



School of Optometry Chaplaincy Office

Psalm 33.18: "Behold, the eye of the LORD is upon them that fear him, upon them that hope in his mercy."

All-Seeing Eye



Let's begin Lent



Lent is a special season for me. We start off with the beginning of this season –Ash Wednesday (March 2). The name comes from the Latin *dies cinerum* (day of the ashes) found as early as the 8th century in some Gregorian sacramentary. During this day, the faithful (according to a very old custom) were urged to go to the altar before the beginning of the service. The priest would dip his finger in ashes, marked their foreheads with the sign of the cross and utter the phrase: “Remember you are dust, and to dust you shall return”. The ashes were made using the palms from the previous year’s Palm Sunday.

This practice emerged from the pious imitation of the practice observed by public penitents as early as the year 1091. On the other hand, the Bible has multiple examples of people repenting from their sins by pouring ashes on their heads and wearing sackcloth.

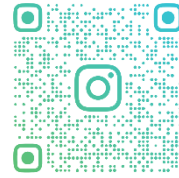
Lent is a time of conversion that prepares us for the great feast of Easter. This is a time of repentance and a time to change something about ourselves in order to be better persons and live closely to Christ. For 40 days we practice reflection, penitence, spiritual conversion and we prepare for the Pascal mystery.

Lent invites us to change our ways, listening to the Word of God, praying, sharing with others, and doing good works. It means living out Christian attitudes that’ll help us imitate Jesus Christ.

Let’s take this time to reflect in our hearts and consider we are dust, temporal beings; let us not be blind by our differences and small things; let us live forgiveness and the Lenten humbleness.

Rev. Julio Vargas-Vidal

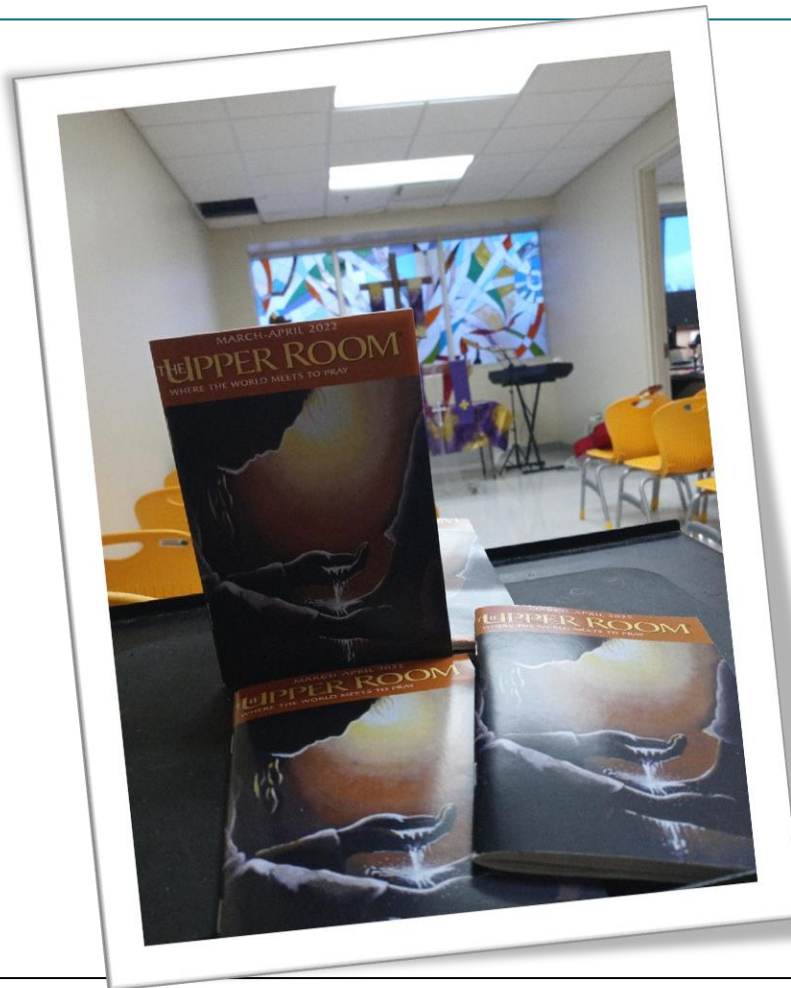
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El Aposento Alto / The Upper Room (March - April 2022) devotionals are available in the Chapel, Students Center and in the Center for Access to Information.

