



# Message from the Multi-Faith Chaplaincy Co-Ordinator

Subash Chellaiah

## Chaplaincy Focus

ISSUE 2 – FEBRUARY 2018

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**This newsletter will be reflecting on the subject of Faith and Mental Well-being. I hope when you read this newsletter you will be encouraged and inspired by different insights into mental well-being from different religions. We are a multi-faith Chaplaincy and our volunteer teams are here for you anytime for your pastoral needs. They are here to journey with you. If you are exploring faith and learning about religion Chaplaincy is here for you. Sometimes all you need is someone to listen in the times of uncertainty and through difficult times. Listening is a service we offer and it can be so beneficial but please do not wait until you are feeling low or a situation has reached crisis point.**

It is with sadness I remember our colleague and friend Jane Wright, Buddhist Advisor, who died last year. I was very honoured to lead the remembrance service at the Priory. It was a sad moment for the family but the memories that Jane left with us are still here. In this newsletter I have included her art works – she was a fascinating, talented artist. In my time visiting her at the hospital she was happy despite the struggle she was going through and all the time Green Tara was there to comfort her and give hope and confidence in her last days of her earthly journey.

While I have been contemplating Faith and Wellbeing one story reminded me of journeying with a student and whose



story might be relevant here. He popped into the chaplaincy for a long chat and he seemed stressed and lost. Having listened to him and the amount of stress that he was going through I could see how his daily rituals and prayers provided him with so much comfort. He was so busy with his studies. His studies were his only focus and he was taking no time for himself. At the end of listening to him I suggested going back to a time that made you happy, you were relaxed and now take your time for prayers and offer your daily rituals that you used to do. He left me and came back in another week and he was looking so much happier and relaxed. He thanked me for reconnecting him to God and his belief.

Spirituality is indeed important to our wellbeing and for those who are from any faith or none who have a daily routine of meditation, mindfulness or any rituals that make you happy that you have stepped away from due to a busy life - take a break, focus on being yourself either through meditation or simply relaxing and bring happiness into your life again. Chaplaincy has facilities at Witham House that you are welcome to use and all our events can support you to help you relax, think, reflect and reconnect to God and the divine. Chaplaincy is here for you and you can get involved by just turning up to our events. So if you belong to a faith, looking for support please contact your relevant chaplain/faith advisor for support and engage with our projects (peace garden, soup lunch and echo therapy project). Sometimes all you need is a cup of soup and some company to have a chat. We look forward to seeing you soon

## Need to Talk?

**You can meet a Volunteer Chaplain/ Faith Advisor any weekday afternoon during term time to talk about any issues which are affecting you personally or academically.**

We offer help, advice and confidential listening. Volunteer Chaplains/Faith Advisors see you on a one-to-one basis and visit you when you're sick or in hospital, and if needed we can connect you with Student Services or local agencies.

You can make an appointment to meet a Volunteer Chaplain/Faith Advisor any weekday during term time to talk about issues such as:

- Bereavement and loss
- Faith
- Health
- Money and debt
- Relationships
- Stress
- Work, organisation and deadlines

# The International Ring of Peace 2017

Alan Humphries

**The Ring of Peace gives the people of the world the chance to voice their desire for world peace.”**

These are the words of Robin Dunseath, who conceived the Ring of Peace in 2014 as a voluntary project to encourage positive communication and the sharing of peaceful sentiments. A peace message is shared between messengers until it completes a Ring around the entire globe.

The Ring of Peace was born from a small beginning in 2014 at the Lincolnshire village of Harmston when the original peace message was sent on its way from the Harmston Memorial Hall around the world arriving back almost intact just three hours later. It was intended to mark the outbreak of hostilities in Europe in 1914 of the war that eventually involved the whole world. Since its inception the Ring has grown annually and is now embraced by the United Nations as part of the UN International Day of Peace.



In 2017 the event was held on the 21st September with the message of peace that went by telephone around 40 countries in the World over a period of 24 hours created by Kavita Sanghvi, a student in India.

“The day you embrace peace, love and happiness will walk eternally with you.”

As part of the main Ring, many participants arrange their own local Ringlets in order to spread the message as widely as possible.

We at Harmston organised our own Ringlet to engage people from the surrounding area, which involved the participation of The University of Lincoln, with the help of Andrew David, Managing Editor of Siren Radio and Ed Wellman Lecturer in Music at the School of Fine & Performing Arts and of Subash Chellaiah, the University Chaplain.

The Ringlet had its own peace message, which was initially broadcast on Siren Radio with Ed Wellman and Alan Humphries from

the Lincoln University campus:

With Love, Respect and Understanding, we go forward together for Peace.

From there it was passed through forty people around the county of Lincolnshire, with the messengers including our local County and District Councillors, the Bishop of Grantham, and many other local inhabitants. The message finally ended back in Lincoln, when in an interview with Ed Wellman and Alan Humphries, the organiser, it was passed to Ken Bavin, the only surviving inhabitant of Harmston from World War Two and to Robin Dunseath, whose idea it was in the first place.

We at Harmston are proud of sparking off this annual event to spread a message of peace and love around the world and are grateful to the University of Lincoln for playing such a large part in it. In 2018 the Ring of Peace will build to a climax, one hundred years after the cessation of hostilities.

## The Largest Peace Crochet Blanket

**Would you like to take part in a unique and exciting project?**

Would you like to help getting the whole community together, people from different faiths, beliefs, backgrounds and cultures, and at the same time socialise with new people and make new friends? A group of Lincoln ladies (led by the Lincoln Muslim Sisters Forum) are planning to make the largest peace crochet blanket, in an attempt to break the Guinness World Record.

