



## The Source of Life

*Carl Christopher*

**Asked to explain how our perspective at the tail end of the pandemic has changed, there is a certain sense in which not much is different for Orthodox Christians. Strange as it may seem, I can explain!**

I recently found myself asking at the end of Typica prayers (a service in the Orthodox church which loosely mirrors the structure of divine liturgy): "Who am I doing this for?". It wasn't just that I was the only one praying; it was also a deeper question, because sometimes I get the impression that these disciplines are for my benefit.

Orthodox don't pray because it's an obligation, although of course it would be impossible to be a worshipper of the Holy Trinity and neglect daily prayer! At the same time, this is an offering to the Lord, and when we pray and sing, we join with unseen angels in honouring the Creator. In that sense, it really doesn't matter whether one or 100 people are praying together.

But even on my own, the beauty of the words – whether from the Psalms or the ancient prayers of the saints on whose shoulders we stand – forms my character and being. It informs my thoughts, words and reactions. It is a counter-narrative to the "cultural liturgies" of this world: news, advertising, gossip – a hundred competing agendas and narratives.

Those prayers are timeless, and that means that as we prepare to start a new year from a different pandemic-vantage point than previous terms, our perspective that Christ our Source of Life is worthy of all honour, despite circumstances of the past, present and future, remains.

All that being said, I am hoping for some changes though. As I've said here before, after a year where the pandemic has accelerated our unfortunate modern atomisation, I'm looking forward to embodying our humanity through public worship again. Come and join me every Friday at 2pm at Witham House!

## There will be bright days

*Elizabeth Mallet*



**One of the things I have observed during the pandemic is that I have learned to be more aware and respectful of other people's personal space. One size doesn't fit all, and everyone has their own sensitivities and reasons for doing or not doing something.**

This aligns with one of the spiritual laws we teach in Eckankar which is the Law of Non-Interference: Soul's responsibility not to interfere in the affairs of another Soul, but to allow others their freedom. Of course, my freedom ends where another's begins, so it is a fine balancing act.

A key aspect of Eckankar is inner guidance. Each of us is unique and has our own connection with the Divine, the Holy Spirit, the life force. Therefore, who can say what is right for another person?

I think this fits so well with our One Community Values here at the University of Lincoln – the vision of treating

everyone equally, with kindness, understanding and acceptance – even if they have different beliefs to us and make different choices.

Throughout all of this, and as we transition out of the pandemic, I see a greater appreciation for life, for the joy of living. We have a golden opportunity to give love to others and let our lights shine. For me, this is just being a listening ear, helping where I can and keeping a sense of humour.

The spiritual leader of Eckankar, Harold Klemp, gave a talk during the pandemic. He closed saying that no matter what happens to you, there will be bright days. And to never, never fear; there will be bright days.

### Information about Eckankar:

Known as The Path of Spiritual Freedom, Eckankar teaches that each of us is Soul, an eternal spiritual being. And that we exist because God loves us. We connect with the life force through short contemplative techniques called the Spiritual Exercises of ECK.

Here is a short video called *What the path of ECK is all about*: <https://www.eckankar.org/explore/what-is-eckankar/>

I am the Eckankar chaplain here at the university, and regularly host meetings on campus where anyone can try one of these spiritual exercises – the HU Mantra.

If you would like to find out more, or just arrange a chat, feel free to contact me at: [emallett@lincoln.ac.uk](mailto:emallett@lincoln.ac.uk)

# Chaplaincy Focus

ISSUE 8 – OCTOBER 2021

The submission deadline for the next issue is on Tuesday 15th February 2022  
Email: chaplaincy@lincoln.ac.uk

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# Message from the Multi-Faith Chaplaincy Co-Ordinator

Subash Chellaiah

**For those of you have come to Lincoln for the time 'Welcome'-I hope you have great time as you start your time in Lincoln and at the university.**

As I have been reflecting on COVID19 and its impacts on communities and individuals I see how the situation has isolated and taught us different life lessons. This is a once-in-a-lifetime pandemic, the only thing I can think of that has locked down or severely restricted all the world. Travel restrictions are still in place. Wearing of face masks, using hand sanitisers etc. will be remembered for life and will be told to future generations. Covid will be taught in school history lessons. This pandemic has taught us to be resilient, connect with communities and connect with nature and has given us time to interact more with nature, family and the environment.

As you are at the university, and particularly international students, it will be a totally new experience, with

quarantine, regular swab testing and enrolment, freshers week and settling-in in Lincoln.

This is where our service is important as our Volunteer Chaplains are here to offer you support, practical assistance, guidance, a listening ear, befriending, support or help with bereavement.

Don't wait for a crisis to happen as you can approach us at any time-we are here to help. We have some regular events and activities. If you love gardening or crafts, please join us at our gardening group meeting every Friday, and the 'Craft and Chat' meeting every Thursday in Witham House.