Beside the Still Waters:

A Meditation Exercise to Overcome Your Fearful and Anxious Moments

{This exercise is a proven spiritual tool to calm yourself in moments of chaos that modern life presents. This practice is not meant to replace medication or the supervision of a physician in cases of clinical depression or anxiety.}

* Practice this exercise three times a day as a prescription for spiritual health*

When the weight of the world seems to be pressing down on you, try releasing your fears and worries into the arms of God. You can cut through the hundreds of anxious thoughts bouncing around in your head by focusing on God's love for you.

Remember that you are in control of your mind and your thoughts. It is not the other way around.

Find a quiet space for a few moments. Let the encouraging words at the beginning of Psalm twenty-three wash over you:

"The Lord is my Shepherd, and I have everything I need. He makes me lie down in green pastures; He leads me beside still waters. He restores my soul."

First, read the powerful truth of these words aloud slowly.

Next, repeat these verses silently, as you breathe in slowly and focus your mind on the declaration: "The Lord is my Shepherd, and I have everything I need."

Next, meditate on the words: the Lord is "MY" Shepherd and "I" have everything "I" need.

Declare that truth as you repeat those lines and with every exhale release the negative thoughts that hold you captive.

Understand that you have everything you need because your life is in His hands.

Ask the Heavenly Father to "MAKE you lie down" and quiet your soul in the beautiful green pastures.

Imagine in your mind a safe place of tranquility for you.

Let Christ lead you by the hand to the crystal-clear waters to calm your spirit.

Visualize the quiet waters by releasing any other emotional turmoil you feel in your life. Allow the worries to float away onto those waters.

As you center the thoughts of your mind on the eternal hope of God, repeat to yourself: "He is everything I need." Then repeat the profound promise of the Psalm: "He restores my soul."

As you breathe in, focus on accepting this truth: Jesus is enough, and you will become still and at peace. In Christ, you have everything you need. In Him the weight of the world will pass away.

Gently let go of the problems that trouble your soul by turning your attention fully on His unconditional love.

Be mindful that He cares for you. As you focus on the power of the Scripture, and His love you will notice that worry, anxiety, fear, begin to give way to the serene truth of the Psalm.

Additional Scripture Reading:



"I am leaving you with a gift-peace of mind and heart. And the peace I give is a gift the world cannot provide. So, don't be troubled or afraid." - John 14:27 NLT

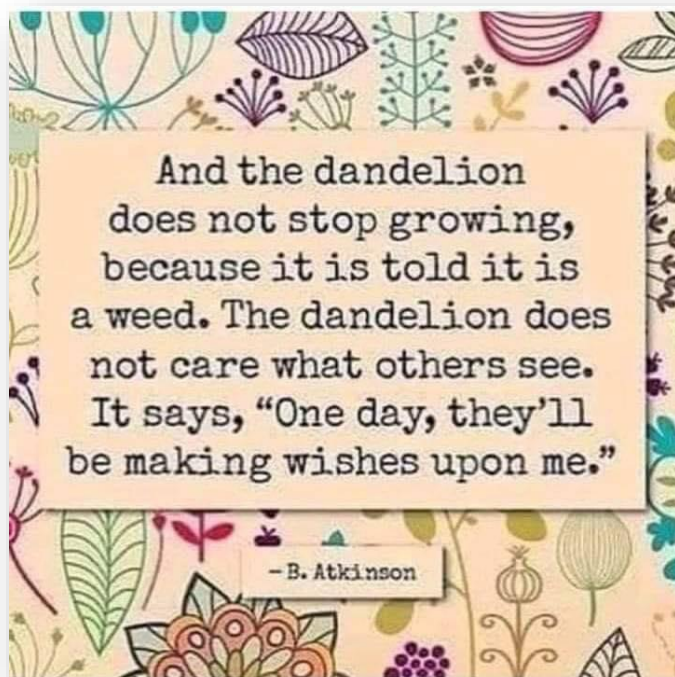
"Cast all your worry on him because he cares for you." - 1 Peter 5:7



MARCH 2022

Dates	Event	Religion / Spiritual Tradition	Things to know
March 2		Christian	This day occurs 40 days before Easter and it commemorates the beginning of Lent, which is a season for preparation and penitence before Easter itself.
March 16		Jewish	A celebration of deliverance from destruction. Marked by reading the Purim story from a megillah, a scroll of the Book of Esther, and merry-making. The traditional greeting is "Happy Holiday", in Hebrew, "Chag samayah" or "Happy Purim".
March 17	St. Patrick's 	Certain Christian traditions	Saint Patrick's Day, or the Feast of Saint Patrick is a cultural and religious celebration held on 17 March, the traditional death date of Saint Patrick (c. 385 – c. 461), the foremost patron saint of Ireland. It was made an official Christian feast day in the early 17th century and is observed by the Catholic Church, the Anglican Communion, the Eastern Orthodox Church, and the Lutheran Church. The day commemorates Saint Patrick and the arrival of Christianity in Ireland.