We are hoping to spread peace and keep others warm as well. All the blankets will be re-used to help people who are in need, including: -

- The homeless
- Patients on the Children's Ward at Lincoln City Hospital (especially

premature babies)

- Children on the Cancer Ward, QMC

We will be running Crochet classes to teach crochet, and also to have some fun over tea and cakes. Please come along!

If you are a crochet lover and are really hoping to spread peace, you can join us too!

Please make as many squares as you can, any designs and shapes and join the squares to a 1x1 meter square. We will attach them together later. Light cream/white or blue is preferred but use whatever you like. To join in or for anything else, please email:

largestPeaceCrochetBlanket@gmail.com or call 07772 770680 or contact Ghada Mohamad, Muslim Chaplain at gmohamed@lincoln.ac.uk

## Diversity Festival

**The University of Lincoln will be holding the Diversity Festival for the second time on 2nd May 2018 to promote diversity, inclusion and multiculturalism. The festival will celebrate the diversity in people, arts and music through a programme of workshops, exhibitions and activities. The festival will provide opportunities to experience diversity in a positive and inspiring way and enable participants to learn and taste diverse cultures that make up our community.**

Local businesses, organisations and partners are invited to work with the University and make this event an exciting and unique opportunity for all to experience different cultures and celebrate holistic community spirit. For further information or to discuss details please contact inclusivecommunity@lincoln.ac.uk or 01522 886722.



# A Bah'ai Celebration

Clive and Jill Tully,  
Bah'ai Faith Advisors



As well as our regular monthly Baha'i Meditation sessions at Witham House on the third Wednesday during term time 1-2pm there was a very

special event that took place in the Minerva Building and the Jackson Lecture Theatre on October 21st. It was the Bicentenary of the Birth of Baha'u'llah, the Founder of the world wide Bahai Faith (1817-2017). If you wish to see the film that was shown in the theatre just Google 'Light to the World' on Bahai.org or look up [www.lincolnbahai.org](http://www.lincolnbahai.org)



Baha'u'llah, who was in prison for 40 years and exiled four times, revealed and wrote over a 100 volumes on many subjects but just before His first exile He revealed The Hidden Words and in this He wrote 'Rejoice in the gladness of your own heart'. This is something that many of us have forgotten. The art of meditation, the art of contemplation, the art of dreaming within oneself and Baha'u'llah wants us to start doing this again. He says, 'Go deep into thy heart. There is a realm, a world in your heart. There, it will spring up with the water of joy, a constant stream of joy will be flowing from your own heart. Nothing will stop it and nothing or no one except yourselves will be able to give it except yourselves'. This can easily become part of your everyday life and can be seen as spiritual exercise just like we need to keep our bodies healthy by physical exercise.



## Catholic Chaplaincy

Miss Helen Townsend, Catholic Chaplain

This autumn, the Catholic Chaplaincy welcomed new students at the Freshers' Fairs. Fr Matthew celebrates Mass on Campus every month. We hold a weekly meditation group, and we are offering meditation throughout the day in the University Library December De-stress Event. We hosted a prayer meeting for Anti-Slavery Day on 18th October. The Chaplaincy continues with its project teaching weekly English classes to migrant workers, with university student volunteers assisting.

Our students enjoyed a traditional Harvest Supper at in October. We also visited the Castle for the Sausage Festival. Students shared a buffet high tea in November, and the annual Ceilidh dance in Washingborough village hall.

The Chaplain welcomed students from the School of Film and Media to film their final year project at St Hugh's church. Helen also gave an interview to a journalism student for Remembrance Sunday.



## Pancake Day

It's often difficult to know how to connect with so many students on a university campus, however food always somehow brings people together (and free food works even better!). For the third year now, we've seen students and staff embracing the cold of February to eagerly get their hands on a free pancake, gifted by an army of pancake makers and toppings maestros. This 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 goes amiss.

Lent is the start of a journey, which for Christians draws reflection on Jesus' 40 days in the wilderness being tested by Satan. It is also a time to reflect on Jesus' journey to the cross, which ultimately led to the Resurrection and the promise of new life available to all. Perhaps a free pancake on Shrove Tuesday is a small blessing that may trigger reflection on far greater blessing at hand revealed to us at the end of 40 days: the miracle of Easter.

Matt Rodgers is Assistant Pastor at St. Swithin's, Lincoln.





# The Ancient Art of Meditation



Meditation is a practice that goes back centuries. It is practised both in Buddhism and Christianity alike to bring us into contact with the Reality that under lies our everyday life. The Buddhist practice of meditation has been developed in monasteries in China, India and Japan. Christianity, too, has a long tradition of silent meditation. In the Bible, the desert is a place of silence and encounter with God for many, including Jesus himself. From the 4th century, Christians went to live as hermits in the desert and communities were founded. Later, figures such as St Benedict, St Bernard and St Teresa developed the monastic life and the practice of meditation. Today we can turn to this rich tradition to find a way of prayer that brings us close to God in silence. Closely linked to this contemplative tradition is the concept of 'mindfulness' where we can use similar practices to keep ourselves in good shape mentally and to appreciate the value of our everyday life.

# Growing mental well-being

**Ecotherapy or Social and Therapeutic Horticulture (STH) is recognised as a highly effective way of dealing with mental illness and recovery. The model and experience of using plants and gardens to improve physical and mental health is well established, as is using gardens as safe, secure and interactive places in which people can develop helpful practical skills, as well as developing social confidence.**



The University's Multi-faith Chaplaincy, along with the Estates Department, has built up the successful Peace Garden, and student volunteers are using the produce in the weekly 'Soup Lunch'. The garden demonstrates the importance placed on the values of sustainability and

growth that lie at the heart of the diverse faiths and values represented in the university.