We have support available for those students during quarantine and who need help with the food assistance, and shopping pick up. If you need help either email or ring on 07500 910372

I look forward to seeing you soon.

## Creating kinder ground

Mark Lilley, Quaker Chaplain  
Newsletter Editor

**In this edition of Chaplaincy Focus our chaplains and advisors have reflected on how our world and lives have been marked by the Covid-19 pandemic.**

It is important to have this dual focus on 'our world' and 'our lives'. How has 'our world' been affected by Covid? As we begin the academic year, we remain in a pandemic with all of the challenges and restrictions this entails. We are not in a 'post-Covid' situation yet, and we need to engage with how our world continues to be affected and changed. What has struck me in the past 18 months is how basic human values and qualities have sustained our communities of whatever faith or belief-care, compassion, selflessness, service to others. We have had a unique opportunity to see inequalities and injustices in our own society that we cannot ignore. A society that was able to deploy its shared resources to support those in need shows that mutuality and kindness are powerful. Covid has shown us how wide and deep the meaning of 'we' is.

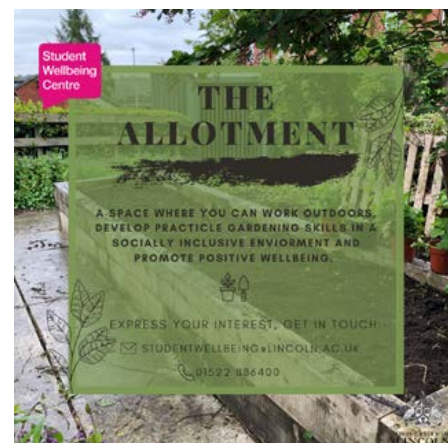
How have 'our lives' been affected by Covid? For many people Covid has brought with it trauma, loss and tragedy. Aside from the material cost, there are the intangible effects of bereavement, isolation, and disruption. The usual patterns of life have been stretched, distorted, and torn. From student life to the experience of university staff, nothing has remained unchanged. The consequences of these transformations are both immediate and long-term. Mental wellbeing has been challenged, and while we have seen resilience there are people struggling. People's individual difficulties are layered, and so the help they need is multidimensional-material, mental and spiritual.

How can we offer help? We must remain open to the creative potential of 'working together'. We need to sustain those values and qualities that shaped our first response to Covid: care, compassion, and selflessness. Would a positive outcome of Covid be a commitment to continuing to create kinder ground on which to build our lives and fashion the future?





# Contributing to the Betterment of Society



## Student Wellbeing Centre Allotment

The Student Wellbeing Centre are running an allotment gardening project which is located on the Lincoln College site, Monks Road, Lincoln.

We have transformed the space as it was previously unused and overgrown. It is a great space and a relaxing environment where you will be able to speak with others, spend time outdoors and learn new skills.

You can access this every Tuesday with a member of the Wellbeing team. We have 2 time slots available: 09:00 – 11:30 and 13:00 – 15:30. You can attend as many sessions as you want to.

Contact the Student Wellbeing Centre on 01522 886400 / studentwellbeing@lincoln.ac.uk to find out more and speak with someone about how to access this.



**'The well-being of society, its peace and security, are unattainable unless and until its unity is firmly established'**

How do we proceed as a community 'after Covid-19'? All that we have been through can be used as 'stepping stones' to enhance our capacities in all areas of our lives.

This short 6 min film will give you a brief introduction to some youth across the world who have found ways to pursue their growth and to contribute to the well-being of society.

<https://news.bahai.org/community-news/toserve/contributing-to-the-betterment-of-society.html>

As Baha'i Advisors we are looking forward to meeting and discussing with many of you how your unique talents and skills can play their part.

There is a Baha'i community here in Lincoln. Baha'i beliefs address such issues as the Oneness of God and religion, the oneness of humanity and freedom from prejudice, the inherent nobility of the human being, the development of spiritual qualities, the fundamental equality of the sexes, the harmony between science and religion, the centrality of justice in all human endeavour, the importance of education and the dynamics of the relationships that bind together individuals, communities and institutions as humanity advances towards its collective maturity.