March 18	 A colorful graphic for Holi Festival. It features the text "HAPPY HOLI FESTIVAL" in a playful, multi-colored font. Below the text are several small, colorful pots of Holi powder in shades of orange, yellow, green, and blue. The background is a light beige with decorative floral patterns in the corners.	Hinduism	<p>Holi is a popular ancient Hindu festival, also known as the "Festival of Love", the "Festival of Colours" and the "Festival of Spring". The festival celebrates the eternal and divine love of Radha Krishna. It also signifies the triumph of good over evil, as it celebrates the victory of Vishnu as Narasimha Narayana over Hiranyakashipu.</p> <p>Holi celebrates the arrival of spring, the end of winter, the blossoming of love and for many, it is a festive day to meet others, play and laugh, forget and forgive, and repair broken relationships. The festival also celebrates the beginning of a good spring harvest season. It lasts for a night and a day, starting on the evening of the Purnima (Full Moon Day) falling in the Hindu calendar month of Phalguna, which falls around the middle of March in the Gregorian calendar.</p>
March 20-21	 A graphic for Happy Naw-Rúz. It features the text "HAPPY NAW-RUZ" in a white, stylized font inside a dark blue circular frame. The frame is surrounded by a vibrant border of colorful flowers and patterns. The background is a light blue with a subtle floral pattern.	Bahá'í	<p>Naw-Rúz ("Naw-ROOZ") is the Baha'i New Year's Day, which occurs on March 21. The day is astronomically fixed to commence the year on the first day of spring. Baha'ís attend neither work nor school on this day. While there are no set rituals for observing the holiday, it is often marked by prayers, feasts and possible festive communal field trips. There is no traditional greeting for this holiday.</p>



110th Founder's Day

March 6, 2022

Remarkably, this day was also chosen for a very special reason very close to John Will Harris's heart –Texas Independence Day.



Rev.
Harris's
initial desire

was to open the Polytechnic on March 1. Since it was a Sunday, he asked Leopoldo (Popo) Ortiz Vega (one of the original twelve students) to come to his house on Monday, March 2. They walked up the famous steps that morning, swung open the doors and wooden windows to let the glory of God's presence shine in upon all that was the beginning of the first day of the life of the Polytechnic.

No drum beat...no pompous celebration. Even Popo questioned the Polytechnic's permanence when they walked up *The Steps* together that early Monday morning of March 2, 1912.

The ecstasy that thrilled John Will Harris lifted him above the foreseen struggles of founding an institution of learning so diametrically opposed to the accepted system of centuries. He rejoiced in the conviction that future generations would someday accept what he established.



Taken from *Riding & Roping: The Memoirs of J. Will Harris*

Rev. Dr. Julio R. Vargas Vidal
Director of Chaplaincy Office
School of Optometry



Miércoles de Ceniza



2 de marzo de 2022

12 pm: Capilla

110
AÑOS
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March 3, 2022
12 pm
Student Center

INTER OPTOMETRY

Remembering Eunice Harris on International Women's Day and Founders' Week



Lunch will be distributed
for those
who confirmed attendance

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AFFIRMATION OF FAITH

We believe in God, who formed people of every nation, tribe and language and calls the whole earth to love and service.

We believe this same God loves color and character; ethnicity and diversity.

We believe in the God of Harriet Tubman

Frederick Douglas

Mahalia Jackson

Martin Luther King, Jr.

Rosa Parks

Rafael Cordero, key figure in the history of education in PR

Juan Boria, famous for his reciting of black poetry

Tite Curet, composer of over 2,000 salsa songs

Arturo Schomburg, Puerto Rican of African and German descent and an important intellectual figure in the Harlem Renaissance

Roberto Clemente, world famous baseball player

...and African American, African diasporan, African, African Caribbean ancestors and believers who paved the way in faith, leaning on the Lord.

We believe in Jesus Christ, who came as an ethnic Jew to call people of all races to Abba, parent of us all.

We believe in the Spirit of God, who works in and through the gifts of peoples of all races and tongues and who infuses all with prophetic and anointed gifts for the whole church.

We believe in the community of faith, from many grains, but now one loaf in solidarity with God, Three-in-One, who stands with poor and disenfranchised people throughout the world.

We believe in God's promise to finally triumph over all evils, from racism to sexism, global and local, and who will establish a reign of justice and peace that will have no end.



**when
some
things
go wrong,
take a
moment
to be
thankful
for the
many
things
that are
going
right.**

TOBYNAZ#SPEAKLIFE