An innovative approach to Student Ecotherapy, using inventive techniques that promote the sustainable use of material and community resources is being developed by a University of Lincoln graduate Reza Shah. Reza is happy to discuss the project if you or your organisation are interested.



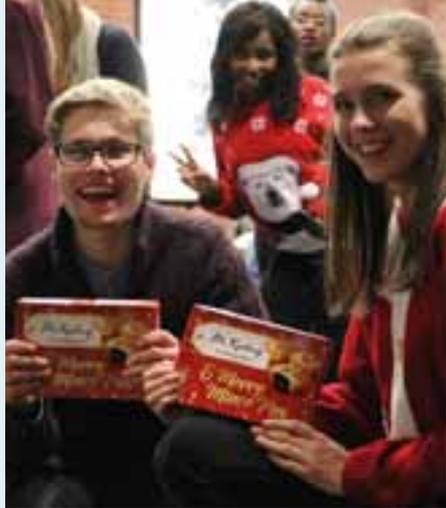
**If anyone would like to know more about this project Reza is doing a talk on March 8th, 1pm at Witham House**

# Carol Concert in the Engine Shed

*Sunday 3rd December 2017*

On the first Sunday evening of the month, over 250 students and adults gathered in the Engine Shed for the Christian Union's annual Christmas Carol Concert. The evening began with some good old caroling to songs such as, 'Silent Night, 'God Rest Ye Merry Gentlemen,' and 'Hark the Herald Angels Sing,' accompanied by the University of Lincoln's orchestra. An exceptional

talk was delivered by Dr. Kate Middleton about the importance of waiting in this season, highlighting the feelings of anxiousness and the feeling of giving up but also excitement and anticipation that comes with holding onto God's promises. After the service, mince pies were served, along with mulled wine, donated by the university Chaplaincy.





# Festivals, Philosophy and Spiritual Paths

*Dipvandana Mehta, Hindu Faith Advisor*

This semester has been busy with large scale celebrations of Navratri and Diwali. Navratri, a nine-night festival celebrating the divine feminine Devi/Goddess was celebrated by the Lincoln Hindu community at Christ Hospital School – at this event, we also requested attendees to bring spare food which was donated to the University of Lincoln Chaplaincy foodbank. Over 250 food items were donated this year and we hope to collect more in future years.

The University of Lincoln Diwali event at the Engine Shed was even bigger and better than last year with more than 250 attendees. The collaboration between the university Students Union,



Chaplaincy, Hindu Society and local Hindu community allowed for a rich variety of cultural stalls as well as traditional dance performances of kathak and bharatnatyam, melodious sitar playing and poignant speeches about the relevance of Diwali during the formal programme.

On a weekly basis, the Hindu society continue to meet on a Tuesday evening for the Aarti (Hindu prayer) and discussions. The focus of the discussions this semester was on the concept of Yoga, one of the schools of Hindu Philosophy. Yoga, literally means to join and can be seen as a process of realisation of the soul and connecting it with the universe, realising the oneness

of all. There are four main paths of Yoga – Karma (through selfless action), Bhakti (devotion), Raja (self-discipline) and Gnaana (philosophy), all of which lead to the same end goal but allow for differences in personalities and methods. Equanimity of mind and faith were seen to be core in all paths of Yoga both as prerequisites to spiritual progression and goals attained through the different Yogic paths. Throughout the weeks, we examined the different paths, carried out personal introspections on which paths suited us best and some simple regular activities we could take to start on this journey including 2 minutes of daily meditation and individual start, stop, continue actions to commit to.



# Enjoying the Craziest Around Me

*Douglas Duckworth, Humanist Advisor*



**I'm writing this on an extended trip to India. I'm very lucky to be able to do this and I'm not complaining, but right now I'm**

**feeling tired and disorientated by the incredible variety of sights and experiences I've been exposed to over the last three weeks. Oddly, how I feel now brings to mind my experience as a fresher at Lancaster University forty five years ago. I was a kid from South London and it was the first time I'd been "up North" and I was suffering at least as much from "culture shock" then as I am now.**

I've no doubt that many of you have had similar experiences as you come

to terms with life at Lincoln University, whether you are a student from overseas or just down the road. Humanists like me don't believe in a god, but we do have faith in humanity and that ultimately this diverse bunch of weird, wonderful, crazy and contradictory bipeds will solve the problems that we are constantly creating and make the World an even better place.

I suppose I should now say that my humanism has

made it easier for me to appreciate people from different cultures and to work through my "culture shock" by just kicking back and enjoying the craziness around me as evidence of what makes us humans so amazing. Up to a point

I guess this is true, but right now I'm glad to be in the quiet of my hotel room typing away and sharing these thoughts with you.



# Filming Turbulent Times

Robyn Ward and Christopher Brown, Studying Media Production



## Jesus – the Great Physician

Father George, Orthodox Chaplain



**I attended the last Fresher's Fair and gave out hundreds of leaflets about what the Orthodox Christian chaplaincy is, what it offers to**

**staff and students and how to contact the chaplain. During the term I have, once a month, held a short Orthodox service of worship in Witham House on Campus. Light refreshments have been offered after the Service.**

This term no one has sought help regarding mental health.

A common form of mental dis-ease is depression. Everyone experiences transient feelings of sadness and loneliness associated with unhappy events, failures, or emotional letdowns due to personal loss or other causes. Unhappiness is not depression. Real depression is marked by a change in behaviour, such as not having the desire to go out, study, work, shop, or interact with other people.

On the surface depression appears

rather the same as despair but they are not the same thing. Depression is a real disease which can be treated by medication and therapy. Despair is a lack of faith and hope in God.

