

## UPCOMING EVENTS AND ACTIVITIES

### Tuesday:

#### Agape Latte

Agape Latte is a monthly event designed for students seeking to learn more about faith and religion in an inviting environment. It involves a faculty or staff member giving a faith-based talk in a casual environment. Giveaways including t-shirts and laptop stickers will be given out to those students that attend. Our Speaker this month is Deanna Williams, Director of Multicultural Affairs. Please sign up for the zoom link by filling out this form: [https://forms.office.com/Pages/ResponsePage.aspx?id=B0hl-YTnSUy0iCRpmvdAXQJ934TL\\_5KttjATdxtMohUN1hGQjRNMUtIWDRTV0pIQ1FaVTBONIQ5QS4u](https://forms.office.com/Pages/ResponsePage.aspx?id=B0hl-YTnSUy0iCRpmvdAXQJ934TL_5KttjATdxtMohUN1hGQjRNMUtIWDRTV0pIQ1FaVTBONIQ5QS4u) Please contact [ministry@fontbonne.edu](mailto:ministry@fontbonne.edu) with any questions.

## Have a blessed and safe Easter Break!

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## ANNOUNCEMENTS AND UPDATES

### Stop by the GriffinTHON Expo – Free Lunch

As the end of the GriffinTHON year is quickly approaching, the entire Fontbonne Community is invited to the Expo – taking place Wednesday, April 7, 2021 from 9AM-6PM. From 9AM-11AM, we'll be selling doughnuts for \$1. Then, at 11AM – we're offering a free BBQ lunch to anyone that chooses to come by. Learn more about our amazing Miracle Kids and support the cause if you're willing and able. Registered Participants will also need to stop by to pick up their Main Event gear and make sure their fundraising pages are ready to go for Saturday's Main Event! Can't make it to campus but still want to support the kids? [Click here](#) to donate and help GriffinTHON raise \$30K for Children's Miracle Network of Greater St. Louis before 4/10/2021. Contact Blake Klenke ([wklenk00302@fontbonne.edu](mailto:wklenk00302@fontbonne.edu)) with questions.

### Spring Walk/Run Club

Join Calling all runners and walkers! Join our 2021 Spring Walk/Run Club. Join a team of three people (either organize the team yourself or we'll add you to a team), then record the miles you have walked or run each week for six weeks. Teams with the highest totals win some prizes!

When: March 15<sup>th</sup> - April 25<sup>th</sup>

More info and sign-up: <https://bit.ly/37JMdqT>

### Nominations for Leadership and Service Awards are now open!

The Center of Leadership and Community Engagement and the Student Government Association are proud to present the twenty fifth annual Leadership and Service Awards Banquet at Fontbonne University. This ceremony recognizes students, staff, and faculty who exemplify the qualities and excellence of service, leadership, and the core values of the Sisters of St. Joseph of Carondelet.

Established in 1995, the Leadership and Service Awards celebrate individuals and organizations whose

influence and achievements have made a significant impact on the Fontbonne University campus and beyond. All members of the Fontbonne community are invited to nominate Fontbonne undergraduate and graduate students, recognized student organizations, faculty and staff for their extraordinary leadership and service through character, collaboration and citizenship. The deadline for all online nomination forms is **Wednesday, March 31, 2021 by 5PM**. To find the nomination links click here: <https://my.fontbonne.edu/2020/02/21/leadership-and-service-awards-2021/>

## “The State of Reshaping Religion: Charlemagne’s Laws Concerning Christianity”

You are invited to have lunch while you enjoy the 2021 CSJ Chair Annual Lecture on Monday, March 29, 2021, from 11-12pm in Southwest Hall - Theater.

Dr. Brian Matz’s 2021 Lecture will be: “The State Reshaping Religion: Charlemagne’s Laws Concerning Christianity”

## Bookstore Updates

Beginning with the Summer 21 term, Fontbonne University will transition textbook and branded merchandise services to a new bookstore model where you order your textbooks through a website and then have them delivered to you either by mail for physical books or by email for digital courseware.

The new platform is designed to provide you with affordable course materials, convenience, and choice. Created in partnership with Akademos, Inc. and powered by TextbookX, the Online Bookstore simplifies the textbook ordering process for students and professors. Below are some essential Bookstore tips:

Where is the Fontbonne Online Bookstore? Visit it online at [www.fontbonne.edu/bookstore](http://www.fontbonne.edu/bookstore). The website is not live yet, but you will be notified when it is live for Summer 21.

