

UPCOMING EVENTS AND ACTIVITIES

Wednesday:

Ash Wednesday Service

Ash Wednesday marks the first day of the 40 days of Lent, a roughly six-week period dedicated to reflection, prayer, and fasting in preparation for Easter. The ashes, applied in the shape of a cross, and are a symbol of penance, mourning and mortality. Mask and social distancing required.

Time: 4pm

Location: Doerr Chapel

Friday:

Virtually Tour SSM Health Cardinal Glennon Children's Hospital with GriffinTHON

Register to join GriffinTHON on 2/19/2021 at 1PM via Zoom for a virtual tour of SSM Health Cardinal Glennon Children's Hospital. During this one-hour event, students will see exactly how the money raised by GriffinTHON each year directly benefits the hospital and the children it serves. This event is open to all of campus – so we encourage you to take a break and learn more about this amazing facility and the work being done FOR THE KIDS. [Click here to register](#). Contact Grace Reavis (greavi00028@fontbonne.edu) with questions

Saturday:

Summit on Activism, Inclusion and Leadership via Zoom

Join us on from 10AM to 12PM via Zoom as we welcome **Dr. Leslie Nwoke** as our annual SAIL Speaker. Her presentation "How to Face What (Or Who) Scares You: A Conversation on Bias" aims to provide students with an opportunity to define implicit bias and understand how it goes beyond racism, to identify our personal biases, and to use stories and experiences to foster empathy and bridge the social divides biases create. [Click Here to Register](#).

Sunday:

Mass & Confession

Fontbonne celebrates its Catholic Identity by offering a Sunday Evening Mass to students. Prayer and worship are central elements of any faith. Confession/Reconciliation will be offered from 6:15pm-6:45pm before mass. No matter what faith tradition you belong to, all are welcome to participate! The wearing of masks and social distancing will be enforced. Contact ministry@fontbonne.edu for more information.

ANNOUNCEMENTS AND UPDATES

[African American History Month on the Sodality Blog](#)

This month, Sodality's reading is Why You Should Major in African American Studies. <https://library.fontbonne.edu/blog> Come join the conversation. Did you know Fontbonne has an African American Studies minor?

Free Virtual Career Workshop: Refreshing Your Career During Covid-19

Students are encouraged to attend a virtual career workshop hosted by the Fontbonne Alumni Board on Thursday, February 25 at 6 p.m. CST via Zoom.

During this workshop you'll learn:

- Insider tips on resume writing and virtual interviews
- New techniques to target your industry and/or highlight your skills making you more appealing to other industries that are hiring
- The mindset for making a career move with confidence during these uncertain times

For more information and to register online visit <https://fontbonne.edu/CareerWorkshop21>

Enneagram and Ethical Leaders

Looking to boost your leadership skills and get to know yourself a little better? Join GOLD and Campus Ministry Saturday February 27th for a presentation on the Enneagram! Certified Enneagram Coach Jen Petruso will lead registrants through an informative morning and afternoon session on identifying your Enneagram type, each type's strengths and weaknesses, and how to use this knowledge for self-development and growth. This event will take place via Zoom and pre-registration is required. Please click [here](#) to register and for more information.

Registration for GriffinTHON '21 Ending Soon

The GriffinTHON is going places this 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! **The deadline to register and guarantee your 2021 GriffinTHON Theme Tee is 2/24/2021 – so click the link below to register before that date!** Contact GriffinTHON President, Blake Klenke (wklenk00302@fontbonne.edu) with questions!

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

Register Call for Proposals – Annual Spring Academic Exhibition

The annual Spring Academic Exhibition is a university-wide event where students from a variety of disciplines share their research with the Fontbonne community.

The event will take place virtually and synchronously via Zoom on Friday, April 23 (Time TBD).

Faculty and staff please encourage your students fill out the proposal form [insert link to word file "form"] and send it to Matt Nelson at mnelson@fontbonne.edu. The deadline for submissions is Monday, March 15.

UP Council Presents: FBU Student Spotlight ft. Traydon Inspires

University Programming Council is excited to host a FBU Student Spotlight featuring Fontbonne Griffin, [Traydon Inspires!](#) Stop by the Lewis Room next Thursday (2.25) at 6PM for an inspiring performance! This is an event you won't want to miss! Follow Traydon on Instagram at [traydon.official](https://www.instagram.com/traydon.official) or on Facebook and YouTube by searching "Traydon Inspires." Doors will open at 5:40PM and space will be limited due to social distancing safety requirements. Contact Jillian Boone (boonej@fontbonne.edu) with questions.

Athletic Update

Visit We are excited to have Fontbonne Athletics back competing. However, this year will be a little different in trying to keep everyone as safe as possible. Therefore, our athletic conference and Fontbonne University have decided not to allow spectators for indoor sports through February 28th. The decision on spectators after that date will be determined at a later date. We know that faculty, staff, students and families would love to attend basketball and volleyball games. However, this decision is made with safety at the forefront. Live streaming of competitions will be available at www.fontbonnegriffins.com with a link on the game schedule. Thank you for your support and understanding during these difficult times. Go Griffins!

Griffin Market Update

Hope to see you stop by the Market. See below for hours and ideal donation items!!!