St. John Chrysostom, Patriarch of Constantinople, taught that the entire Church of Christ is a hospital for the healing of body, mind and spirit. The Parable of the Good Samaritan is the model St. John used (Luke 1:33ff) where the Good Samaritan is a type of Jesus Christ who, as the Great Physician, comes to broken mankind (typified by the man beaten by robbers, lying wounded on the road) in order to bring healing. The inn in which the Good Samaritan delivered the suffering man typifies the Church. When a member of the church falls into mental illness the Church offers an accepting, understanding and supportive community.

The Pastor offers a sympathetic presence, a listening ear, prayerful support, sacramental ministry and co-operation and support to the ministry of doctor and therapist.

Filming the Faith and Belief of Turbulent Times event, gave us an insight into a different topic that neither of us had experience with before. As Media Production students, filming and editing a piece on behalf of the University of Lincoln Chaplaincy group enabled new knowledge and involvement into a unique area of discussion. Amongst filming and photographing the event, we had learnt much about different faiths and opinions from both the panel and audience, who were all ambitious about the question and answer session. The food provided at the event was a success amongst the attendees and ourselves, which included a lovely soup made by other volunteers of the group. It was an interesting experience and gave us a better understanding of diverse cultures and the differences between them. Shortening the two-hour event into a three minute edit was a challenge due to the vast amount of things discussed, however within the edit, it invites a warm introduction to the types of discussions and social events that the Multi-faith and Chaplaincy group offer at the University.









# Church, Fellowship and Community

*Pastor Vera Icheke, Pentecostal Chaplain*

**Victory Centre Lincoln, a parish of the Redeemed Christian Church of God (RCCG) is a church that worships the Almighty God in Spirit and in Truth. We believe in fellowship and our purpose is not just to make heaven but lead as many people as possible in our local community and beyond to Christ so they can partake in this glorious journey.**

A good number of our members are students, the majority of whom are from

## CHAPLAINCY FOOD BANK

**If you are in need of food and struggling to afford it please pop into Student Well-being and Student Support Centre, explain your situation and you will receive a voucher.**

**Bring your voucher to Chaplaincy, Witham House, and Collect up to 10 items of non-perishable food.**

**You need to email chaplaincy at chaplaincy@lincoln.ac.uk or phone 07500910372 prior to collecting your item so there will be someone to assist you.**



the University of Lincoln. Some of the students are given opportunities to teach in the Sunday school classes while all are allowed to participate actively in the weekly digging deep/Bible Studies as well as Prayer meetings and Evangelism. By these active involvement, our youths/students increase knowledge, wisdom, and morals hence becoming agents of positive transformation among their peers and in the community.

The Parish also puts the wellbeing of the students as our utmost priority, knowing well that majority of them travelled from distant places to study in Lincoln. Students participate in the Parish dinner which is held twice a month. The Parish has got a food barn which caters for students who might need foodstuff. This food barn is

also open to the community members that come to the church in any of our meetings

Students are given mentors who are quite knowledgeable and friendly. These mentors are able to assist students in challenging areas of their studies. Some of the students in IT, Mass Media, and Communication are encouraged to gain more practical experience by putting into practice what they are taught in class in the church setting. Most of the students are actively involved in various departments of the church.

Finally, the students in the parish are also given opportunity to socialize with other youths from different parishes. These we believe will make stronger their social networking and allow them explore regions outside their locality.



# Supporting Students, Welcoming Families

*Nancy Ng, Chinese Christian Chaplain*



**My sessions at the chaplaincy were most useful for helping students' study to progress, and to grow spiritually. I held meetings with the LCCF committee. Besides our Bible study, which was led by our Student coordinator, our sport activities were very much appreciated by all members and friends.**

In mid-December I was preparing my home to cater for a group of students celebrating Christmas with us. With 14 people in our small dining room we were able to spend meaningful time sharing in God's love and peace through feasting and sharing. Our Church Boxing Day was another event to help students away from home beat the

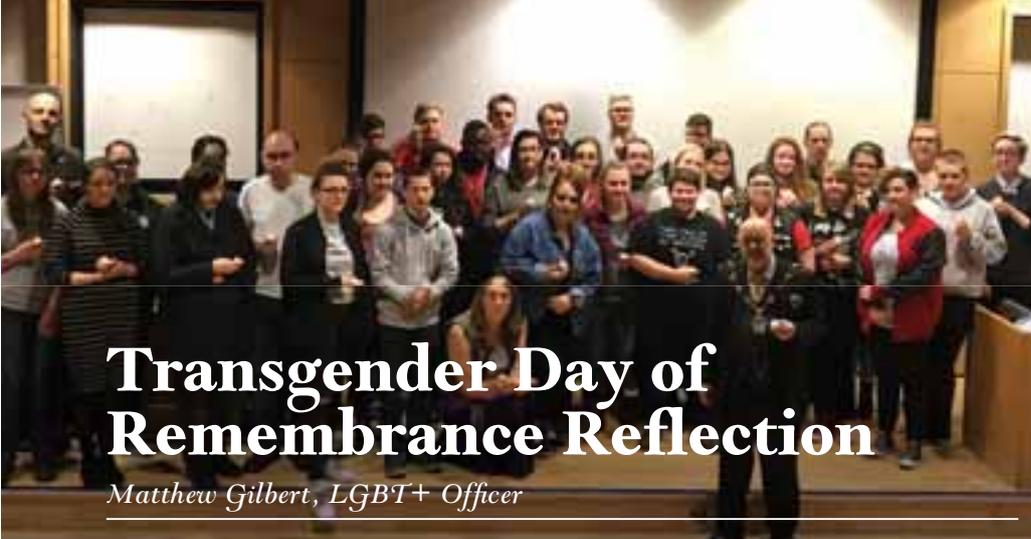
winter blues. All culminated on New Year's Eve, where we had a smaller group to welcome in 2018. We finally saw the fruits of our labor, when a student and a mother of another student accepted Christ. What a good way to end the year, 2017.

