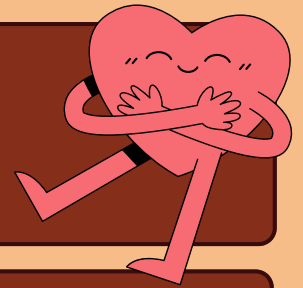


WILLAMETTE UNIVERSITY | OFFICE OF SPIRITUAL & RELIGIOUS LIFE | UC 2ND

## WELCOME!

Hi! Welcome to **SRL's 2nd newsletter!** In this issue, we've got more recaps, highlights, and events for you to enjoy, so stick around!



## DIWALI!

Last month we recognized **Diwali!** For those of you who don't know, Diwali is a cultural and religious festival, celebrated worldwide within the Hindu, Sikh, and Jain traditions. It marks a time that commemorates the joy of light over darkness.

Willamette's Diwali event was held on Sunday, October 23rd and led by **Mira Karthik**. It was a great event that brought our South Asian students out to celebrate Diwali together. The students who attended were asked what was most meaningful to them about the event, and most spoke about how they were excited to have a place to come together, make new friends, create memories and celebrate their culture. **MBA students Dhruvith Kumar Nehti and Praveen Kumar Adlakatla** shared that Diwali was especially important for "having blessings for everyone from Goddess Lakshmi." The Goddess Lakshmi is known as the Hindu goddess of prosperity. The students were also asked their favorite food to eat during the holiday, and the answers covered an array of different delights—dosas, palak paneer, matar paneer, kaju katli and more.

Photos: 1) Mira Karthik; 2) L to R: Priya Thoren, Harleen Brar, Anaka Ramakrishnan, Dhriti Sriram



## STRESS: CONVO

Let's talk **Convo**! For anyone who might be interested, Willamette's Convocation Series is a series of gatherings where students, faculty, staff & community are invited to come and speak about a topic that is important to them. Convo is student-run, and our last convocation was led by **Katherine Thornton**, who focused on the topic: **stress**. Katherine staged many questions, from what stress means to others, how it is seen in campus culture, and solicited solutions to combat stress. A podcast for the conversation is available at:

Photos: 1) Stress convo attendees; 2) Don Thompson; 3) Katherine Thornton; 4) Prof. Wendy Petersen



Invited guests were Kelley Strawn, Don Thompson, and Wendy Petersen. It was an insightful conversation that brought ways of hearing others' opinions about how stress affects them. **Don Thompson**, Associate Dean of Health and Well-being gave inspiration to **always do something that makes you happy when you feel stressed**, to take some time for yourself in a comfortable space.



## PEACE LECTURE

We hope you made it to Willamette's annual Salem Peace Lecture! **The Salem Peace Lecture** is an annual event held at Willamette that brings a variety of thought-provoking lectures on peace, justice, and harmony, and recognizes and honors local peacemakers. This year's Peace Lecture featured **Ira Helfand, MD**, who spoke on the topic "Back from the Nuclear Brink: Prescription for Survival" and **honored Pinos y Campesinos Unidos del Noroeste (PCUN) as this year's local Peacemaker**.

Helfand spoke about **three main topics**: why nuclear war is on the brink, the severity of damage it would actually cause to humanity, our economy and climate status and what we can do to prevent it. Helfand answered questions from those who attended (primarily people from the Salem community) about how to be more involved to prevent nuclear war; how we can get measures and acts passed to our government; and, how we could help other countries who have little political power in comparison to the United States.

Photos: 1) Ira Helmand; 2) PCUN Award Recipient Ceci Hinojos



## CONVO

MEET THE GUEST LECTURUR  
OF THE 33RD ANNUAL SALEM  
PEACE LECTURE

Meet Dr. Helfand up close and personal!  
**Back from the Nuclear Brink:  
Prescription for Survival**  
Discuss the threat of nuclear weapons  
and what we can do!

