away from home and settling in. Multi-Faith Chaplaincy is here for you to offer both pastoral and practical support and also help you settle in Lincoln. We can also put in touch with your communities so that your time in Lincoln is memorable.

We look forward to seeing you soon.



Sacred Space

Anyone who walks through the doors of Lincoln Cathedral can't help but feel the uplifting and inspirational atmosphere created by this awe-inspiring building; this Sacred Space.

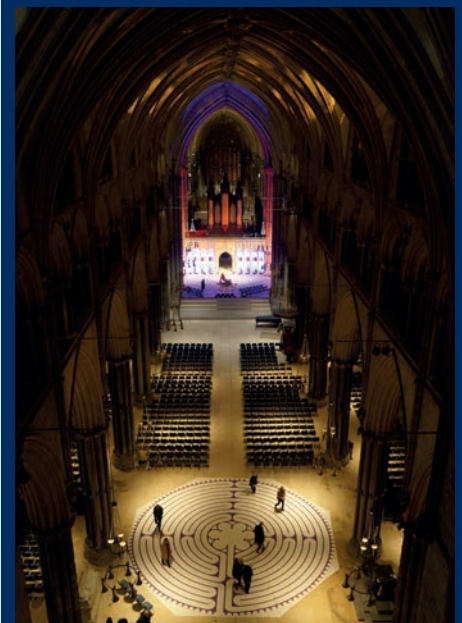
In our increasingly hectic lives, having the time and space to pause, reflect and pray can be difficult, but when we do, it can have an even bigger impact on our lives. In addition to the regular daily cycle of worship offered by the Cathedral, once a month on a Sunday evening, we host Sacred Space.

This popular service is gentle and reflective with time to wonder and explore, encouraging everyone to use all their senses to explore their faith. Whether you are looking for somewhere to think about the big questions that life throws up, or just want an opportunity for gentle reflection, Sacred Space offers a different way to experience worship at Lincoln Cathedral.

You can expect a short, led service, followed by the opportunity to explore a number of different prayer stations at your own pace and in your own way. Each service will take a different tone and explore new ways to experience faith through music, art and silence. Previous themes have included 'Freedom', 'Dancing Together' and 'What a wonderful World'.

Date dates for Sacred Space in the coming months are 22 September, 27 October and 24 November. It starts at 7pm at Lincoln Cathedral and, as with all our services, all are welcome. Doors open at 6.45pm, please enter through the main entrance on the West Front.

For more information, please get in touch with us on sacredspace@lincolncathedral.com or take a look at www.lincolncathedral.com/sacredspace



Take time and discover the history and heritage of Lincoln city and countryside

Over 1,000 years of history lives on at Lincoln Castle, home to the 1215 Magna Carta and 1217 Charter of the Forest. Walk in the footsteps of past kings along the 360° wall walk through castle towers, and explore the Victorian prison.

Lincoln Cathedral One of Europe's finest Gothic buildings, once the tallest in the world, with stunning views from the roof and tower and intricate design inside

Lincoln Castle Discover a world of rich history at Lincoln Castle, dating back to 1068 and home to one of only four surviving copies of Magna Carta.

The Collection Award-winning archaeology museum located in the heart of historic Lincoln, with interactive exhibitions, events and talks, and guided tours.

Ellis Mill The last of nine windmills that once stood on the Lincoln hill top and the last working mill in Lincoln, built in 1798.

International Bomber Command Centre A memorial spire, walls, peace gardens, and visitor centre that mark the service and sacrifice of World War II aircrew, ground crew and support staff that lost their lives whilst serving with Bomber Command.

Museum Of Lincolnshire Life Enjoy free entry to the largest and most diverse community museum in Lincolnshire celebrating the counties' rich and varied history.

High Bridge Lincoln's High Bridge is the oldest bridge in the United Kingdom which still has buildings on it, dating back to 1160AD.

1217 Battle of Lincoln Trail A self-guided trail taking you through a pivotal moment in history following the locations of the Battle of Lincoln through the city

Steep Hill A steep, cobbled street, lined with independent shops, tea rooms and restaurants that leads to and from Lincoln Cathedral, Lincoln Castle and the Cathedral Quarter.

Magna Carta and the Charter of the Forest Two iconic and rare documents, dating to the early 13th century, on display in a subterranean vault inside Lincoln Castle.

Visitor Information Centre The Visitor Information Centre provides information and gives advice on everything 'Lincoln': where to visit, what's on, public transport enquiries and much more. Buy your Lincoln souvenirs here too.



Visit Lincoln

www.visitlincoln.com
44 (0)1522 545458
visitorinformation@lincolnbig.co.uk
9 Castle Hill, Lincoln LN1 3AA

Residential Wardens

Residential Wardens

The University of Lincoln is very pleased to introduce a new warden service for 2019 as a core offering to students living in University accommodation.

The service will be an essential element of the student experience at Lincoln and the Residential Warden team will play a major role in supporting student life in each residence in a safe, diverse and well-maintained environment that complements and supports the academic mission of the University of Lincoln.

The Residential Warden team will live on site in our accommodation. The team works with residents, the Student Support Team and the Accommodation Services Team to build a strong and supportive community for students to thrive.

As well as contributing to the living experience through events and activities which help new students to settle into their accommodation, the team provides out-of-hours contact and support, as well as signposting to services within the University to ensure that help is available at all hours of the day.



Lincoln Christmas Market 2019

5th – 8th December 2019

The 37th annual Lincoln Christmas Market will be back this year, bigger and more magical than ever.