The most rewarding part of my chaplaincy was the opportunity to help the Chinese students overcome their homesickness by offering them my home as a second home and a place of rest and restoration. On one occasion a student who suffered from homesickness was referred to me. I was able to comfort her and linked her up with our group for support and care. I have been able to serve the students through social media. A former student back in China called me urgently about a critical issue he was struggling with and after some



counseling and prayer, it was instantly resolved. Praise the Lord!

Lately, we have seen many Chinese parents accompanying their children to Lincoln during their studies. Our referral system was a blessing to one of the new students who gained much support from the Student Well Being Centre. Now the student is fully integrated into university life and studies. Our church acts as a welcoming community for their parents to be a part, and serves as a second home away from home.



# Transgender Day of Remembrance Reflection

*Matthew Gilbert, LGBT+ Officer*

I and Rio wanted to create a TDOR event that commemorated those individuals lives lost to transphobic attack as well as show that they are not alone in their struggle. As a result we wanted speakers that showed this support, as such we looked to the Students Union. Both Connor and Kudzai said they would be willing to talk whilst the Deputy Vice Chancellor Toby Wilkinson stated he would be willing to talk and so he was able to represent the University. A real achievement for us was getting the Mayor of Lincoln, Chris Burke to attend and so we managed to have individuals from the City of Lincoln, SU and University to talk. The service from the multi-faith chaplaincy team further encapsulated this idea of solidarity by giving prayers from a wide variety of faiths.



We were lucky enough to have the SU to agree to fly the Transgender Flag outside of Tower Bar. This allowed us to raise the profile of the day. The conclusion of the event was made even more poignant by the Singlt society's performance of "If I Die Young".

This event would not have been possible without Rio Foster's organisation and from everyone who spoke or performed during the event. I want to thank each and every one of you as, without you, this event wouldn't have been as good as it was. I hope the transgender community found it to be fitting tribute.

## Interfaith Forum

The University of Lincoln Inter-Faith Group is aimed at promoting communication and education between faith groups on campus; supporting students, of all religions and none, to practice their beliefs and to celebrate the religious and cultural diversity of the University of Lincoln — it is convened by the University Chaplain and has five purposes:

- To generate cohesion between groups on campus
- To promote a dialogical approach to faith in the modern world, between faiths and with secular disciplines.
- To collaborate in shared concerns, both of advocacy for religions perspectives and in the pursuit of justice and peace.
- Work together and to celebrate the religious festival on campus.
- An annual interfaith awareness trip during the national interfaith week

If you want to join the forum please express your interest at chaplaincy@lincoln.ac.uk

## Amnesty at Lincoln Uni Campaigning success

*Rebecca Swaffield*

If you were anywhere near the library on Friday 23rd February, you may have seen people waving posters and banners or asking you to sign petitions, all in the name of the #FamiliesTogether campaign run by Amnesty International and Oxfam student groups. As one of the event organisers I had the privilege of watching this fantastic campaign run from the planning stages, to achieving a huge success- drawing together social media and physical activism to bring about real-world change.

As I write, the current UK laws on refugees do not allow refugee children to bring their families to join them nor do we provide support in the form of legal aid to these highly vulnerable individuals. The refugee family reunion bill, passing through the House of Commons on March 16th attempts to rectify this but needs 100 MP votes to be passed. STAR (Student Action for Refugees) organised

a week of events to draw attention to this crucial issue, and we decided to get involved to help pass this bill by lobbying our local MP – Karen Lee.

The planning and preparation was a steep learning curve for us, neither of our groups had ever attempted something like this before, but with the tireless dedication of some of our volunteers and plenty of arts and crafts skills we made it to campaign day (check out our Facebook photos for all the best placards!). On the day we stood out in the freezing cold, discussing the issue with countless students and staff, and always keeping our social media presence focussed on getting Karen Lee's attention and eventual vote.

At twenty past four we received the news we'd been waiting for all day, Karen Lee had tweeted us, telling us that she would indeed support the bill! A huge boost for every volunteer and supporter, and



her support gave us a massive sense of achievement. It's only the first step towards reuniting refugee families, but it could be a big one.

I'd like to say a big thank you to everyone who supported us on the day including the chaplaincy, to the campaigns network for giving us a platform, and to everyone who helped plan this event. Here's to many more.

Follow us on:  
Facebook /LincolnAmnesty,  
Twitter @UoLOxfamCampaigners

# Soup Lunch

The Chaplaincy Soup Lunch Volunteers are a group of students at the University of Lincoln who come together at Witham House once a month (previously last Thursday of every month) to prepare and cook soup of any variety based on the vegetables grown in the Chaplaincy's Edible Kitchen Garden. The soup is then served to either students, staff, the public (during certain events at the university) or to food banks within Lincoln.



The first soup lunch took place on Tuesday the 14th November, as part of an interfaith event in the Minerva Building, and was a great success. There are three further Soup Lunches prepared for the coming semester: the re-launch on the 8th of March (which will be provided in Witham House, coinciding with a talk about Ecotherapy and taking



place as a part of Fairtrade Fortnight, Healthy Campus Week and Global Month), the 15th of March (provided in the David Chiddick building, also as part of Global Month), and finally on the 19th of April in the SU square. Small donations will be asked for during the lunches, with the money going towards Amnesty International.

If you would like to get involved as a volunteer for the Soup Lunch, please contact the Multi-Faith Chaplaincy.



