



A Prayer for Our Uncertain Times

May we who are merely inconvenienced remember those whose lives are at stake.

May we who have no risk factors remember those most vulnerable.

May we who have the luxury of working from home remember those who must choose between preserving their health and making their rent.

May we who have the flexibility to care for our children when their schools close remember those who have no options.

May we who have to cancel our trips remember those who have no safe place to go.

May we who are losing our margin money in the tumult of the economic market remember those who have no margin at all.

May we who settle in for a quarantine at home remember those who have no home.

As fear grips our country, let us choose love.

And during this time when we may not be able to physically wrap our arms around each other, let us yet find ways to be the loving embrace of God to our neighbors. Amen.

Fr. Michael Graham, S.J.

[EXAMEN FOR LIFE DURING COVID-19](#)

The [Examen](#) is a traditional method of prayerful awareness that is a bedrock in Ignatian spirituality and Jesuit education. It's a short, easy way to reflect on your day and become more mindful about where you are experiencing grace or goodness and where there is room in your actions and life for growth. Especially in times of uncertainty and rapid change, taking time to reflect becomes essential.

<https://ignatiansolidarity.net/blog/2020/03/14/examen-covid-19/>

[AN EXAMEN FOR THOSE IN QUARANTINE/SHELTER IN PLACE](#)

This adapted Ignatian Examen provides an opportunity for prayer and reflection during this time of uncertainty, rapid change, and isolation brought about through COVID-19 quarantine and shelter-in-place directives.

<https://ignatiansolidarity.net/blog/2020/03/30/examen-quarantine-shelter-in-place/>

ANNOUNCEMENTS AND UPDATES

New Student Ambassador Application Now Open

Fontbonne Student Ambassadors are important to the recruitment process and help incoming Fontbonne community members to see why Fontbonne is the best place to be! Do you want to join a fun group who gets to show off our beautiful campus and community to future Griffin's all while getting paid? Apply to the FBU Ambassador program!

APPLY HERE : <https://forms.gle/kYCxBJTBBYrtjVS9A>

If you are interested in applying, applications are due June 26th. If you have any questions, please feel free to send them to mhood@fontbonne.edu.

Griffin Market Update

The Market will be opening soon for the summer but in the mean time if anyone needs to use the market please email Jamie Daugherty - jdaugherty@fontbonne.edu

The Market shelves are stocked and more items will be purchased throughout the summer as needed. We have meal kits, cooking equipment, individual select non-perishables items and pre-made food bags including: 4 cans of veggies, 1 can of beans, peanut butter, 3 packs of oatmeal, 1 box of pasta, 1 pasta sauce, 1 canned pasta, 1 mac 'n cheese, 2 cans of soup, 2 applesauces and 2 packs of ramen.

Let us know now we can help you.

Thanks,
The Griffin Market

Bookstore Sale

Check out this week's online bookstore sale:

- 25% off entire purchase of clothing, accessories, gifts and collectibles*
- Excludes lululemon, graduation regalia, diploma frames, electronics, computer hardware, textbooks, supplies, clearance and gift cards. **Other exclusions may apply.**
- Discount will display in the cart after customer enters promo code SUMMER25

Black Student Union's Fundraiser for 'The Bail Project'

Fontbonne University's Black Student Union has created a Fundraiser called FINANCIAL ASSISTANCE FOR @thebailproject. We have a goal of \$1000, any amount helps and goes DIRECTLY to The Bail Project through GoFundMe.

Thank you all and God Bless!!!

