

UPCOMING EVENTS AND ACTIVITIES

Tuesday:

Paint Night

Come grab a canvas and paint the night away. Masks and Social Distancing required. Supplies will be provided for all participants who attend (while supplies last).

Location: AMC

Time: 7pm

Wednesday

Spring Has Sprung with UP!

The University Programming Council invites you to stop by the Golden Meadow between 11AM and 1PM to paint a clay pot and walk home with your own personal succulent plant! All the materials will be provided for you – and you can even grab a Sweet Treat from The Sweet Divine! Contact Grace Reavis (greavi00028@fontbonne.edu) with questions.

Thursday:

Black Student Union Proudly Presents a place to celebrate Black Creativity and Art

Join us on April 22nd at @5:30 pm in the Side Parking Lot. There will be vendors selling merchandise, students showcasing poetry and spoken word, games, and Vails Brothers food truck. Come out to celebrate Black creativity and excellence!

Adoration

Prayer and worship are central elements of any faith. Lift your spirit alongside other faithful Griffins during praise services in Doerr Chapel. Contemporary music, and Eucharistic Adoration make for a great prayer experience. Come worship and pray as the body of Christ. Music will be played at the top of each hour (5,6), while silence will be offered at every half hour (5:30,6:30). Contact

ministry@fontbonne.edu for more information.

Location: Doerr Chapel

Time: 5pm-7pm

Friday

Get Excited for SpringFest '21

Get Excited for SpringFest '21 (SPF21)!

The University Programming Council is excited to wrap up a year of programming with our annual SpringFest event! Stop by the Side Lot between 7PM-9:30PM for great music, free food from Blues Fired Pizza and the Fire and Ice Cream Truck, give-aways, a photo booth, bungee trampolines, and more! Don't miss out – come celebrate with your friends and enjoy the kickoff to summer! Please continue to wear masks and respect social distances. Contact UP Intern, Jillian Boone

(boonej@fontbonne.edu), with questions!

Saturday: **FISA Six Flags!**

Join FISA (Fontbonne International Students Alliance) for a fun and relaxing time before finals week at **Six Flags** on Saturday, April 24th!

Make sure you **sign up below by Friday, April 23rd at 12 PM** to guarantee your **FREE TICKET!** Limited tickets are available.

We ask students to meet us there at 10:45 AM. Transportation or food will not be provided, and parking costs are not included.

We encourage you to invite your friends and carpool together!! The more the merrier! Everyone must wear a mask at all times.

Further details will be emailed on Friday, April 23rd to those who sign up. If you have any questions, email Noella Bondo at mbondo@fontbonne.edu

Sign up here: <https://forms.gle/wiV6A7rroTdP9K9JA>

Sunday: **Campus Mass – Last Mass of the Academic Year**

Fontbonne celebrates its Catholic Identity by offering a Sunday Evening Mass to students. Prayer and worship are central elements of any faith. 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 **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](#)

2021 Academic Exhibition

Please join us for the 2021 Virtual Academic Exhibition! The Academic Exhibition is an annual spring event where Fontbonne students present their research. All are welcome to attend. The exhibition will take place on Friday, April 23rd from 9:00 AM to 2:30 PM. Please consult the schedule for the list of this year's presenters. Zoom info. below.

<https://zoom.us/j/92285485857?pwd=YTA3cG5XVlVwdHhzaVlVUc5cEVBQT09>

Meeting ID: 922 8548 5857

Passcode: 924083

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

Thank you!

The CSJs are grateful for your generous support of their volunteer ministry at Annunciation House, an organization that offers hospitality to migrants, immigrants, and refugees on the border. Your donation to the Dollar for Diapers campaign will directly impact the children who are presently caught up in the border issue. Photos of the CSJs and their volunteer ministry will be posted on their Facebook page.

Graduate and Senior Thesis Exhibition

Join us as we celebrate our BFA, MA, and MFA graduates and their works of art. This exhibition will run April 23rd - May 4th. An opening reception will be held on April 23rd from 6:00 - 8:00pm. This is a free reception and partially outdoors.

Grab your free ticket here: www.brownpapertickets.com/event/5112862

Gallery Hours:

M- TH: 9AM - 4PM

Friday: 9AM - 6PM

Saturday: 12PM - 4PM

1G Pinning Ceremony

Join us as we celebrate our first-generation college graduates. First-generation is defined as the first students in their immediate families to graduate with a four-year degree.

First-generation students may encounter a host of obstacles related to their college journey. The Fontbonne 1G Pinning Ceremony is representative of the incredible time, commitment, and dedication put into completing a degree. Our celebration will be an opportunity for the Fontbonne University community and students' families to celebrate this great milestone together.

Graduating first-generation students may RSVP by 5:00 PM on April 28, 2021 using the following link: <https://form.jotform.com/211014384560143>. Details will be sent after we receive your RSVP.

Please reach out to Corey Hawkins at chawkins@fontbone.edu with questions or concerns.

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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