

WILLAMETTE UNIVERSITY | OFFICE OF SPIRITUAL & RELIGIOUS LIFE | UC 2ND

WELCOME!

Hi! Welcome to **SRL's 3rd newsletter!** In this issue, we've got more recaps, highlights, and events for you to enjoy, so stick around!



DR. MARTIN LUTHER KING JR. CELEBRATION!

It is time for our annual **Dr. Martin Luther King Jr. (MLK) Celebration!** Every year, Willamette hosts a celebration in honor of the Rev. Dr. Martin Luther King Jr., his legacy, and what it represents. The celebration annually includes a **special guest speaker**, a **book club** featuring a book by or related to the speaker and their topic, community service learning excursions called **Into the Streets**, along with other exciting events and programs. Our 2023 theme for the MLK celebration is **Just Living: Celebrating the African Diaspora**. The **MLK Celebration** begins on **January 18th, 2023**, with the primary **Atkinson/Lear lecture** being held on **January 20th**. The full schedule is listed below.



The 2023 MLK speaker will be **Bryant Terry**, who is best known for his work as a vegan chef, food justice activist, and contemporary artist. His career began on the foundation of **raising awareness about food justice issues**, and began teaching youth about the benefits and importance of a sustainable food system. His program, B-Healthy, taught children in underserved communities how to cook and provide for their families in 2001. Throughout his career, he has **dedicated his work as a chef** to give back to those who need it, teach others about sustainable agriculture and healthy eating through the lens of the African Diaspora. In 2015, **he won the James Beard Foundation Leadership award** for his work in food justice, as well as an **NAACP Image Award for Outstanding Literary Work** for his book **Vegetable Kingdom** in 2021.

Terry is the author of five vegan cookbooks—*Vegan Soul Kitchen: Fresh, Healthy and Creative*; *The Inspired Vegan: Seasonal Ingredients, Creative Recipes, Mouthwatering Menus*; *Afro-Vegan: Farm-Fresh African, Caribbean, and Southern Flavors*; and *Vegetable Kingdom*. His most recently published cookbook—**Black Food: Stories, Art and Recipes from Across the African Diaspora (2021)** has been selected for this year's **MLK Book Club**.

MLK (2023) SCHEDULE

The tentative schedule for the annual Dr. Martin Luther King Jr Celebration:

Wednesday, January 18th:

- Chef Terry's visit to PNCA

Thursday, January 19th:

- CONVO/Bookclub Discussion w/ Chef Terry

Thursday, January 19th (evening):

- Chef Terry Cook-in/Cooking Class (BSU) in conjunction with University Food Services

Friday, January 20th:

- "Into the Streets" at Zena Farms with Community Service Learning

Friday, January 20th (evening):

- Primary MLK Lecture

Saturday, January 21st:

- A Celebration of the African Diaspora! A Block Party hosted by the Black Student Union.



GRIEF GROUPS!

Grief is a response to loss any kind. Sometimes we experience sudden grief attacks just when we think we've gotten a handle on our "new" life. **Emotions** may bubble up and burst at the sight or memory of the person, relationship, or even possession that we no longer have. **We tend to hide our pain as those around us do not know to respond.** To anyone who is grieving and looking for support, SRL is putting together a grief support group called: **Journeys of Grief.** It will be in a communal setting, as a place for us to come together and talk about issues that cause grief in our lives and how we can manage them. **If you are interested in joining, please sign up using the QR code to the right.**

DIVERSITY OF LOSS

THE JOURNEYS OF
GRIEF
SUPPORT GROUP
LEARN MORE HERE



RESOURCES AVAILABLE OVER THE BREAK

**STUDENTS DESIRING CONFIDENTIAL CARE AND SUPPORT WILL FIND RESOURCES THROUGH UWILL, AN INDEPENDENT STUDENT MENTAL HEALTH AND WELLNESS SOLUTION OFFERING FREE ACCESS TO TELEHEALTH COUNSELING. ACCESS IS QUICK AND EASY. REGISTER AND BOOK YOUR FIRST SESSION:
[HTTPS://APP.UWILL.COM.](https://app.uwill.com)**



STAFF AND FACULTY DESIRING CONFIDENTIAL CARE AND SUPPORT MAY ACCESS OUR EMPLOYEE ASSISTANCE PROGRAM (EAP), CANOPY, USING THESE CREDENTIALS:

PHONE: 800-433-2320

GROUP #: WILLAMETTEUNIVERSITY

WEBSITE: [HTTPS://CANOPYWELL.COM/](https://canopywell.com/)

COUNSELING OFFICE ADDRESS:

4060 MACLEAY ROAD SE, SUITE A

SALEM, OR 97317

STUDENTS, STAFF, AND FACULTY MAY ALSO CONTACT CHAPLAIN INEDA DIRECTLY FOR CONFIDENTIAL GRIEF CARE AND SUPPORT AT [CHAPLAIN@WILLAMETTE.EDU](mailto:chaplain@willamette.edu)

WINTER HOLIDAYS!

Happy Holidays! There are **many holidays** that occur over the break, and we'd like to **recognize them**:

Advent — A Christian preparation for the celebration of the birth of Jesus Christ, as well as the preparation for the Second Coming of Christ.

Sanghamitta Day — A Buddhist holiday that celebrates the anniversary of the arrival of Sanghamitta, daughter of King Asoka, who started the Order of Nuns in Sri Lanka. Usually this holiday is celebrated on/near the Full Moon in December.

Bodhi/Rōhatsu (Awakening) Day — A Buddhist holiday that celebrates the anniversary of the historical Buddha's awakening (Mahāyāna).

Hanukkah — A Jewish eight-day celebration that commemorates the recovery of Jerusalem and rededication of the Second Temple at the beginning of the Maccabean revolt against the Seleucid Empire in the 2nd century BCE.

Yule — In Wicca tradition, Yule makes the New Year in the Anglo-Saxon and northern traditions of Wicca, and the celebration of the birth of the God as the Winter-born King, symbolized by the rebirth of the life-generating and life-sustaining Sun.

Tohji-taisai — In Shinto tradition, Tohji-taisai is the Grand Ceremony of the Winter Solstice, and celebrates the joy of the ending of the yin period of the sun and the beginning of its growing power of the yang period.

Christmas — A Christian holiday that commemorates the anniversary of the birth of Jesus of Nazareth.

Kwanzaa — A cultural celebration that honors African heritage in African-American culture.

CARE SESSIONS

Chaplain Ineda offers care sessions for those who find themselves in need of 1-1 support. These sessions are available to all students, staff and faculty. Appointments can be made at:

<https://calendly.com/wuchaplain>.



ADVENT  NOV 27 - DEC 24

SANGHAMITTA DAY  DECEMBER 7

BODHI DAY/ROHATSU  DECEMBER 8

HANUKKAH  DEC 18 - DEC 26

YULE  DEC 21 - JAN 1

TOHJI-TAISAI  DECEMBER 22

CHRISTMAS  DEC 25TH

KWANZAA  DEC 26 - JAN 1

**NEED TWO MORE CREDITS?
SIGN UP FOR CONVO
SPRING SEMESTER!
WITH CHAPLAIN INEDA**

**IDS-202
OPEN TO ALL CAS STUDENTS!**

Every week students research issues that academia can and should address and invite to the University Convocation public intellectuals and artists who can speak to an educated audience!

DON'T FORGET TO SIGN UP FOR OUR MAILING LIST!