Catholic Chaplaincy Summer 2019

Helen Townsend, Catholic Chaplain



The Catholic Chaplaincy, based at St Hugh's Church, gathers together students from home and abroad to enjoy social and spiritual time together. While

most of our student are Catholic, many are not from any particular faith background, but they enjoy the family atmosphere and the opportunity to make friends and go to events together. The visit to Mount St Bernard Abbey is always popular. It's a relaxed outing, finding out about a special way of life, of prayer and contemplation in beautiful countryside. We also enjoy socials such as our end of term meal at a tapas restaurant, pictured, and our annual barbeque in the church garden.



A group of us took the train out to the countryside to walk in Willingham Woods and had tea together in Market Rasen. We also went to see the fantastic exhibition called Museum of the Moon at the Collection. With these and many other events, we create a temporary 'family' for students who are far from home. The Catholic Chaplain, Helen Townsend, also runs the weekly Arts, Crafts & Games Drop-In on campus every Tuesday lunchtime. Come and enjoy!

We are proud that one of our students, who has made a great contribution to our Chaplaincy here, Alvea Fernandes, is to be the Assistant Catholic Chaplain at Oxford Catholic Chaplaincy beginning in September. Congratulations to Alvea!



WWW.CHAPLAINCY.LINCOLN.AC.UK

Vanuatu Response to Climate Change through Education

Vanuatu is a volcanic archipelago in the South-West Pacific. As with other island nations, climate change is the most significant single threat to sustainable development, particularly because of the large proportion of the population living in coastal communities. Additionally, Vanuatu's location on the Pacific 'Ring of Fire' means that it is highly exposed to volcanic eruptions, earthquakes, tsunamis and landslides. Though a tiny country by global standards, Vanuatu is relatively large among South Pacific nations, comprising a Y-shaped chain of about 80 islands and islets. Vanuatu was the first in the Pacific to pioneer technical and vocational educational programmes at basic and advanced levels.

Educationalist Charles Pierce from British Friends of Vanuatu was invited to speak at the International Symposium on Climate Change and Education

which took place at Bishop Grosseteste University (BGU), Lincoln, in April 2019. The symposium set out to explore how society can adapt the far-reaching effects of climate change to overcome the challenges it poses, along with the crucial role Education plays in engaging and empowering people to act to alleviate the impacts of the climate change. This symposium was aimed at those working in, or concerned with, education and climate change. It provided an opportunity to showcase projects, approaches and activities that investigate or utilise education as a means to mitigate or adapt to climate change. It aimed to provide a platform for critical perspectives on climate change and the role of education. The conference aimed to facilitate networking and the development of partnerships, and to promote collaborative efforts for those using education as a tool to overcome the challenges of climate change.



Education is among the most efficient tools we have to effectively deal with the scientific/technical, economic, cultural and human developmental dimensions of climate change and its politicisation. Education in all its forms plays a crucial role, globally and locally, in engaging and empowering people to act to alleviate the impacts of the climate change.



Annual Community Fête at Gomde Buddhist Centre

This was a fun day for all the family on 29th June. There were several activities, including archery with the Danum Archers including live medieval history. The birds of prey came as well as tours of Lindholme Hall, a cafe with homemade cakes, bric-a-brac, sausage sizzle and 'wellie-wanging'. The University of Lincoln Buddhist Chaplain Lama Oser, who will be joining the team in September, gives teaching



on Buddhist practices and philosophy at Gomde. It was great to see him at the fête and to have shared joy and peace with him. Multi-Faith Chaplaincy has close strategic links with this centre, and it is a place of tranquility that has retreat facilities and offers Buddhist teaching. If you want to make a visit or to learn more about the centre, please contact our Buddhist Faith Advisor.



Family Fun Day

The Sports Centre organised a Sports Fun Day for students, staff and the local community. It was a great fun day where with food, arts, crafts, children activities and drawing competition. It is hoped that this will be an annual fun day. Multi-Faith Chaplaincy hopes to be involved with the next fun day.

My life experience at the University of Lincoln

Anthony Veluz, Alumni Student and Friends of Multi-Faith Chaplaincy



University. I have to say, was an absolute blast! I learned a lot, about myself, my degree, and things in life. I met so many amazing people: good friends and contacts. And I developed knowledge, experience and skills which would help me post-university. Prior to me going to university, I was a shy person; someone who wouldn't have had the confidence to go out there and meet people and 'network'. I certainly lacked the skills that I now have today, such as leadership, confidence, communication, networking and public speaking. But I knew I had to go out of my comfort zone and develop as a person. I became pro-active and became more social and connecting with people at university, whether it's fellow students on my course or students I met at events and other groups. I made some great friends and I learned a lot of new things. For instance, I made friends with international students and learned more

about their cultures. It really opened my eyes, something I'm incredibly grateful for. Extracurricular activity and joining groups at Lincoln were important for me. I did Law and Business for my degree and, so naturally, I joined the Law and Business societies. Not only did I meet students on my course, but students on other courses within those fields, and at different levels too. I also joined the parkour society... it was something I was fascinated by and I wanted to give it a try. Whilst I never mastered free running, I did make some good friends. I also met people and gained skills through volunteering. I got involved with student volunteering and volunteered on campus for events; worked with charities such as Action for Children and Children's Bereavement Centre. I even won the Volunteer of the year award at the SU awards

during my final year. I also represented a number of social enterprises during this time, which would influence me greatly in my career after university. The people I met through this, particularly, my fellow students who shared my passion for helping others helped me settle in at university. All of these extra activities inspired me to go into social enterprise once I finished university, and I set up an education company, The Socent Connection, with the help from a graduate start-up grant from UoL.