MORE INFORMATION ABOUT THE BAIL PROJECT: <https://bailproject.org/>

Link to the fundraiser on GoFundMe: https://www.gofundme.com/f/financial-assistance-for-the-bail-project?sharetype=teams&member=4568456&utm_medium=copy_link&utm_source=customer&utm_campaign=p_na+share-sheet&rcid=e366d0a8b27045698eebb074217fc59b

If you have any questions or concerns you can email Fontbonne University's Black Student Union at bsu@fontbonne.edu

STAY CONNECTED

Meet your WING 2020 Leaders

Hi Everyone! My name is Jillian Boone and I am a senior, studying Elementary Education, here at Fontbonne. I was also selected to be the WING Orientation Coordinator for fall orientation 2020. I get to manage and lead a group of 24 students as we prep and plan to welcome the new freshman into the Fontbonne community this August! We are very excited to introduce you to this amazing group of leaders, as they work hard to be the best mentors and allies to the new students. Click the video below to meet the team!

If you have any questions regarding orientation, please send them my way at boonej@fontbonne.edu.

<https://youtu.be/9bDhPvrzQko>

Fontbonne Alumni Respond to COVID-19

Check out this Fontbonne Alumni blog post with messages from alumni about how they are being impacted by COVID-19 and how they are responding to these challenging times.

<https://www.fontbonne.edu/fontbonne-alumni-respond-to-covid-19/>

Registration is now live for GriffinTHON 2021!

GriffinTHON is going places next year and we want all of you to come with us! Our journey to raise money FOR THE KIDS in our two Children's Miracle Network of Greater St. Louis hospitals is starting now with discounted registration for all members of the Fontbonne Community. This year, we are looking to get the entire Fontbonne Family involved – so you can either join a “team” that is already established or work with your athletic team, student organization, classmates, floormates, etc. to create one of your own! Contact GriffinTHON President, Blake Klenke (wklenk00302@fontbonne.edu) with questions!

<https://events.dancemarathon.com/event/griffinthon2021>



Don't forget to connect with us on social media!
Fontbonne University: [Facebook](#) and [Instagram](#)
Fontbonne Events: [Instagram](#)

LIVING OUR MISSION

Amongst these challenging times, we must continue to live our mission and serve thy dear neighbor.

Rosary Workout: Core and Sorrowful Mysteries: Let me lead you through the sorrowful mysteries of the rosary while we tone our core! I will be keeping count of each Hail Mary and giving an image and brief meditation for each mystery. <https://www.youtube.com/watch?v=yDvAiVEpCNO>

Volunteer From Home: There are volunteer-from-home opportunities (such as reading newspapers for individuals who are visually-impaired, writing grants, creating websites, calling isolated senior citizens, etc.) which can be found at <https://www.stlvolunteer.org/volunteerfromhome>. The United Way continues to update this site as more organizations are offering virtual volunteer opportunities. If a Fontbonne Community member does not already have an STLvolunteer account, the attached document describes how to sign up!

Pause for Peace: Campus Ministry is continuing the "Pause for Peace" program via social media and email. We invite people to spend 1 min in silence to reflect on internal, local, national, and international peace from noon - 12:01 on Mondays.

Online Mass: Join us for online Catholic Mass at <https://campusministry.nd.edu/mass-worship/basilica-of-the-sacred-heart/watch-mass/> at Notre Dame or <http://www.washucsc.org/> at Washington University. Notre Dame offers Sunday and Weekly Masses. WASHU has weekly reflections and Sunday liturgies.

Stay informed about **Campus Ministry** news and events [here](#).

WEEKLY MAXIM OF THE LITTLE INSTITUTE

Father Jean-Pierre Médaille, SJ, founder of the Sisters of Saint Joseph, composed 100 short wisdom sayings as a means of growing in love of God and dear neighbor. The Maxims were both practical and inspirational.

Each week, we will discover a Maxim and offer a question for your personal reflection.

As you read each Maxim, take a moment to reflect on what it means to you and what it calls you to be about this day.

This week's maxim is:

52. Interpret all things from the best possible point of view.

What do you do to maintain a positive attitude?

Stay up to date with the most recent communications about COVID-19 and resources available to you by clicking [here](#).

Have news to share in an upcoming issue of this mailer?

Email Janelle Julian at jjulian@fontbonne.edu by Fridays at noon.



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