Thursday, October 27th, 2022  
Cone Chapel 11:30 AM  
Willamette University, Salem, Oregon

Dr. Ira Helfand



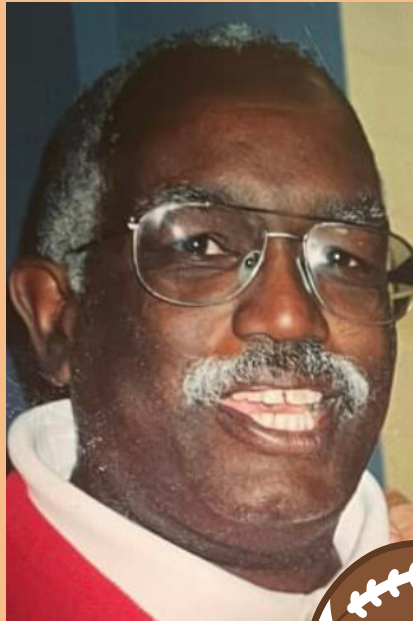
# In Memoriam: Kenneth Alan Slack

A Coming Together of Willamette's Alumni

For those of you who don't know, the Office of Spiritual and Religious Life also serves and cares for alumni!

**Kenneth Alan Slack '79, better known as Ken**, passed away on September 7th, 2022. He spent twenty-five years as a social studies teacher at North Salem High School, and a football coach. Ken continued as a volunteer football coach well into his retirement years, even after he battled many illnesses.

Photos: 1) WU Alumni present at memorial



**Soren Sorenson**, currently Willamette's Track Throws coach and football coach for South Salem High, North Salem High and Sprague, who often found his football team constantly paired against Ken's, had nothing but great things to say about Kenny. Soren described Ken as "**an all-around great guy**, who always treated his team and opposing teams with respect and care, and always played fair."



With support from Chaplain Ineda, Ken's memorial service was held on **September 30th, 2022 at Cone Chapel**, organized by his siblings **Kevin Slack '78 and Eva Slack-Lewis '81** and best friend, **Keith Lee '79**. It was a great celebration of Ken's life that involved prayer, a slide show and sharing of memories. The memorial service brought together a large number of WU alumni. It was a great celebration of Ken's life that brought many people back together.

## PNCA!

Calling in all **PNCA dwellers!** The **Office of Spiritual and Religious Life** has extended our services to **PNCA!** We are happy to introduce you to the **Reflection Room**, open all day everyday, for anyone who needs a moment to recharge before they continue their day. Chaplain Ineda has plans to further supply the room with items to make a more comfy and welcoming space. Chaplain Ineda also plans to hold on-site care sessions in the 2023 Spring semester. **To schedule individual care sessions, follow this link:** <https://calendly.com/wuchaplain>. Stay tuned!



## WARMTH AND WELCOME!

Although the traditional holiday season is something that is often looked forward to, for some, it is a time of isolation. **If you are staying on campus during the winter break, and not a traditional holiday celebrator**, then **Warmth and Welcome** might be for you!

Chaplain Ineda is offering Warmth and Welcome, which is a **retreat planned to be two nights and three days, taking place during the week of December 18th**. Currently we are gauging the interest level of all students, staff and faculty. As an alternative, a on-campus day-retreat may be offered.

**If you are interested, please sign up! Use this QR code** to access the Google form that asks your status at Willamette, your name and if you are interested in the trip. Thanks!

MOVEMENT  
UNDERSTANDING  
LISTENING

poem,  
poet,

WARMTH  
AND  
WELCOME

Alternative Holiday  
OVERNIGHT  
RETREAT

WILLAMETTE  
UNIVERSITY  
THE OFFICE OF  
SPIRITUAL AND RELIGIOUS LIFE

## CONTEMPLATIVE MOMENT

Join us for **A Contemplative Moment!** A Contemplative Moment is happening **every Tuesday from 3:20 PM to 3:40 PM in the AGSM Annex 104 & every Wednesday from 12:45 PM to 1:15 PM in the Law school, Room 434**, which offers a moment to pause, unwind and receive needed care as you juggle school and life. Stop by if you need any support!

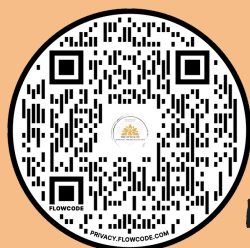
## MBAp

For all students in the **MBAp** program, **we see you!** We know that you are working hard, and we wanted to let you know that all SRL resources are open to you! Chaplain Ineda has a **set of planned motivational quotes** intended to inspire and motivate you as you balance school, work and home life. **Be on the lookout for those messages!**



## SACRED SPACES: CONE CHAPEL

We have many sacred spaces here at Willamette, for anyone who needs a moment to gather themselves in a safe space. Sacred Spaces are a generally a place providing comfort, relaxation, and connection to life. In this issue, **we are highlighting Cone Chapel!** Cone Chapel is a sacred space that involves celebrations, memorials, meditation, prayer for all faith traditions, and other contemplative practices.



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