University helped me develop as a person: personally, socially and professionally. And that's something I'm so grateful

for. My advice to you is embrace university. Embrace change. Be open and excited-the opportunities that are out there. Who knows what doors will open for you.

Get as much as you can from university, you won't regret it.



Eid Celebrations at the University



As part of our efforts to continue to embrace diversity and difference, the University of Lincoln marked the end of the holy month of Ramadan and Eid al-Fitr with a symbolic celebration of diverse faiths and belief systems that was introduced by an Imam reciting the Azan and speaking about the 5 pillars of Islam, the value of cultural integration and peace.

An informal gathering to celebrate Eid and introduce what Ramadan and Eid are all about for our Muslim colleagues was held by the Multi-Faith Chaplaincy and the HR Engagement, Equality and Development team in the Minerva Building Atrium on the 24th of June 2019 between 4:30 and 5:30 PM.

Staff of all faiths and no faiths were welcomed to participate in all or part of the gathering based on whatever level of involvement they felt comfortable with and to share in experiencing traditional Asian cuisine as well as have an opportunity to interact with diverse staff and SLT representatives which included the DVC Liz Mossop and HR Director Ros Simpson.

This event was a collaborative effort and we hope to host more multi-faith celebration events in the future.

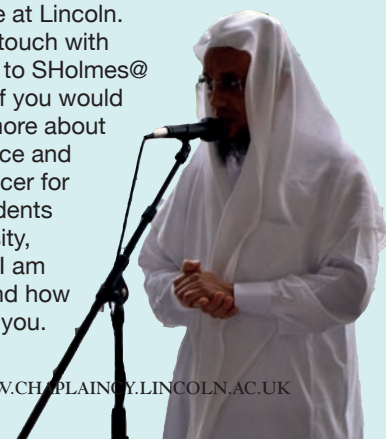
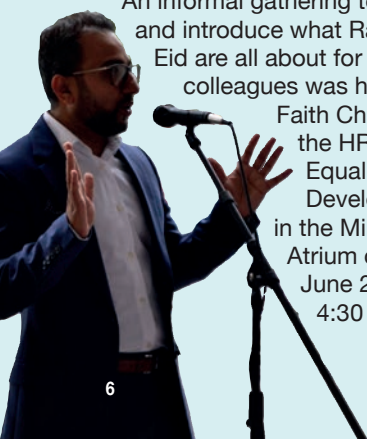
Events such as these create awareness and conversation around diversity, experiences of those who are different and bring people together, wherever they are from. Efforts such as these support the University of Lincoln's work around creating equitable outcomes for all, particularly protected characteristic and minority groups. This is of sincere importance to the University of Lincoln, Human Resources and teams across the University that look after improving employee and student experience and engagement.

Eid celebrations are one of many activities supporting the Race Equality Charter and our collective efforts to support and drive Inclusion, Diversity



and Equality at the University of Lincoln, while increasing conversations and awareness around racism, discrimination, equity and the lived experience of those who are considered 'different' within Lincoln.

We hope to have more events like this to celebrate all faiths, no faiths, diversity and difference at Lincoln. Please get in touch with me by writing to SHolmes@lincoln.ac.uk if you would like to learn more about my role as Race and Equalities Officer for Staff and Students at the University, the initiatives I am working on and how I can support you.



The beauty of God's Creation

Carole Glover, Brahma Kumaris Chaplain



Recently, as I pulled out the 'forget-me-not' plants from my garden, I shook the seeds from them into a paper bag to store for sowing elsewhere. I was reminded of how significant these dainty little flowers can be. Their name alone reminds us of their preciousness, and how much pleasure they afford us in the spring. These simple delicate blue flowers soon proliferate once sown or planted out, and in no time at all one's garden becomes a carpet of delicate blue in all directions.

It is for this reason that some friends and I aim to spread such seeds in a village in Bosnia, called Kozorac. In May this year, we were told of two more mass graves having been found close to the village.

In many such instances official memorials are either not permitted, or simply not possible to be set up, but we hope that the simple spreading of 'forget-me-not' seeds on these sites, will provide a natural and beautiful carpet of remembrance there instead. Their flowers will also coincide with the time of commemoration in May as well.

Nature and all the natural world provide us with many instances for both healing and comfort. Recent publications have also revealed how complex is the life of trees. We often take pleasure from walking amongst them but seldom reflect upon their lives too.

The simple power of our being out in nature is also misunderstood. Its healing qualities at many levels, both mentally and physically are underestimated or, alternatively, taken for granted. The natural environment, the woods, trees, our gardens or simply the waysides, are a precious aspect of all our daily experiences and without them we would be far poorer.

Today we humans spend so much of our time in artificial environments, surrounded by devices of all kinds that our interaction with the growing, flowering beauty of life passes us by and its pure creativity becomes lost to our consciousness.

It is time for us to awaken, to take note of our precious world. It is time to relearn to value every aspect of earth's magic and its magnificence. This land is not 'ours', even if we are its users. We must pass it on and hand it over in a fit state for others to live within and for all to thrive, not just survive. That means we need to treasure it, truly care for it and give it our attention too.

All of God's Creation is entitled to respect, to be valued as an interrelated aspect of this vast complex and dynamic system we know as life.

Climate Action at the University of Lincoln

Rebecca Forster,
Environmental Manager, Estates

As the University's Environmental Manager, I'm responsible for managing the impact that the University has upon the natural environment. This ranges from the energy used in our buildings, to the waste we produce, and the protection of habitats for wildlife on the land that we own.