# How is Lincoln City celebrating this year?

Fairtrade Fortnight is running nationally between 26th February and 11th March. This year, we're continuing our city-wide support of Fairtrade with a community event in Lincoln on March 2nd (10am-2pm) at St Mary Le Wigford Church Community Hall, on the High Street in Lincoln. Open to all, this event will include an interactive giant-sized snakes and ladders with a Fairtrade theme, free cups of Fairtrade tea and coffee, Fairtrade produce stalls and Fairtrade bananas donated by the Lincolnshire Co-op.

Whether you'd like to learn more about why Fairtrade is important, meet other like-minded people, browse Fairtrade products or play the game, we'll be supporting the farmers and workers who grow our food and products.

## LINCOLN CELEBRATES FAIRTRADE FORTNIGHT WITH COMMUNITY EVENT ON MARCH 2<sup>ND</sup> ALL WELCOME!

Lincoln is proud to have retained Fairtrade City status since 2012. A feat that has been organised and managed by a group of committed volunteers, and supported by local businesses, communities, educational bodies and City of Lincoln Council. This year, Lincoln residents are invited to an event on 2<sup>nd</sup> March to find out more about Fairtrade and show support for the producers that grow and make our food and products.

### WHAT IS FAIRTRADE?

Fairtrade is trade between companies in developed countries and producers in developing countries where fair prices are paid to the producers. With Fairtrade, we all have the power to change the world every day. You may recognise the Fairtrade mark from bananas, coffee and tea. By buying products with a Fairtrade mark, we can make a difference to the lives of the people who grow the things we love. We're changing the way that trade works by getting them a better deal.

Terry Miller, Chair of Lincoln Fairtrade City Steering Group says: "We are proud that our City of Lincoln is part of the global community working through Fairtrade to actively support producers, their families and communities to get a fair deal for their labours, and so be able to improve their lives. This means our consumer choices matter and can make a difference."

*Take a break in support of Fairtrade*  
www.facebook.com/FairtradeUK/

**FAIRTRADE FORTNIGHT**  
26 FEBRUARY - 11 MARCH

Week One	Week Two
<p><b>Monday 27th February</b> Cotton Street Food &amp; Bakery &amp; Cotton Shop Community Snacks, drinks and free advice Cotton's Fairtrade stall, 501 Victoria Morrisons 11:00 - 14:00</p> <p><b>Tuesday 28th February</b> Information Stall Why is Fairtrade important? Morrisons 11:00 - 14:00</p> <p><b>Thursday 1st March</b> Information Stall What is Fairtrade important? Farming &amp; Sustainability Learn why Fairtrade is important Morrisons 11:00 - 14:00</p>	<p><b>Tuesday 27th March</b> Sustainable Day In association with Healthy Campus Week To see what Fairtrade means! Morrisons 11:00 - 14:00</p> <p><b>SU Leaders - Snacks &amp; Lollies</b> Plus Fairtrade Snacks &amp; Lollies Library House 12:00 - 17:00</p> <p><b>Thursday 29th March</b> Edible Garden Help get the university kitchen garden ready for the new season. Learn about local production and its wider implications. Library House 12:00 - 13:00</p>
<p><b>Friday 3rd March</b> Healthy Campus: 10am - 12pm Make your own bread and cookies to get some fresh air and discuss Fairtrade and more between 10:17 and 11:00 at 12:00 Walk Here 12:00 - 02:00</p>	<p><b>Friday 3rd March</b> Healthy Campus: 10am - 12pm Make your own bread and cookies to get some fresh air and discuss Fairtrade and more between 10:17 and 11:00 at 12:00 Walk Here 12:00 - 02:00</p>

**There's more!**

- 1. **Healthy Campus Week**
- 2. **World's 1st Day of Don't**
- 3. **World's 1st Day of the Banquet**
- 4. **World's 1st Day of the Banquet**

Follow us to learn how to set up a Fairtrade stall:  
@FairtradeUK, @FairtradeUKLincoln

**Free Fairtrade Tea & Coffee**  
Visit Witham House and give away  
Fairtrade produce for the new Fairtrade  
tea and coffee.

Help your vote please to  
Great Fairtrade Snacks & Lollies  
to win for getting up around  
Lincoln!

Healthy Campus & Wellbeing Week  
GLOBAL MONTH

# Supporting Our Students

Jacqueline Mayer, Head of Student Services



**Whatever a student's background, the transition of coming to university can be challenge and in a changing world with pressures on all sides, it is essential that we look after the well-being of all our students and ensure that support is readily available for them to help them throughout their journey in higher education.**

Universities now play an important role in providing well-being support for all students during their time at university. This can come in many forms

such as helping someone to deal with homesickness and navigating their way into university life to supporting someone with a mental health condition.

Indeed mental health and well-being is something which has changed the landscape of how we support students over the past few years. Whilst universities have always had something of a role in this area, nationally available statistics indicate that students who declared a mental health condition have increased significantly over the past 10 years and all UK Universities are working to develop their support services in line with this increase.

The Student Services Team at the University of Lincoln has a motto of 'here to help' and that is just what we do. Our doors are open to anyone and we offer support on a varied ranges of issues from helping students in financial hardship, offering advice on housing issues, supporting students with all disabilities to helping someone who is in crisis and needs someone to turn to.

You can find more information on all the support available on our blog website <https://studentservices.lincoln.ac.uk/> or contact us on 01522 837080 or email [studentsupport@lincoln.ac.uk](mailto:studentsupport@lincoln.ac.uk)



## Global Month 2018!



A month long celebration of the Global community here at the University of Lincoln, a celebration of diversity and culture.