We offer you a warm invitation to take part in our regular meditations and discussions. We also run a study circle entitled "Reflections on the Life of the Spirit with the aim of pursuing our own spiritual and intellectual growth and to contribute the transformation of society. There are also opportunities for you to train to be a Junior Youth Animator working out in the wider community with 11-14 year olds. Such issues as helping them with critical thinking, self-reflection and helping them create their own practical service projects within their neighbourhoods. Finally a Baha'i quote

Looking forward to hearing from you and meeting you Clive and Jill Tully  
cliveatully@hotmail.co.uk jilltully@hotmail.co.uk Mobile 07932259825 Tel 01522 522748

## University of Lincoln Buddhist Society

Are you a practicing Buddhist or have an interest in Buddhism? Would you be interested in helping us establish a University of Lincoln Buddhist Society? We envisage the society would provide students and staff with an opportunity to explore and share Buddhist thought, philosophy, and meditation practice at regular meetings. It could also provide an opportunity for inviting speakers from representatives of the wider and diverse Buddhist community, including scholars, meditation teachers, writers, and Buddhist monks and nuns. If you are interested and would like to explore further, please contact David Greenop University Buddhist Faith Advisor dgreenop@lincoln.ac.uk



# Introducing Imam Farooq Mulla

Imam Farooq Mulla memorised the Qur'an at age 12. After completing A-levels in Law, Sociology, Economics and Business he embarked on a 6-year intensive programme in Islamic and Arabic Studies in seminaries in the UK and abroad, including India. He has an MSc in Education Management and Leadership.



He has worked as an Imam in the USA, London, and Lincolnshire from 1992 – 2000. He has worked as a Chaplain from 1995 to 2011 in various prisons in the UK, working with individuals to help them towards rehabilitation and restructuring their thoughts from a faith perspective.

Other roles Imam Farooq has taken include Secretary of Mosques and community affairs for the Muslim Council of Britain (MCB), executive member of the Mosques and Imams National Advisory Board (MINAB), Senior religious consultant for the Islam and Citizenship project (2007-2010) commissioned by the DFE. His work has included focussing on interpreting the religious text and Islamic tradition in addressing tendencies towards radicalisation.

He has travelled extensively, is multi-lingual (Urdu/Hindi, Gujarati, and Arabic) and has also worked 1-1 with young and adult Muslims at risk of being radicalised. He is further employed as a consultant for Strengthening Faith Institutes (SFI) which involves delivering safeguarding training workshops for Imams and Madrasah teachers.



## Multi-Faith Chaplaincy Iftar Event Reflection

Shazeda Ahmed

**Assalamualaikum and Ramadhan Kareem! During the month of Ramadhan, Muslims all around the world will fast (they cannot drink water or eat food) from sunrise to sunset as well as reflect and pray in order to be closer to Allah. This happens for 30 days.**

This year, for many Muslim students, Ramadhan coincided with deadlines, essays, and exams. Additionally, students have had to complete their degrees during a global pandemic. This is a lot to deal with for all students and it has been a difficult journey.

However, during Ramadhan, the Multi-Faith Chaplaincy ran a weekly Iftar food event every Tuesday for Muslim students at the University. Food packages consisting of a hot meal and snacks were given to all students who attended this event. Students were encouraged to pray as a community before having their meal and upon completing prayers, they were given the option of either taking their meal home or eating with their Muslim friends. This was all done in a Covid-safe environment with students keeping 2 metres apart during prayers, everyone wearing masks, and students staying within their support bubble. The Muslim Chaplain, Ghada, and the amazing wardens from the Student Support Team handled the event with great care by staying sanitised when handling the food, making sure all students were fed, and cleaning all areas once the event was over.

Many of the students who attended were extremely grateful that this event took place since it allowed them to take a break from making their own meals every day amongst their university studies. Many were surprised when they heard of this event because they were not aware that the University knew about Ramadhan. It was a great opportunity to meet other Muslim students who they would have never met otherwise. This event allowed students to finally meet their fellow Muslims and they bonded over this holy month. In addition, there were some international students who came from many different countries. They were finally able to speak to some local students and ask about the city of Lincoln as many of them have not been able to explore this beautiful city yet.

During the month of Ramadhan, the gift of giving is encouraged. Muslims are encouraged to think about others, to feel compassion for others. This event definitely embodied those values. Therefore, on behalf of the Muslim students who benefited from this event, we would like to thank Subash and Ghada from the Multi-Faith Chaplaincy for organising this event and looking after the students. We would also like to thank the wardens from the Student Support Team for taking their time out on a late Tuesday evening to help set up, provide the food, and cleaning up following the event. They were extremely open-minded and respectful and did a meticulous job of making sure everything was safe. We believe that this event will be the beginning of a great tradition at Lincoln.



# Faith and Belief Forum

**A recent request came to the Multi-Faith Chaplaincy to take part in a 'Faith and Belief forum', an online meeting looking at how the subject of RE should be taught in schools today.**

I attended the meeting at which people of faith and no faith took part. We were invited to answer a series of questions about our attitude to teaching of faith, i.e. RE in schools today.

A discussion ensued in which each one spoke about their own personal experiences as children. We were asked to go away from the meeting and consider what we would choose to change. My response is as follows

The most important question to ask is: Why is it being taught? Where does it come in the list of 'Essential subjects'. It is not listed as such nor do children have to take part in such classes. They may be withdrawn at the parents request without question.