The University has already made strong progress with regard to sustainability. For example:

- We procure all of our electricity from 100% renewable sources
- We have reduced our carbon footprint by 20% from our 2005/6 baseline, despite a rapidly growing estate
- We support biodiversity on campus, through a partnership with the Wildlife Trust at Riseholme and the siting of an observation beehive at Brayford
- Sustainability engagement campaigns are delivered to communicate with staff and students and encourage behaviour change

2019 has seen a huge increase in general awareness of climate change and the affect that human activity is having on our planet. People like Greta Thunberg and David Attenborough have helped to highlight the need for individuals and organisations to act in order to protect the natural world and allow it to maintain the services it provides to us all.

The University of Lincoln added its voice to other organisations around the world when we declared a Climate Emergency on 16th May. Following this, we have committed to developing an ambitious climate strategy that will enable us to reduce our carbon impact and make a positive impact on environmental research and teaching.

If you are interested in finding out more about the University's sustainability-related activity and plans for future improvements, you can contact us at environment@lincoln.ac.uk or via our Facebook and Twitter pages.

Tom Larken, Student Worker at St. Swithin's, Lincoln

Shrove Tuesday proved to be a flipping success once again. Food is a great way to draw people together and connect with them, and if that food is free, then the results are always better! Despite the wind, staff and students alike were queueing up to tuck into a freshly cooked pancake. The partnership between



the Chaplaincy team at the University of Lincoln, the Christian Union and St. Swithin's Church has been a great way to bless students at the start of Lent on Shrove Tuesday. Most students would know that it is pancake day, and a few had confessed to having eaten their fair

share for breakfast already. However, the significance of Lent often gets missed. Lent is the start of a journey, where we reflect on Jesus' 40 days in the wilderness being tested by the devil. It's also a time to reflect on the journey that Jesus took to the cross, which ultimately led to the Resurrection and

the promise of new life available to all. Whilst a free pancake may be a small blessing to those students on campus, the conversations we had may get them thinking of the much bigger blessing that is given to us after the end of those 40 days: the Easter miracle.





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 Friday
- Christian Meditation
- Quaker Meeting for Worship
- Arthi Hindu Prayer (Every Tuesday during term time)
- Baha'i Meditation
- Buddhist Meditation
- Raja Yoga Meditation and Positive Thinking
- The Sound of Soul
- Chinese Christian Group Meeting
- Peace Gardening
- Celebration of Festivals/Interfaith Events
- Herb Gardening (Every Monday during term time)

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.



Looking back...

Nancy Ng,
Chinese Christian Chaplain

In 2018 we had our welcoming party for the new Chinese students immediately after the Freshers Fayre, which coincide with the Mooncake festival. Instead of the normal food, games and sharing, this time we had mooncake and dumpling workshops along with lantern-making, quizzes and most importantly good food. The attendance was beyond our expectation-about 50-60 people. Following that we had some weekly programs and also Bible-studies on every Wednesday at the Main Building.

Perhaps, it was also the weekly Thursday lunch that I enjoyed much being able to cook some Chinese food and also taste a variety of food from different countries prepared by students and staff. It was for me a chance of meeting other international students.

We were able to spearhead for the first time the Alpha Course at Witham House. The 12-week course was a means of Christians, faith seekers and friends meeting up to spend Friday evenings together having yummy food prepared by our Team, watching Alpha videos and group discussions. We began testing the ground to see how people would respond to Alpha course-after several sessions we seem to enjoy the time spent together discussing topics not only of Christian faith but, social, political and life matters together. We hope next year there will be another such class.

In between we had sports day, home visits for dinners and even a farewell party in our house. We had a Chinese hotpot as well as celebrating my husband's birthday. Students enjoyed chess, Uno, songs and sharing. It was such a lovely time of fellowship. I am glad that when students miss home they would love to come for a meal with us or a time of rest. To sum it up it was a very fruitful and rewarding time.



THE GOLDEN TEMPLE – oldest worship places of the Sikhs in Amritsar, India

Jasmit Kaur, Sikh Faith Advisor



As our plane touched the soils of India (the country where I was born) in February 2019, I remembered my childhood and my parents, who are no more in this world. A deep feeling of sadness gripped me and what followed, is an interesting story.....We visited The Golden Temple, in Amritsar, that is one of the oldest worship places of the Sikhs. Like we always do, I bowed at our holy book, Sri Guru Granth Sahib and... as I did this, I had a magical experience that touched my heart and my soul.....I could hear my parents saying to me, "do not despair, we are here"

Surprisingly, I walked out of the temple feeling truly blessed, by the inner peace and happiness – that has never been felt before! Also, many people have had immensely soulful experiences here, as



The Golden Temple is one of the holiest and most blessed places in India.

Tourists have admired the magnificence of The Golden Temple, more than the Taj Mahal.

Nearly 50,000 people are served FREE FOOD called LANGAR everyday. During festivals, the number increases to 100,000 per day. People of All Faiths and No Faith eat together here.

Sikhism teaches us that we are all Equal and it is important to be humble and have no ego.

The Golden Temple has four entrances to welcome people from every walk of life.

There are no words to describe the glory and magnificence of The Golden Temple. It is a Pure Feeling that touches our Heart and our Soul and brings us closer to ourselves, closer to God, closer to whom we love dearly and closer to all humankind and we are inspired to lead a truthful living.

Mindfulness Meditation

Maureen O'Callaghan, Trainer & Mentor & PhD student

I have practiced mindfulness meditation for over twenty years and have been particularly influenced by the teachings of Thich Nhat Hanh and The Dalai Lama. I have also studied mindfulness from a secular perspective, gaining a Masters in Mindfulness-Based Approaches. The inner transformation I have experienced through mindfulness has been profound, leaving me healthier, more content and with greater clarity about what is important.