How it works: When you log in to the bookstore with your Fontbonne email credentials, you will see a personalized page of the courses you registered for plus the course materials that your professors have assigned to them. You can then select from the new, used, rental, and eBook options available. You can also select from Marketplace options, which are sold by students around the country and other third-party sellers at heavily discounted prices.

What's different? Students should order their books in advance of the start of classes both to ensure they have them in time for the first day of class and to take advantage of the lowest prices available.

Delivery: You can deliver your course materials to your home or to campus.

Campus store: The new Online Bookstore will sell merchandise like hats, clothing apparel and other branded items. In addition, it will sell course supplies like notebooks and calculators. Please note, textbooks will NOT be sold on campus any longer, so please plan ahead for the upcoming academic terms by reviewing and ordering the course materials you will need at the beginning of the semester.

Bookstore benefits for students:

- Log in to see a personalized page showing only the courses you're registered for and the corresponding course materials.
- Select from a variety of textbook formats including new, used, eBook, and rental.

- Shop from the Marketplace, where you can save an average of 60% off list price.
- Price match guarantee on new books.
- Choose from free delivery options for select orders over \$49 (not including Marketplace items).
- Post your old textbooks for sale on the website's Marketplace (you name the price).
- Branded merchandise like clothing, hats, and more.

## Math and Computer Science Project Showcase

The Math and Computer Science Club will be hosting a project showcase on the second Monday of each month, starting March 8th, at 5:30 pm where students can come and show off any personal projects they have been working on, get help with issues, or find ideas/partners for new projects. It will be held via Zoom; the Zoom ID is 794 3670 7442 and the password is MathCS

## Social Work Month!

### Social Workers are Essential

This year's theme for Social Work Month is "Social Workers are Essential." Social workers are woven into the fabric of our community and society, although they are often unsung heroes. As our nation recovers from the COVID-19 pandemic, economic uncertainty, and racial unrest social workers are needed more than ever. Each day more than 700,000 social workers nationwide make life better for others through professional skills that empower, encourage, and inspire clients to overcome life's challenges. Social workers play a vital role in community organizations and local, state, and federal governments, helping create programs and policies that help make our society a better and more equitable place for all.

### Panel Discussion: Fontbonne Values in Our Cultural and Political Moment

Watch this pre-recorded panel discussion with Lisa Oliverio, Angie Liljequist, Tony Borchardt and Sister Amy Hereford on Catholic social thought in our time. Catholic social thought is a foundational set of commitments underlying Fontbonne's values, as they point us to valuing human dignity, common good, and solidarity.

The panel discussion was recorded (29 minutes long). It can be accessed by clicking: <https://www.wevideo.com/view/2045673839>

This panel discussion was sponsored by the Office of the CSJ Endowed Chair in Catholic Thought.

### 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/>

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## 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

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](mailto: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.

### Taylor Library Live Chat

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

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## FONTBONNE STRONG FROM COUNSELING AND WELLNESS

### Stress Less - 4-Step Plan

1. Move, move, move - Exercise is one of the best stress relievers. Try: dance, Pilates, Spin, running, yoga, and walking!
2. Inhale, Exhale - Deep breathing can lower your heart rate to reduce tension. Try: Breathe in through your nose, inhaling deeply so your belly rises. Focus on your breath, then do a long exhale through your mouth. Repeat for 45 to 60 second.
3. Five Senses - Soothe yourself through your senses. Try: Scented body lotion, walk in nature, sip your favorite tea, take a shower/bath, or put on your favorite playlist.
4. Feel the feels - talk about what's bothering you. The more you push down stress, the more it will show up in your body. Try: Talk with a friend, family member or schedule a session with a counselor at Fontbonne Counseling and Wellness. Externalize your thoughts using a journal or a notes app on your phone.

Interested in making an appointment? Email us at [counselingappts@fontbonne.edu](mailto:counselingappts@fontbonne.edu)

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## 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](#).

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Stay up to date with the most recent communications about our Griffin Return Protocols and resources available to you by clicking [here](#)

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Have news to share in an upcoming issue of this mailer?  
Email Janelle Julian at [jjulian@fontbonne.edu](mailto:jjulian@fontbonne.edu) by Fridays at noon.

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**Janelle A. Julian, Ph.D.**

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