I would suggest that RE should be considered as fundamental to every child's education.

Religions throughout the world are a response to various messengers or understandings received from a 'Higher Power', by whatever name.

Those who do not accept or believe in such a 'Higher Power', are nevertheless still influenced and affected by the actions and attitudes of all around them as well as their own, regardless of their validity or source.

The purpose and principles of RE (or Spiritual Education) should be to explain and explore these precepts at a deeper level through a variety of methods suited to the age group being taught, for their deeper philosophical understanding and application in their personal lives.

The so called 'facts', about the differences and variety of practices of the various religions, their rules and customs, can be explained once those principle concepts have been fully appreciated and understood. With this knowledge, the children can begin to understand and recognise the reasons for such variations.



Methods and practices of the different religions can then be explained with greater meaning once the underlying unity of concepts is understood and the reasons and relevance of difference falls into place, when it emerges as an aspect of cultural variations across the world.

The recognition of the unity of purpose naturally helps to create a more cooperative and peaceful society and remove our individual prejudice. It may even remove it from our whole society in time.

## Autumn 2021 Craft Competition



The University of Lincoln Multi-Faith Chaplaincy Team would like to welcome you here for the new academic term! In celebration, we are holding an arts and crafts competition for the month of October. The winner will receive a £25 High Street gift voucher.

The theme of our competition is "Inspiration and New Beginnings". It doesn't matter what your craft is, we would like to see what has you inspired. You can draw, paint, crochet, knit, weave, etc.

Not to worry if you aren't sure what to do, you are welcome to join us for

our "Craft, Chat, and Chill" sessions at Witham House, every Thursday from 11am to 1pm. Craft materials are available, and you can learn new skills, or you can bring your own craft to work on in a relaxed and social space.

This is open to all students and staff. Closing date is at the end of the day on the 1st of November, 2021. Judging will take place that week, by the Multi-Faith Chaplaincy Team, and the winner will be contacted via email, and be announced in the chaplaincy newsletter.

For more information, contact the Volunteer Pagan Chaplain MWheeler@lincoln.ac.uk



### Craft, Chat, and Chill

Every Thursday from 11am to 1pm, join us at Witham House for our "Craft, Chat, and Chill" sessions. A variety of crafts are available, or you can bring your own.

This is a non-religious session that is open to all students and staff, to relax and socialise in a friendly and creative atmosphere. If this is during your lunchtime, feel free to bring your pack-up.

For more information, contact the Volunteer Pagan Chaplain, Melissa Wheeler, at Mwheeler@lincoln.ac.uk



## The University Islamic Society

The Islamic society is a hub for all Muslims in Lincoln to get together and get to know one another. It's a social hub for the Muslims of Lincoln. It's a really good feeling to find people of your own culture in a new city you have moved too. The society puts on events weekly for Muslims to engage with one another. Friendships are easily made within the society as everyone is really friendly and welcoming. There is also a Jummah (Friday) prayer on campus and where Muslims can meet weekly and pray together. The university also offers a prayer room where Muslims can pray at any point during the day/week. Finally, as a committee, we are very much looking forward to meeting all the new Muslims that come this year.

## Siren FM

Siren Radio has been part of the Lincoln radio landscape since 2007 and provides unrivalled opportunity for everyone to get involved in the dynamic and far-reaching world of community radio. You can be part of a wide range of programmes as long as it's tailored just for our listeners in Lincoln. You'll be working alongside the widest range of talents, anyone from 9 – 99, making exciting and challenging radio for everyone on air and online. ([www.sirenonline.co.uk](http://www.sirenonline.co.uk)). And we are also exploring our offering in the world of the podcast – you can check us out by searching Siren Radio on podbean.com.



Amina – Vice President International is an elected officer for leading the engagement, support and representation of International (including EU) students, and their integration into the overall student experience at the University of Lincoln. Students can email me via [international@lincolnsu.com](mailto:international@lincolnsu.com) if they have any queries or questions on how to get involved with the SU.

# Support network for Sikh Staff and Students

**My name is Jasmine Sodhi and I took on the role of Sikh faith Advisor at the beginning of March. Before the first national lockdown I was able to meet a couple of Sikh international students and we were planning Vaisakhi celebrations with the Indian community. However it was not possible for the event to go ahead due to COVID-19 restrictions.**

**I am really keen to find out from students and staff what support they would find helpful. It could be anything from:**

- help to setting up a Sikh society,
- mentioning,
- connecting with the wider Sikh community in Lincolnshire,
- an opportunity to have someone to talk to about living in Lincoln, faith or experiences at university,
- shared morning or evening prayers and Naam Simaran (virtual during COVID – 19 restrictions);