Mindfulness has also developed my awareness and understanding of the political, social and economic realities of the 21st century and has motivated me to take action out of compassion rather than anger....to be engaged. In this way my spiritual practice is not divorced from how I live and work. I call myself "an Engaged Buddhist" and I practice mindfulness meditation in order to develop the wisdom and compassion I need to help others and to take action. I feel more authentic as a person, and as a Buddhist, when I am socially engaged and connected.

Social engagement can take many forms and I have been able to develop a number of ways in which my mindfulness practice can find expression. In my work this means finding opportunities for compassion, generosity, for openness and equanimity. As a business trainer and mentor one of my roles is to explore decisions that have adversely affected effectiveness and sustainability and to gain a better understanding of what motivates people. I then help people to take the action that would really make a difference to them as individuals, their organisation and the wider society. My book *Success Without The Stress* introduces a more mindful approach to handling the pressures and challenges of self-employment.

I am about embark on a PHD at Lincoln University looking at a mindfulness-based approach to developing self-mastery and social responsibility that will be informed by Buddhist psychology.



Through Heart to Peace in Kosorac in Bosnia

Carole Glover



Through Heart to peace, (THTP) came about in Zagreb in 1993 in Zagreb in response to the inter-ethnic and religious conflict in what was then the former Yugoslavia. The organisation initially attracted many professional women from all ethnicities-Serbian, Bosnian and Croatian-who used their skills to respond to the multiple needs of the refugees in that city. They had the additional intention to draw the world's attention to the war crimes being committed in their country, Bosnia.

The originators of the organisation are still actively working to this end. They are connected to a group of women in the UK and have been from the start. Then women from around the world were invited to take part in the actions that took

place, and women as well as a few men joined the group at that time. I became a part of their company in 1994 and have remained connected since that time.

Today, the organisation of THTP, among its many other activities, continues to provide for the predominantly aging female population of survivors of this area. THTP provides assistance in many areas such as training and educational opportunities. In addition, they take on legal cases for the reclaiming of property of the refugee returnees, and aid in their repair and reconstruction. They work with many other organisations such as the UN, NATO as well as local institutions.

This year the visiting group from England joined the locals on the commemoration day in the various ceremonies that took place at the relevant sites, Prieodor and Omasca, the most notorious of the concentration camps of that conflict,

which lie close to Kosorac.

Sadly, two additional mass graves have recently been found. One concealed as many as seven hundred bodies, most of which will never be identified, and so cannot provide the much-needed peace of mind to their family survivors who just want to be able to know what happened to their loved ones. Next year we will make a special visit to both sites.

The entire visit was not all sadness gloom and doom. As usual the reuniting of everyone was a great delight and the endless hugs continued each day as new arrivals came. We danced together, sang together, and shared in the endless meals from tables laden with home grown contributions from all these wonderful women who I am so proud to call not just my friends, but my very special family.

We truly are one loving family.



Working as a chaplaincy assistant

Jonathan Shiell, PhD student

As I leave the University of Lincoln, it has been working as an assistant at the Multi-faith Chaplaincy that has left the greatest impact on me. As a Christian I found great value in serving the different religious communities and in helping to facilitate the many events run through the chaplaincy. The role itself varied hugely: sometimes it meant being called in to prepare teas and coffees for meetings, to clean rooms or to set up tables and chairs, but often it meant cooking community meals with the team, providing pastoral support for students, or even making numerous trips to Leicester to buy supplies for Hindu festivals.

Working with Subash, the chaplains and the rest of the chaplaincy team has been an incredible experience and privilege. I have formed deep relationships with that bunch of rag-tag, international, highly committed, religious (and non-religious)

people, and even formed strong links with their extended communities. Aside from these connections I have developed many skills in my time there, whether through leadership, organisation, public speaking, patience, humility or knowledge of different cultures and religious practices.

Subash and the chaplaincy team have also been hugely supportive of me personally, through both practical, psychological and spiritual support. They have also allowed me to take leading roles on many different initiatives, such as with the Chinese Christian Chaplain and running our Alpha Course, or giving talks and leading pilgrims on the Camino through northern Spain, or organising our weekly multi-cultural £1 Charity Lunches.

The role is not always easy but it is rewarding, and as I leave, with a heavy heart, I would highly recommend volunteering in this position to others.

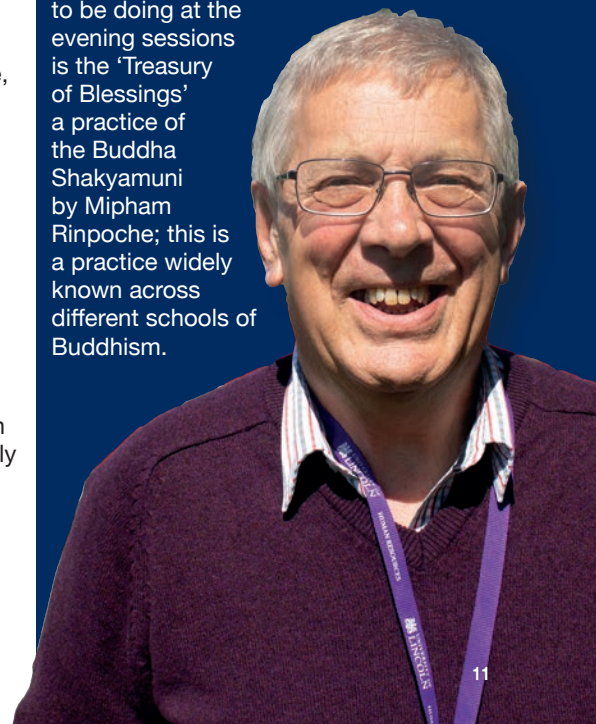
Buddhist Meditation at the University Chaplaincy

*David Greenop,
Buddhist Faith Advisor*

Over the last few months the chaplaincy has hosted a number of lunchtime Buddhist shamatha meditation sessions.