Proteins: Canned Beans, Canned/ Packet Tuna (or Salmon), Nut Butters

Grains: Crackers, Seeds, Quinoa **Dairy:** Milk (2%, low-fat, chocolate), Cheese, Yogurt, Butter

Vegetable: Vegetable chips, Frozen Vegetable, Fresh Vegetables

Fruit: Dried Fruit Chips, Jellies, Applesauce, Fresh Fruit

Other: Cooking oils, Honey, Sugar

Personal Care: Laundry detergent, Cleaning Supplies, Paper Towels

Items that are fully stocked:

Corn, Green Beans, Cream of Mushroom Soup and Tomato products

Updated Hours: East 109

Tuesday: 10am-12pm, Wednesday: 12pm-2pm, Thursday 9:30am-11am

Dance Fundraiser

The Fontbonne Golden Line Dance Team has a few ongoing fundraisers. We have some masks and pura vida bracelets left for sale. Masks are \$12 and bracelets are \$10 (See attachment). We are also selling prize calendars for \$20. Each Sunday from February-May, we will draw a winner. The last Sunday of the month is a \$50 gift card while all other Sunday's is a \$25 gift card. If you win one week, you can even win again another week! See any spirit team member or contact Stephanie Brant or Karl Brown to purchase any of our fundraisers. Thank you to everyone who bought t-shirts in our last fundraiser.

Squashing the COVID-19 Vaccine Myths

This video describes important myths and information surrounding the COVID vaccine. If you want to further educate yourself, take a look at this video! <https://covidvaccine.mo.gov/facts/>

Student-Created Advocacy Kits Available to View

Student works from the Fall 2020 course Advocacy and Public Policy in Education (ECE 320) are now available in GriffinShare! This course examines current and critical issues related to education and early childhood education. During the fall 2020 semester, students identified local, national, and international issues that impact learners, teachers, and communities. This course allows students to take a deep dive into policy issues and practice advocating for issues they find important.

<https://griffinshare.fontbonne.edu/ece-320-2020/>

Save The Date (Teacher's Interview Day Event) March 3, 2021

Calling all December 2020 and May 2021 Education Major's who are eligible for Teacher's Certification. The Annual Teacher's Interview Day Event will be March 3, 2021. Due to COVID-19 the event is all virtual. However, you will still have the opportunity to interview with a variety of

local school districts for the chance to secure employment for the Fall 2021 school year. Dates to sign up for interviews will be February 5-18, 2021. Contact Davis Moore in Career Development for further details (314) 889-4579 or dmoore@fontbonne.edu.

Kinkel Center Update

The Charles Jeffers Glik Testing Center will provide proctored examinations by appointment only. To schedule an appointment, contact the Kinkel Testing Center at kinkeltesting@fontbonne.edu or 314-889-4682. Please schedule your appointment 48 hours in advance. Kinkel Center appointments for writing support, peer academic coaching, student accommodations, and tutoring in math, computer science, biology, and chemistry can be made online at <https://fontbonne.mywconline.com>. Online tutoring in other subject areas can be accessed 24/7 through Thinking Storm in Canvas.

Professor Victor Wang featured in the "Craft Talks" at St. Louis University Ep. 3

Victor's personal history and his creative process make for a remarkable story. "Craft Talks" is available anywhere you get podcasts or you can check out the Zoom interview and photos of Victor's work at <https://www.slu.edu/lib.../library-associates/crafttalks.php>

STAY CONNECTED

Submit Event Flyers/Images to post on the "FontbonneEvents" Instagram Account

The @FontbonneEvents Instagram account aims to post information the day of an event taking place or a registration beginning. If you would like to have something featured on the Fontbonne Events Instagram page, [please fill out this form](#)

Kinkel Center Update to Students

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Taylor Library Live Chat

Got questions? 24/7 Chat is now available. Look for the chatbox on the library website: <https://library.fontbonne.edu>.

CAREER CORNER

Career Development (2nd Mentoring Program)

Networking. Mentoring.
Leadership.

Kick start your career as a WICT student member.

Career Development is sponsoring an additional mentoring program. WIC is a Mentoring program for all Communication related majors. This program is open to all students. Its member mentors include representatives from companies that include Spectrum, Charter Communications, Comcast NBC Universal, just to name a few.

Want to learn more about WICT?

Visit the Midwest Chapter website at WICTmw.org.

Ready to join WICT?

Go to the WICTnow.org to learn more and click Join WICT.

Please Contact Davis Moore in Career Development for additional information.
(314) 889-4579 or dmoore@fontbonne.edu

First Year Career Foundation Students

Students please complete the second part of the FCF program. You must schedule a second appointment with Career Development. Our virtual workstation is arranged in Medaille Hall, outside of the Student Affairs office. Contact Davis Moore (314) 889-4579 or dmoore@fontbonne.edu for an appointment.

On Campus Job Opportunities

Welcome back Students!

If you are interested in working on campus please log in to Purple Briefcase.

<https://app.purplebriefcase.com/pb/account/login/>

There are still several on campus jobs available.

In addition, Purple Briefcase houses a variety of Internship opportunities and regular part-time/full-time jobs.

Please contact Career Development if you are in need of assistance with job search skills and/or advice on choosing a career.

(314) 889-4579 or dmoore@fontbonne.edu

FONTBONNE STRONG FROM COUNSELING AND WELLNESS

Intellectual Self-Care

It's more important than ever to stimulate and challenge your brain in fun ways to help promote overall mental health. Some intellectual self-care activities include:

- Reading a book or listening to a podcast
- Solving a puzzle
- Watching a documentary
- Playing a game like chess, checkers, or sudoku

Interested in making an appointment? Email us at counselingappts@fontbonne.edu

LIVING OUR MISSION

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

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.

Mass: Join us for Sunday Mass each week at 7PM in the Doerr Chapel. Masks and Social Distancing are required.

Prayer during this Difficult Time: Holy One, I need You in this time of turmoil. I ask that You would grant me that peace that surpasses understanding. I need that kind of peace that rules over my mind and heart despite the fear I experience due to the pandemic and the intense social unrest. I know I cannot go

through all of this on my own, and I know that with You, nothing is impossible. Always remind me that You are always there beside me, Holy One wherever I am and whatever comes my way.

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

Stay up to date with the most recent communications about our Griffin Return Protocols 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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