- the opportunity to have a home cooked meal.
- During September with the generous support from the Indian community in Lincoln we were able to support international students with numerous food parcels which hopefully helped during challenging times.
- Recently a number of us have started to come together virtually as a Sikh community and have formed the Lincolnshire Sikh Society creating a forum for anyone interested in Sikhi or of the Sikh faith to connect by simply wishing each other well, offering each other support especially during these times and finding ways to do Sewa (Selfless service). We hope that together we can help each other stay connected and supported. Sat Nam If you are interested and would like to explore further, please contact Jasmine Sodhi, University Sikh Advisor [chaplaincy@lincoln.ac.uk](mailto:chaplaincy@lincoln.ac.uk)

**University of Lincoln support BHM and the events hosted by Re-imagining Lincolnshire**

For more information <https://reimagininglincoln.blogs.lincoln.ac.uk/>

## Lincolnshire Youth Association

**The boys and girls clubs network in the county has adopted the inclusion policy currently being promoted by One East Midlands, the voluntary sector regional body.**



At the OEM Annual Conference, held at The Hope Church Centre in Nottingham recently LYA Director Dr Charles Shaw complimented the work of different faiths supplementary schools and the continuing success of Lincoln University's Chaplaincy team as good examples of diversity and integration. Details of the Inclusion framework can be found on <http://oneeastmidlands.org.uk/>

We need a wide variety of volunteers and support in Lincolnshire and working with Lincolnshire Council for Voluntary Youth Services (LCVYS) we offer a number of pathways to involvement. In 2020 we shall be incorporating a revised

inclusion strategy into our Youth Work training courses beginning with our Introduction to Youth Work Courses. Anyone interested in these can contact LYA on 01522 569776 or LCVYS on 01522 720786

The Association welcomes students from Lincoln University whose involvement has been so positive to date and we can currently fund the training for them. In the first instance interested students or staff can ring in or contact our activities youth worker james.walker@cvys.org.uk

**Reimagining**



**Lincolnshire**





# Through adversity

**From a Sikh perspective it is inevitable that life brings challenges. Everyone comes into this lifetime with their own karma (actions from the previous lifetimes). Challenges and dis-function are an opportunity to awaken us so we are able to respond consciously. Our suffering can be the medicine through which we open our hearts to God in love rather than continuing to expend our energy berating the current reality.**

In Siri Guru Granth Sahib ji (the Sikh scriptures) we are taught Dukh Daroo Sukh Rog Bhaya. Dukh (suffering) is a blessing in disguise as it is through adversity and experiences of utter hopelessness that the mind turns to God and seeks God's Grace. In good times we tend to forget God. It is Dukh which teaches us endurance, perseverance, humility and reminds us that nothing in the material world lasts forever including our journey in this lifetime. It's through this acceptance that we experience the calm after the storm the Sukh (ease) after the Dukh (suffering).

Throughout the pandemic as part of the daily Ardas (humble request) Sikhs ask for guruji's kirpa (God's grace) for Bhrosa

Daan (the gift of trust) to go through every situation and challenge in life in remembrance of God's name.

We seek strength through the words and teachings of the gurus. Within the japji sahib (daily morning prayer) we recite Kiv sachi-aaraa ho-ee-ai kiv koorhai tutai

paal. Hukam rajaa-ee chalnaa naanak likhi-aa naal. Living in truth, the veil of illusion is torn away. O Nanak, we merge our will with the Divine will, and all Divine virtues flow through us.

Of course, life does not always unfold in the way the logical mind expects it to. As we tune into guruji's hukam (divine will) what emerges is greater than what our mind can conceive. We begin to cultivate the ability to accept challenges with faith and trust rather than fear, resentment or doubt. So as we continue to navigate through the Covid-19 pandemic we keep striving to meditate upon God's name (Naam Japna), remain in elevated spirit (Chardi Kala) and pray that everyone may prosper (Surbat da bhala).

During the pandemic the Lincolnshire Sikh Society was formed to connect, pray, meditate and support each other. On the last Sunday of each month we gather at Witham House for reciting of prayers (paath) meditation (Naam Simaran) and Ardas (Arz – humble request, Das – as servants of God) followed by sharing food. Everyone is welcome so please do join us. If you want to get in touch with the LSS please contact the University Chaplaincy.

**Grief and Loss Support Group**

This is a listening and support group being run by the Multi-Faith Chaplaincy for anyone who is experiencing loss.

Held fortnightly: **student group** beginning on Tuesday 12th October 2021.

**Staff group**, beginning on Tuesday 19th October 2021, running fortnightly.

12 - 1pm at Witham House, by the Sports Centre.

