

# Health & Wellness Newsletter: On Campus Edition

## A Message from Religious and Spiritual Life

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### RELIGIOUS AND SPIRITUAL LIFE

Please feel free to reach out to us via email or call (781) 239-5969. Also, visit our [website](#) or Facebook page for more information.

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**Be Well. Do Well.**



Selah. This past year, I've been meditating on this word. From my limited understanding, it's a Hebrew word that's placed at the end of a song to indicate a pause, to take a breath, or to ponder what was just said. Imagine singing a song about the goodness of life, the hope of tomorrow, and the better days ahead and out of the blue the word Selah appears. To me, this is what this "new normal" has felt like—a pause to ponder. Our lives were normal, we were singing in tune and on key, looking forward to the end of the song, but instead there's this pause.

As you remain on campus, find time to take your own pauses to reflect. I believe that, in the midst of uncertainty and crisis, we need moments to reprioritize, rethink, and refresh. My hope for you as you continue to settle into life on campus is that you will experience extreme joy and overwhelming peace. Know that you aren't stuck on campus but that you are safe on campus.

My chaplain team and I are always available for you and your needs. We know that you're missing friends, family, and life as you once knew it. Be encouraged that you are not alone.

—Denicia Ratley, Director of RSL