We hope to restart these in the autumn and also explore the possibility of a regular evening Buddhist meditation, practice & study session at the Chaplaincy.

The Buddhist practice we are likely to be doing at the evening sessions is the 'Treasury of Blessings' a practice of the Buddha Shakyamuni by Mipham Rinpoche; this is a practice widely known across different schools of Buddhism.



Unitarian Chaplain



Rev John Philip Carter has joined the university as Unitarian Chaplain and he is the Minister for Lincoln Unitarian Chapel, and for Hull Unitarian Church.

John was raised in Northern Arizona and in Western Kansas in the US. He studied at University in California and did seminary work in Chicago. John served as a denominational representative to the Illinois Ecumenical Campus Ministry governance board, and for ten years worked in social work as an outreach minister, working in HIV/AIDS prevention. This work paid for a ten-year 'gig' as a minister to a small SW side of Chicago Church of the Brethren, a mixed congregation of African Americans, Puerto Rican, Mexican American, Polish American, German American, Jewish, Gay, Straight, transgendered, male, female, persons of different physical abilities. Very much a church of the Margins. John moved to the UK in 2004.

John says 'I grew up in an Evangelical, Fundamentalist, Pentecostal household, and I chose to join the Mennonite Church. After moving to the UK, I became a member of the Unitarian and Free Christian Churches. During my seminary years I had a Spiritual Director and took some initial course work in the subject. When I completed my seminary work, I promised myself that I would pursue further training in Spiritual Direction.'

With this background, John has a keen interest in interfaith conversations, especially in finding and doing ways of worship together, in working for ways of peace, justice, environmental concerns. 'An easy way of describing myself is that simply I am Anabaptist, Unitarian, follower of Jesus with pagan sensibilities.'

Ecumenical Communion Services

Ecumenical Communion Services for Christians are held on campus on the first Wednesday of every month in Witham House (WH0003) from 1pm – 2pm. This is open to all students and staff at the University. Each month will follow a different liturgy of Anglican, Baptist, Methodist, URC, and Free Church.

Greek Orthodox Chaplain Father Panagiotis



I am Fr Panagiotis-Fokas of the Greek Orthodox Church of St. Basil and St. Paisios in Lincoln. I am Greek born and have grown up within Greek Orthodoxy. I am continuing my family's Church tradition, as my grandfather was also a Fr Panagiotis, Greek Orthodox Priest in North Greece.

The Greek Orthodox Church and Community of Basil the Great and Paisios in Lincoln serves primarily the Greek and Greek Cypriot Orthodox Community of Lincoln and Lincolnshire, although all Orthodox Christians are welcome to worship with us. Indeed, our congregation currently includes English, Russians, Serbians, Bulgarians, Romanians and Albanians... and growing! Our Parish belongs to the Archdiocese of Thyateira and Great Britain of the Oecumenical Patriarchate of Constantinople (<http://www.thyateira.org.uk/>) under the spiritual guidance of Archbishop Gregorios.

Our aim is to celebrate the rich liturgical calendar of the Greek Orthodox tradition, and to build a thriving community of the Greeks and Greek Cypriots living in the local area as well as visitors. We cherish the customs and traditions of Greece and Cyprus, and in particular the Greek language, the language of the Gospel and the Fathers

of the Church. We have set up a Greek School which operates Saturdays/Wednesdays and which teaches Greek to students across a broad age group.

Matins and Divine Liturgy are held each Sunday at 10:30am. The primary language of the worship is Ancient Greek, with some English. Greek/English translation books are available for use by visitors. Our parish retains the Greek and Cypriot customs and traditions and uses Byzantine chanting.

Every Saturday starting at 10:30 we have Matins, followed by the Jesus Prayer and then Vespers. Every Wednesday we have Vespers followed by spiritual discussion and/or catechesis.

We also operate a small bookshop/lending library with spiritual books in Greek and English.

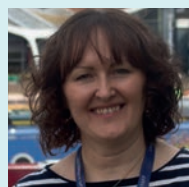
The Women's Auxiliary Committee offers snacks after the Liturgy for all to share over Greek coffee and other refreshments, giving community members and visitors a chance to meet in a social setting, speak Greek and catch up with news from the local community as well as from Greece and Cyprus.

We currently worship at the Church of St. Peter at Gowt's on the High Street, Lincoln, but we are actively looking for our own home in Lincoln.

Fr Panagiotis-Fokas (07824 456 805, email: Fr.Panagiotis.Fokas@gmail.com).

Have you had a spiritual experience?

Liz Mallett, Eckankar Chaplain



Have you ever had an experience that changed you and your relationship with life? It may have come as a vivid dream, an out of body experience, a sense of one-ness or loving presence.

Maybe you have questions about who you are, why you are here and what your experiences are all about?

If you would like an opportunity to share experiences, ask questions and discover steps you can take on your own spiritual journey you may be interested in joining us for an Eckankar

meeting. We host spiritual discussions and contemplations every two weeks on Friday lunchtimes at Witham House on campus. All are welcome – all faiths and none.

Eckankar – known as The Path of Spiritual Freedom – is an ancient teaching that offers spiritual techniques and resources for an individual to discover truth for themselves.

If you are interested in going beyond meditation and reaching for a higher level of consciousness, do come and join us!