**All welcome!**

For more information contact **Helen Townsend** [htownsend@lincoln.ac.uk](mailto:htownsend@lincoln.ac.uk)

## Provision for Jewish students and staff



**Rabbi Anna Posner has joined the Multi-Faith Chaplaincy to offer support for Jewish student and staff.**

Rabbi Anna grew up in Nottingham, a member of Nottingham Liberal Community, and has lived in Liverpool,

Jerusalem and London. Anna has been ordained since summer 2020 and whilst currently split between 3 jobs, will be starting an exciting project in London that is shared by three different Jewish denominations. Anna is committed to community building, supporting people with pastoral needs and helping to facilitate Jewish practice. If you want contact Rabbi Anna please check the contact list page

### Are you an Orthodox staff (students)?

Join us at the chaplaincy or online for midday prayers each day. Prayers are in English, but you can take part in your own language too...no matter where you're from, you'll be welcome! Other lay chaplaincy services are on offer, in both English and Arabic, and if we don't speak your language, we'll find someone who does! There's sure to be someone who can help from our multi-ethnic parish here in Lincoln. Contact [Cchristopher@lincoln.ac.uk](mailto:Cchristopher@lincoln.ac.uk) for more.



## Catholic Chaplaincy Summer 2021

We have enjoyed a good summer, with a barbecue in June and a trip to Kaspas for desserts. We have had meals out at Wetherspoon's, at Café Zoot and at Olé Olé. The students arranged a walk around the Old Wood in Skellingthorpe, and managed about 10 miles in the end. We had afternoon tea at Stoke's in the Lawn. The students have also enjoyed a tour of uphill Lincoln. We have prayed together every week on Zoom, had a weekly walk along the river and we meet at Mass at St Hugh's church on Sundays. Our CathSoc President Emma has now graduated, and we welcome our new President Barbara, who will lead us through the next year with Rebecca as Vice President and Ollie as Treasurer. We welcome new members to the Catholic Society and to our Chaplaincy. You don't have to be Catholic to join in the fun.



**Running the university's Jewish Society has been incredibly rewarding. In 2019, we set out to create a community on campus that would give Jewish students their own safe space. Two years later, we have established a group that will hopefully remain at the university for years to come.**

Though we weren't able to see each other in person, we were able to meet

on a more regular basis through weekly Shabbat calls. We hosted fun events like craft night and made sure to check in on how everyone was doing over these difficult months. We also held more serious events, like our discussion on anti-semitism, which really brought us together and started important conversations.

Hopefully, we will be able to hold in person events in the future, and we

would like to continue to celebrate Jewish festivals throughout the academic year. We would also like to collaborate with other faith societies and continue to connect with other groups at the university. New students can find us on our Instagram, [lincoln.jewish.society](https://www.instagram.com/lincoln.jewish.society). We'd like to thank everybody who has supported the Jewish Society, and hope that future Jewish students at the University of Lincoln can find a safe community with us.



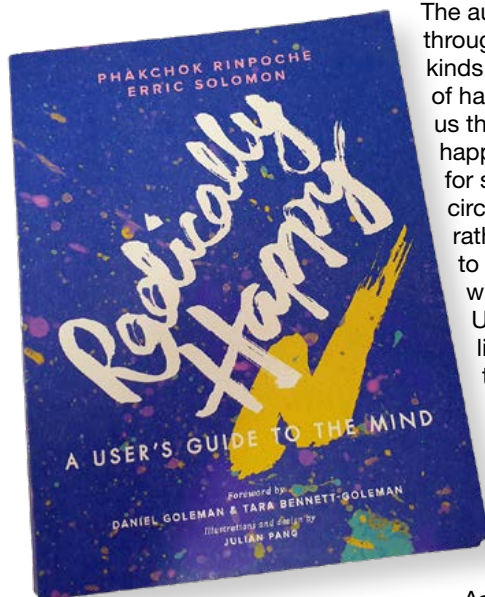
# The 'Looking For Happiness Conundrum'

**Book Review of 'Radically Happy: A Users Guide To The Mind' by Phakchok Rinpoche & Erric Solomon.**

If finding genuine happiness might be one of your life goals then this book is for you. It will appeal whether you are already a Buddhist practitioner or just curious about all this Buddhist stuff and whether it has relevance to yourself in our busy modern world.

The book begins by examining our relationship with happiness. However real genuine happiness what the authors call 'Radical Happiness' is not to be found in situations or by acquiring material possessions. Pretty obvious really as we know from our own experiences that periods of happiness and joy generated by acquiring new things or having a great experience are short lived. We either start to take them for granted or become dissatisfied, and then feel the need to look for something else to help make us feel happy.

We behave as if the next happiness fix is right around the corner and this will do the trick; maybe plan a new holiday, decide to buy something new or start a new relationship. This is the happiness conundrum, that although we know within ourselves that situations and things do not provide lasting happiness, we nevertheless carry on looking for our next happiness fix!



