



UPCOMING EVENTS AND ACTIVITIES

Monday:

Why You Serve the Dear Neighbor on Instagram

Follow @fontbonneService to keep up with all the details and information for today and the rest of the amazing events planned this week in honor of Service Week.

Tuesday:

Non-Profit Zoom Panel

questions. Learn more about how you can Serve the Dear Neighbor by tuning in to this panel! Click the link below to join!

Time: 7pm

Link: <https://us04web.zoom.us/j/72995879493?pwd=bng1MENocU9tV0FVSkh0OE00cm5KUT09>

Wednesday:

Mississippi Valley Regional Blood Center, Blood Drive

Location: AMC

Time: 11am – 4pm

Face masks are required, and you need an appointment to be able to donate. Click the link below to sign-up for an available appointment!

https://login.bloodcenter.org/donor/schedules/drive_schedule/96475

Thursday:

Great Circle Sensory Drive

We are collecting art supplies, fidgets, kinetic sand, play dough, stress balls, and journals with gel pens to donate.

Location: Golden Meadow – Rain location: AMC

Time: 1pm – 3pm

Friday:

“Can” We Build It?

We are hosting a canned food drive for the Little Bit foundation & “End of Service Week Celebration”! Join us for Doggie Macs food truck, yard games and music. Drop off non-perishable can goods and unused/unopened hygiene items (full and travel size options accepted and appreciated) toothbrush/toothpaste, body wash, shampoo, wipes, razors, floss, mouth wash, first-aid kit, lotion, deodorant, hair bands).

Location: Side Parking Lot

Time: 5pm – 7pm

Sunday

Mass and 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.

Location: Doerr Chapel

Time: 7pm

ANNOUNCEMENTS AND UPDATES

G.A.P. -Griffins Achieving Progress

Griffins Achieving Progress is seeking students of color to apply to be a mentor for the upcoming Fall 2021 and Spring 2022 school year! Applications are due April 16th! Click the link below to register:

https://forms.office.com/Pages/ResponsePage.aspx?id=B0hl-YTnSUyOiCRpmvdAXczqyy80dkhKqIk_FhFVxXhUQIVVVkYxWTFV1IFVU0zVFRVUEtPVTIEVy4u

Reach out to Deanna Williams (dwilliams@fontbonne.edu) or Armani Wilder (awilder@fontbonne.edu) if you have any questions!

Fontbonne Day of Giving and Decorated Car Contest

Date: Monday, April 19th

Location: Horseshoe Drive

Time: 11am – 1pm

Enter the [Decorated Car Contest](#) as an individual or with a team or student organization to show off your Fontbonne Pride! Every contestant group will receive coffee and donuts the morning of April 19th, compliments of Old Town Donuts.

Theme: Grateful Griffins

Register your entry [here](#), by April 16

All decorated cars will be parked along the horseshoe drive for this reverse parade as donors drive-through and vote for their favorite car. Donate any amount for your chance to vote for your favorite car! Decorators of the winning car will receive a catered meal (\$150 limit) for their next meeting and bragging rights! Contact Wendi Valenti at wvalenti@fontbonne.edu. Sponsored by [Fontbonne Community Connection](#) and [Old Town Donuts](#)

Spring 2021 Nominations

The Goosetree Stevens Teaching Award (Fall 2020 nominations will be considered with Spring 2021 nominations and awarded in Spring 2021):

Students, faculty and staff nominate any full or part-time faculty member for the Goosetree Stevens Teaching Award. This award is to honor the hard work and dedication of our faculty. If you have a professor that has gone above and beyond to help you in your educational journey, or if you have noticed one doing so for others, please fill out the survey below. **Submission due date is April 16th, 2021.**

Here is the link to the nomination form: <https://www.surveymonkey.com/r/FbUTeachingAward2021>

Meal Plan Updates!

Meal plans and meal plan – FLEX dollars end on April 29th. Griffin Bucks loaded by cash or credit ends on June 30th. All griffin bucks balances reset to zero on July 1st.

Summer Online Courses Offered by Acadeum

In addition to the courses offered this summer by our Fontbonne faculty, there are a large number of online courses being offered by dozens of partner colleges and universities through Acadeum. These courses cost the same as any other summer course offered at Fontbonne. For a list of summer course options and info on how to register, go to www.fontbonne.edu/acadeum

First Junior Synthesis Exhibition

You're invited to the Junior Synthesis Exhibition featuring work from two current students, Peter Johnson and Zack Lyeki. This exhibition is on display now through Friday, April 16.

No tickets needed! Stop by the gallery Monday - Saturday.

Gallery Hours:

Monday - Thursday 9AM - 4PM

Friday 9AM - 6PM

Saturday 12PM - 4PM

Sunday - Closed

First Dollars for Diapers

Dear Campus Community, several of our St. Louis Spanish speaking Sisters of St Joseph are driving to El Paso on April 14th to volunteer at Annunciation House which is an organization that offers hospitality to migrants, immigrants, and refugees on the border. <http://AnnunciationHouse.org> A donation request has gone to support the Dollar for Diapers Drive. If you are interested in donating to this cause, please drop your donation off at one of the red donation boxes around campus (Library and Dining Halls). Thank you for considering this request

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/>

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 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>.

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

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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