## Holocaust Remembrance Day

Chaplaincy Volunteer

University of Lincoln and the student union marked the Holocaust Remembrance Day victims of the holocaust and subsequent genocides were remembered. We are reminded of our duty to protect all citizens & prevent crimes based on hatred & prejudice. Chaplaincy had a stall in the atrium raising awareness of the Holocaust. There was a feeling of despair and anguish expressed by those who visited the stall and had a desire to learn about the Holocaust. We have gathered 32 personal messages from students and staff and their thoughts on Holocaust. It is a great reminder that this shouldn't happen again and we all need to fill the planet with the hope for more kindness and compassion. In that way the people of all races, faiths and none can learn to respect each other with more acceptance, open dialogue, healing and reconciliation.



Events include Chinese New Year Gala, Fairtrade fortnight, UN International day celebrations, International Kitchen takeovers and International careers events!



# Lincoln Does CharityWeek 2017



As an Islamic Society our mission, like that of our faith as a whole, comes in two major parts. Submitting to the will of our Lord alone, and serving humanity. This principle of serving humanity is one I feel that organizations such as CharityWeek understand greatly. It had been a few years since Lincoln's Isoc had last participated. Historically our university has not raised as much as others and given that this year's volunteers were all relatively new to the society,

I made a conscious decision to set our target to half of our record. This was in no way done to discourage our volunteers, rather it was done to emphasise a principle of our faith that is often lost, and one that I think CharityWeek is there to remind us of. "Actions are judged by intentions." Since we began working with them, and with

Islamic relief, the organization has never pressured us to raise huge sums of money, they have always emphasized that what they prioritize is effort, how much we invest in our service matters more than the outcome and that is one thing that I've taken away from this experience, and that I believe our members here at the Isoc have as well; whether it be through bakesales, football fundraisers or their willingness to stand in the middle of the street for hours on end. This is why I feel initiatives like Islamic Relief's CharityWeek are a great way teach us, the student body, the principles of Charity.

# Camino de Santiago de Compostella, 2018

The Camino de Santiago, known in English as the Way of St James, is a pilgrimage to the cathedral of Santiago de Compostella in Northern Spain where the bones of St James are said to be held. Hundreds of thousands of pilgrims make the journey there every year from all over the world, travelling along a series of official routes. Every pilgrim has their own story and their own reason for making the long journey, and every pilgrim takes something different home with them, but none make the journey unchanged.

This summer, the Multi-Faith Chaplaincy will be organising a number of trips to Santiago via the Caminho Portugues, beginning in the northern Portuguese city of Porto. Over a period of roughly two weeks, those taking part will walk



a journey of around 250 kilometres, making their way through fields, forests, ancient villages, along rivers and over mountains. There will be ample opportunity for trying the local Portuguese and Spanish food, for fundraising for individual charities, for engaging in real community with those travelling with you, and for developing your faith.

At least one trip is planned for the second-half of August, with the potential for another at the start of June. The cost will come to around £15-20 a day for both food and accommodation, plus the cost of flights.

More details will be provided at both events, but for further information contact the Chaplaincy at [chaplaincy@lincoln.ac.uk](mailto:chaplaincy@lincoln.ac.uk).



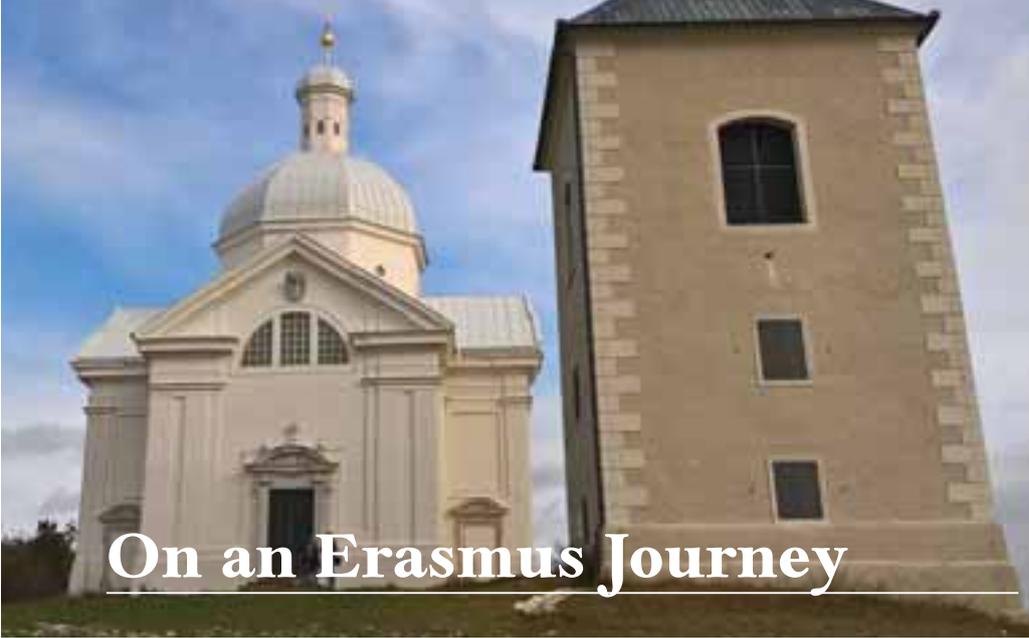
## Multi-Faith Chaplaincy Student Volunteer



Jonathan Shiell has joined the chaplaincy as chaplaincy student volunteer to support chaplaincy services, and he will be playing a crucial

role connecting the student societies as well as leading the University Interfaith Forum. He will also be supportive of the chaplaincy team. Jonathan is a research student studying medieval history (specifically, his PhD is on medieval

knights), and he is from Northern Ireland but grew up in Portugal. He is committed to volunteering with the chaplaincy for the whole of his PhD. Jonathan has been involved with and has a good understanding of the chaplaincy. We welcome Jonathan and look forward to working with him. If faith societies have got any issues or concerns, then Jonathan is happy to meet with you. At the same time, the chaplaincy is here for you anytime, and we welcome your feedback to help us improve our service.