The authors take us through the different kinds and dimensions of happiness, and show us that the key to real happiness is not looking for specific happiness circumstances but is rather how we relate to all our experiences within our mind. Using their own life experience the authors guide us step-by-step through exercises that help our minds become more focused and aware in the present moment.

As we practice this awareness we naturally stop comparing and judging, and start having gratitude for what we have, seeing the importance of our interconnectedness with others and thinking of their welfare and needs as well as our own. We will then discover that experiencing genuine happiness and joy is not something to achieve but rather it's already part of our true nature and just needs to be revealed!

For more information about Phakchok Rinpoche & Erric's book and their 'Radically Happy' programme please see <https://radicallyhappy.org>

Erric Solomon will be giving an evening talk at Lincoln University on Thursday 7th October 2021. Further details to come.

If you would like to be updated on details of the talk and other Buddhist activities at the University please contact David Greenop (Buddhist Faith Advisor) [dgreenop@lincoln.ac.uk](mailto:dgreenop@lincoln.ac.uk)



## The Lincolnshire Climate Summit

**On the 13th October, Lincolnshire County Council are holding the first ever Lincolnshire Climate Summit during the run up to the 2021 United Nations Climate Change Conference (COP26) in Glasgow.**

The summit will have a fantastic line up of inspirational speakers, including the chair of the UK Climate Change Committee Lord Deben. There will also be a great line up of exhibition stands from local businesses and organisations that will shine a light on some of the solutions that will help us reach our net zero target.

We will bring together people across the county, including the public sector, businesses, communities and individuals, to focus on what can be achieved when we all work together to tackle climate change.

As a warm up to the summit from the 20th to 23rd September, we will also be hosting a series of virtual events covering a range of climate centric topics. There will be an event for everyone, from how to make your business more sustainable to individual and community led climate action.

For more information on the event agendas and how to sign up, please visit the Lincolnshire Climate Summit webpage – Lincolnshire Climate Summit – Lincolnshire County Council

If you have any enquiries about the summit, please email [sustainability@lincolnshire.gov.uk](mailto:sustainability@lincolnshire.gov.uk)

## Young vocations

**The Church of England wants to encourage gifted and committed young men and women, from all kinds of backgrounds, to consider whether God is calling them into ordained ministry as priests. In Lincoln diocese we want to encourage Christian young people to think about ordained and lay ministry in the Church of England.**

### More information

Discuss, Grow, Serve | Lincoln Diocesan Trust and Board of Finance ([anglican.org](http://anglican.org))

The Revd Sonia Barron  
Diocesan Director of Ordinands and Vocations

[Sonia.Barron@lincoln.anglican.org](mailto:Sonia.Barron@lincoln.anglican.org)



# ST SWITHINS

LINCOLN

Welcome to

## STUDENT LIFE.

At St Swithins  
In the center of Lincoln & online

This year has been a year of change but coming to University gives you a chance to try new things and have new beginnings. As you leave home and begin to discover more of who you are and what you love, we would encourage you to #TryChurch

## WELCOME

Find a home

We love students & we want to help every student in Lincoln to find friends and to encounter the love of God. Maybe you've never considered trying Church before? Maybe you want to know if there is more to life? Why not come and join us! We have online and in person services- Find out more at our website [stswithins.org.uk](http://stswithins.org.uk)



## Welcome Meal

We are running a Welcome Meal at Bridge Church Lincoln (LN5 7NN) on Sunday 17th October. This will be free of charge for anyone interested in finding out more about the church. Our service starts at 11am (Coffee available from 10:30am), and the meal will be directly after the service. Please could anyone who is interested in attending email [info@wearebridge.org](mailto:info@wearebridge.org) so that we can ensure that there is enough food available for everyone.

To find out more about Bridge Church Lincoln, our website is [www.wearebridge.org](http://www.wearebridge.org), or we can be found on social media.

## International Meals

You are invited to our free monthly international meals. These allow a space for international students to get to know others in Lincoln and find community. Come along for free food and community together.

17th October 21st November 6th January  
20th February 20th March



St Faith's Church Hall  
West Parade



1:00pm-3:00pm

ST FAITHS

Uni of Lincoln Chaplaincy  
[mads.baker@stswithins.org.uk](mailto:mads.baker@stswithins.org.uk) for any queries

ST SWITHINS

'At Lincoln we value our diverse but united community with a real determination to be One Community together, stronger in the different perspectives and experiences that we bring when we come together. Lincoln is a special place and our One community will continue to seek to provide a strong and safe space for exploration and development for all our staff and students.'