For more information visit: www.Eckankar.org.uk or contact me at emallett@lincoln.ac.uk Tel: 07743 435704



Mental Health being challenged

University of Lincoln to lead an award winning project to boost mental health support for students

The University of Lincoln has been awarded funding from the Office for Students (OfS) to improve and support mental health outcomes for students transitioning to university life. The University is one of ten projects which have been successful in the bid and will lead the work being undertaken across the sector to ensure that students going to university will be able to access new peer-to-peer support networks in person and online to help smooth the transition to higher education.

The project, 'Transitioning Students Effectively: a student-led approach to mental health support', has been awarded funding totaling £736,000 from the Office for Students through its Mental Health Challenge competition to achieve a step change in mental health outcomes for all students. The initiative, led by the University of Lincoln, UK in collaboration with key partners across the city is designed to support students' mental health and well-being, particularly in relation to the transition from school to university. It will combine traditional face-to-face support with a new suite of digital tools and content, created by students for students.

The project is being driven by a cross-disciplinary team of staff and students from the University of Lincoln and

other further and higher education institutions in the city as well as key support services such as Lincolnshire Police, NHS and Lincoln City Council who will develop processes, procedures and tools to enable students to support each other and themselves as they prepare for, enroll at and progress through university.

As well as providing enhanced face-to-face support and other provision for students planning to go to university, the team will also develop a range of digital tools, platforms and content to enable students to take a self-sufficient approach in their university preparations, which will be integrated into a school outreach programme and embedded in the curriculum.

Project partners include local NHS services, Lincolnshire Police and Lincolnshire County Council, Lincoln College and Bishop Grosseteste University, with digital content creation supported by UniHealth, Fika and Expert Self Care.

Jacqueline Mayer, Head of Student Services at the University of Lincoln,



said: "University education is a transformative time for many young people, not just in their academic development but in acquiring independence and life-skills. It is also a very different learning environment to school or college and for many new undergraduates, will be the first time they have lived away from home.

"At Lincoln, we're focused on ways we can support students with this transition. Our record on student retention and graduate outcomes, coupled with our approach to student engagement and digital technologies, means we're well-placed to lead this major new project to enhance mental health and well-being support available for the all-important first year of university, working with stakeholders from across the region. We hope this work will prove valuable not just for our own students, but those in schools, colleges and universities across the UK."

Ridvan

Clive Tully, Baha'i Faith Advisor



'So powerful is the light of Unity that it can illuminate the whole earth'

The small but diverse Baha'i community of Lincoln celebrated the

Festival of Ridvan (Paradise) recently. On the first Day they gathered to pray and elect the next Spiritual Assembly of the Baha'is of Lincoln which consists of 9 adults (women and men). The whole Festival of 12 Days is celebrated throughout the planet. In Lincoln they sang, chanted, danced, prayed, walked and remembered the wonderful stories of Baha'u'llah in the Garden of Ridvan. This was in Baghdad in 1863. He was about to be exiled for the second time, which would bring further terrible suffering for Him and His family and followers. Nevertheless He revealed that this was an overwhelmingly important

time for all of mankind and the time which all the Great Messengers of God had promised in their Holy Books.

The major Teaching of Baha'u'llah and the Baha'i Faith is Unity- the Unity of the Human Race, the Unity of Religion and that there is only One God. In fact one Great story.

Bahá'ís call it 'Progressive Revelation'. These Messengers of God including, Abraham, Krishna, Moses, Buddha, Jesus, Mohammad and now the Bab and Baha'u'llah brought Teachings to move us from simple family structures



to city states, to nationhood and to now help us recognise each other as one great family and to enable us to build together in all its complexity a world based on love and justice.

The Baha'is of Lincoln recognise there is much to be done for this and they cannot achieve this on their own. We all need to work together to gradually bring about the maturity of the human race encouraging each of us to play our part.

St Mary's Church Riseholme

Service of Harvest Thanksgiving to be held on Friday October 11th at 2.00pm at Riseholme St Mary's.

A service to celebrate that the Harvest is safely gathered in! A service is for students, staff and their families from Riseholme College, Lincoln University and Bishop Burton College campus.

Come and join us as we celebrate Harvest with readings, poems and songs. The Bishop of Lincoln will be joining us and is looking forward to meeting you all.

Food and drink to be served after the service.

Everyone Very Welcome



Volunteers wanted



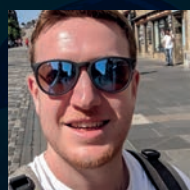
Maze Matters is a local community group which aims to engage with the Sincil Bank community and ensure that all residents are equally represented.

The community group has been awarded funding to facilitate several events in the Sincil Bank neighbourhood, including the Great British Spring Clean, a festival of light celebration and World Hello Day.

If you are interested in volunteering and helping to facilitate community events and projects, please contact Barbara Gooding – barbara@tillystitches.co.uk



Help Lincoln's elderly



Dan Willcocks, a former University of Lincoln employee, is raising money for Age UK Lincolnshire. On Sept 14th Dan will take the dive and is

looking for contributions to help towards raising the total goal of £400. Find out more at www.justgiving.com/fundraising/willcocksdive

Peace Blanket

Ghada Mohamed, Muslim Chaplain

We are happy to announce that we are in the process of joining the peace blanket together. Starting from September we will need your help to attach the word peace in different languages to make a huge display. We still need your contribution, so please continue making squares of blanket and send it to us. We would love to see you and have chat over a cup of tea.

We are meeting every 4th Saturday at St Mary-Le-Wigford church. We would love to see you there.



WWW.CHAPLAINCY.LINCOLN.AC.UK



Lincolnshire Wolds & Coast Churches Festival has arrived!

The Lincolnshire Wolds & Coast Churches Festival is going to be a great celebration, with over 140 churches opening their doors during the weekends of 31st August & 1st September and 7th & 8th September 2019.