# On an Erasmus Journey



**Going on Erasmus changed my life, in all sorts of weird and wonderful ways. My name is Stephen Lonsdale, and I'm a third year History student.**

Two years ago, I was offered a place on an Erasmus exchange in the Czech Republic- more specifically, a place called Olomouc. While there, I travelled extensively, to Krakow, to Venice, to Prague, to Vienna and to Stockholm. Wherever I went, I made sure to seek out churches; oftentimes, a church is the greatest embodiment of that country's culture. In this act of seeking history and culture, I also found spirituality.

As I travelled, I experienced the many different and wonderful ways in which Christianity is expressed, from the beautiful choir within Karlskirche, Vienna, to the simple yet soulful architecture of Riddarholmskyrken in Stockholm. The architecture and the acoustics stirred within me a sense of curiosity about faith, belief, and the human spirit, and upon my return to England, I looked into finding a denomination that would suit my emerging faith. To that end, I joined the Quakers, and through them, my journey in faith continues. I went from visiting churches a thousand miles away to joining the Quakers, all within the same spiritual journey. It seems my journey certainly showcases the unpredictability of life!



Zoe and Kira from the University of Lincoln Health Service medical practice promote 'healthy lifestyles' and 'how to self care' at the Refreshers Fayre on Monday, 22 January.

University of Lincoln Health Service  
Marina Building, Brayford Pool, LN6 7GA  
Tel: 01522 870010  
Web: [www.ulhsonline.co.uk](http://www.ulhsonline.co.uk)

# CONTACT DETAILS

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

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# CALENDAR EVENTS



## MARCH 2018

- 26 Feb – 26 Global Month
- 2 Lincoln Fairtrade Community Event at St Mary Le Wigford between 10 am – 2 pm
- 1 – 11 Fairtrade Fortnight
- 5 – 9 Healthy Campus Week
- 7 Chaplaincy Drop in at University Library
- 7 Ecumenical Communion Service at 1 pm at Witham House
- 7 Fairtrade Art Workshop/ Giant Snake and Ladder Fairtrade Game
- 8 Soup Lunch at Witham House at 1 pm
- 12 Chaplaincy Drop in at Life Performing Arts Centre (LPAC)
- 13 Chaplaincy Drop in at Joseph Laboratory Bank
- 13 Movie Evening (The Way), 7 pm – 9 pm at Cargill Lecture Theatre
- 14 Holi, Festival Colour Celebration, 1.30 pm – 3 pm (Opposite LPAC)

## 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.

- 15 Soup Lunch
- 20 Chaplaincy Drop in at Minerva Building
- 22 Information Talk
- 27 Chaplaincy Meeting at 12 pm at Witham House

**Meditation for All (Every Tuesday at 1.15 pm at Witham House)**

**Baha'i Meditation**

**Quaker Meeting for Worship**

**Aarti Hindu Prayer (Every Tuesdays during term time)**

## APRIL 2018

- 3 Chaplaincy Drop in at University Library
- 4 Ecumenical Communion Service at 1 pm at Witham House
- 7 Coach Trip to Leicester (Faith Awareness Trip)
- 9 Chaplaincy Drop in at Life Performing Arts Centre (LPAC)
- 14 Vaisakhi Celebration (TBC)
- 17 Chaplaincy Drop in at Minerva Building
- 25 Training on 'The Arts of Listening' at 12 pm at MB1008
- 27 Chaplaincy Drop in at Sports Centre

28 – 7 May Lincoln Faiths Festival  
**Meditation for All (Every Tuesday at 1.15 pm at Witham House)**

**Baha'i Meditation**

**Quaker Meeting for Worship**

**Aarti Hindu Prayer (Every Tuesdays during term time)**

## MAY 2018

- 1 – 7 Lincoln Faiths Festival
- 2 Diversity Festival
- 2 Training on 'The Arts of Listening' at 5.30 pm at MB1020
- 2 Ecumenical Communion Service at 1 pm at Witham House
- 7 Lincoln Faith Festival Final Day Programme at Isaac Newton Building between 12 – 3 pm
- 8 Chaplaincy Drop in at Minerva Building
- 14 Chaplaincy Drop in at Life Performing Arts Centre (LPAC)
- 15 Faith Advisory Committee Meeting
- 29 Chaplaincy Meeting at 12 pm at Witham House

**Meditation for All (Every Tuesday at 1.15 pm at Witham House)**

**Baha'i Meditation**

**Quaker Meeting for Worship**

**Aarti Hindu Prayer (Every Tuesdays during term time)**

## JUNE 2018

- 6 Ecumenical Communion Service at 1 pm at Witham House

**Meditation for All (Every Tuesday at 1.15 pm at Witham House)**

**Baha'i Meditation**

**Quaker Meeting for Worship**

**Aarti Hindu Prayer (Every Tuesdays during term time)**

## CHAPLAINCY REGULAR EVENTS

- Ecumenical Communion Service (Anglican, Methodist, United Reformed Church and Free Churches) – 1<sup>st</sup> Wednesday of the month in Witham House WH0005 during term time
- Catholic Mass on Campus
- Christian Orthodox Worship Service (Artoklasia)
- Jumma Prayer – Every Fridays during Term Time
- Meditation For All
- Quaker Meeting for Worship
- Aarti Hindu Prayer (Every Tuesdays during term time)
- Baha'i Meditation
- Chinese Christian Group Meeting
- Peace Gardening
- Soup Lunch
- Science and Faith Discussion
- Celebration of Festivals/ Interfaith Events

To know more details of times and venues or to get involve 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.



/UoLChaplaincy



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/uolchaplaincy



/UoL Multi-Faith Chaplaincy