Professor Mary Stuart,  
Vice Chancellor



## Support for Hindu Students



**There is a growing Hindu community within Lincoln with major festivals being celebrated locally. The nearest temples**

**are to be found in Leicester (which has a substantial Hindu community and many other amenities like Indian restaurants, food and clothes stores) and Nottingham, both of which are about 1-1.5 hours away.**

It is also important to have local support for Hindu students, many of whom are coming from India to study abroad for the first time. At the chaplaincy we aim to provide pastoral and spiritual support to help create a home-away-from-

home. We are holding a weekly Aarti on Wednesdays at 12.00pm at Witham House where students and staff can meet together to meditate, pray and socialise. As volunteer Hindu chaplain I am available to give any assistance as required and aim to help as much as possible. In addition there are other national support networks such as the National Hindu Students Forum (NHSF) and the Indian Nationals Students Association (INSA) who provided vital support during the pandemic (food, accommodation, advice).

For further information please visit the Chaplaincy website or Witham House as well as the following contacts:

Dipvandana Mehta – [dipvandana@gmail.com](mailto:dipvandana@gmail.com) and 07916335693

National Hindu Students Forum UK – [www.nhsf.org.uk](http://www.nhsf.org.uk)

Indian National Students Association UK – [www.insauk.org](http://www.insauk.org)



# CONTACT DETAILS

## GENERAL ENQUIRIES

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

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**Multi-Faith Chaplaincy Co-Ordinator**  
01522 866 079 schellaiah@lincoln.ac.uk

**Mr. Mark Lilley** **Newsletter Editor**

## CHAPLAINS AND FAITH ADVISORS

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david.osbourne@hotmail.co.uk

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**Pagan Chaplain** mwheeler@lincoln.ac.uk

**Mr. Mark Lilley**  
**Quaker Chaplain** mlilley@lincoln.ac.uk  
marklilley64@gmail.com

**Ms. Jasmine Sodhi**  
**Sikh Faith Advisor** jsodhi@lincoln.ac.uk

**The Revd. John Philip Carter**  
**Unitarian Chaplain** jcarter@lincoln.ac.uk  
revjohn.ukuni@gmail.com

# Chinese Christian Chaplain

**My name is Fan Ouyang, English name is Nick, and I come from Chengdu, China. I have been married to Jenny Xu for 14 years. I have two daughters and one son. I came to the UK in 2020. As a missionary, I am working with the Chinese Overseas Christian Mission, establishing Christian communities, and ministering to the overseas Chinese, including students, by enabling and empowering them to enjoy their lives, hopefully finding meaning and faith whilst in the UK.**

I graduated from the Department of Applied Mathematics of Tibet University. During my college years I converted to Jesus Christ. Since then, I started to join the Church and participated in campus ministry. Since graduating from university, I worked with Cru for 11 years. In 2018 I received a Master of Divinity in Intercultural Studies degree at the East Asia School of Theology in Singapore.

My favourite Bible verse is Psalm 23. I like reading, watching movies. I also like different sports such as playing Ping-Pong, basketball, cycling, hiking and rock climbing.

# 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'.

Dates for the Sacred Space in the coming months are 28 November, 20 February 2022, 20 March, 22 May and 17 July 2022. 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](mailto:sacredspace@lincolncathedral.com) or take a look at [www.lincolncathedral.com/sacredspace](http://www.lincolncathedral.com/sacredspace)





UNIVERSITY OF  
LINCOLN

# THE BACK PAGE



## Multi-Faith Chaplaincy Regular Events

### Multi-Faith Chaplaincy Events

Crafty, Chat and Chill  
Lunch time walks  
Friendship Café  
Celebration of Festivals/Interfaith Events  
Community Gardening

### Meditation

Baha'i Meditation  
Buddhist Meditation  
Open Awareness Meditation  
Raja Yoga Meditation and Positive Thinking  
The Sound of Soul

### On campus Services

Communion Service for Christians  
Catholic Mass  
Weekly readers Typica Service (Orthodox)  
Jummah Prayer – Every Friday  
Quaker Meeting for Worship  
Arthi Hindu Prayer  
Chinese Christian Student Fellowship  
Sukhmani Sahib Pardth – Last Sunday of the month



To know more details of times and venues or to get involved please contact the Multi-Faith Chaplaincy [chaplaincy@lincoln.ac.uk](mailto:chaplaincy@lincoln.ac.uk)

## Arts and Crafts

As part of the Summer Learning Festival, the Multi-Faith Chaplaincy team held an arts and crafts competition. Staff and Students could come to Witham House to colour in a mandala, or create something with the theme "Spirituality and Well-being."

The winner of this competition is Hospitality Management Student Arjun Singh. Arjun will be awarded with a £20 High Street Gift Voucher for his beautiful mandala colouring.

Keep an eye out for our next competition that begins in Freshers week. Contact the Pagan Chaplain, Melissa Wheeler, who runs our weekly "Craft, Chat, and Chill" sessions for more information. [MWheeler@lincoln.ac.uk](mailto:MWheeler@lincoln.ac.uk)



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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.