With free entry, churches and chapels from Louth to Woodhall Spa, Wragby to Sutton on Sea, will be celebrating their rich architecture and heritage and offering visitors the chance to become treasure seekers and discover hidden secrets.

“Our churches are full of wonder,” says Revd Nick Brown, rector of Louth St James. “Each offers a different experience, whether it is beautiful tranquility and spirituality or vibrant exhibitions and music or simply offering a welcoming oasis of peace and calm.”

“The festival is also about having family fun,” continues Nick. “Time is so precious today as families juggle busy lives against quality leisure days out. So we have created fantastic activities that every member of the family will want to get involved in. Some churches will have backpacks available, encouraging ‘treasure seekers’ to explore the beauty of our stained glass windows, and even create their own masterpiece window to display at home. And we also invite everyone to take the challenge and try and spot all the treasures in our brand new Church Treasure Hunt book, not only during the festival weekend but beyond as well.”

Links to the festival’s accounts on social media:

<https://www.facebook.com/lincswoldsandcoastchurches/>
<https://twitter.com/ChurchesFest>

Community Events

FILM AND FAJITAS

September 19th 7.30pm A relaxed evening of food and a movie at St Swithins at the Bank, Bank Street, Lincoln, LN1 2DP.

CARHOLME GALA (GRANDSTAND)

22nd September 12 pm – 4 pm

This is a community event please come and support it. Book stall, donations of books grateful received colouring competition, create a colourful church, prize for the most inventive.

SILENT DISCO AT THE CATHEDRAL

September 26th Come and join us for a party in the Chapter House. Tickets are £3.50. Book at stswithins.org 7:30pm-10:30pm

ASK A BISHOP ANYTHING

September 26th 12:00-14:00 in the Minerva Building (Atrium). Come and chat to the Bishop and ask him any questions you’ve always wanted the answers to!

LOOKING FOR AN INCLUSIVE CHURCH IN LINCOLN CLOSE TO THE UNIVERSITY?

St Faiths Church in the West End is an inclusive Church of England church welcoming all regardless of gender, sexuality, age or anything else separate us. Join us on a Sunday, our main service is 10.30am. For more information on services and events <https://www.stfaithslincoln.org.uk>

CONTACT DETAILS

GENERAL ENQUIRIES

Multi-Faith Chaplaincy
01522 866 400 chaplaincy@lincoln.ac.uk

Mr. Subash Chellaiah
Multi-Faith Chaplaincy Co-Ordinator
01522 866 079 schellaiah@lincoln.ac.uk

Mr. Mark Lilley **Newsletter Editor**

CHAPLAINS AND FAITH ADVISORS

The Revd Canon David Osbourne
Anglican Chaplain
dosbourne@lincoln.ac.uk

Mr. Clive Tully
Baha’i Faith Advisor ctully@lincoln.ac.uk

Miss Carole Glover
Brahma Kumaris Chaplain
cglover@lincoln.ac.uk

David Greenop
Buddhist Faith Advisor
dgreenop@lincoln.ac.uk

Miss. Helen Townsend
Catholic Chaplain
htownsend@lincoln.ac.uk

Mrs. Nancy Ng
Chinese Christian Chaplain
nng@lincoln.ac.uk

Mrs Liz Mallett
Eckankar Chaplain emallett@lincoln.ac.uk

Pastor Vera Icheke
Free Church Chaplain (Pentecostal)
vlcheke@lincoln.ac.uk

Father Panos Sakellariou
Greek Orthodox Christian Chaplain
psakellariou@lincoln.ac.uk

Mrs. Dipvandana Mehta
Hindu Faith Advisor
dmehta@lincoln.ac.uk

Miss. Kate Harrison
Humanist Advisor kharrison@lincoln.ac.uk

Prof. Brian Winston
Jewish Faith Advisor
bwinston@lincoln.ac.uk

The Revd Dr Helen Hooley
Methodist Chaplain
hhooley@lincoln.ac.uk

Mrs. Ghada Mohamed
Muslim Chaplain
gmohamed@lincoln.ac.uk

Imam Atikur Rehman Patel
Muslim Chaplain apatel@lincoln.ac.uk

Mr. David Gannon
Pagan Faith Advisor
dgannon@lincoln.ac.uk

Mr. Mark Lilley
Quaker Chaplain mlilley@lincoln.ac.uk

The Revd John Carter
Unitarian Chaplain jcarter@lincoln.ac.uk



UNIVERSITY OF
LINCOLN

THE BACK PAGE



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

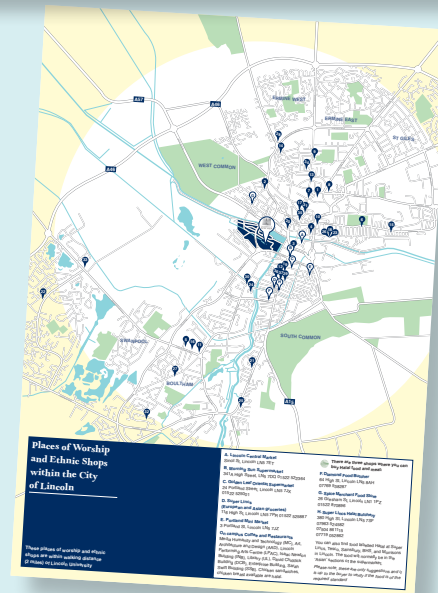
Check your bank statements, compare prices, shop around and don't carry cash you don't need. Some banking apps will let you check your balance as you go.

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.



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



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

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

Big White Wall® Get Support Take Control Feel Better



/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.