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To: LSC-Campus-Employees <LSC-Campus-Employees@lsc.edu>; LSC-Student Senate <senate@lsc.edu>; LSC-Campus-Faculty <LSC-Campus-Faculty@lsc.edu>; LSC-Campus-Students <LSC-Campus-Students@lsc.edu>

Subject: Campus Update May 7-8

Dear LSC Community:

Thank you for the positive comments and emails regarding the May 1 campus update. Some of what Pema Chödrön discussed in the quote I included touched a number of you, and I'd like to build on that for a bit.

It is true that we are all tired of being stuck in place (literally and figuratively), even though there is a lot of positive action going on. It often feels very much like standing still or hesitating with so many question marks and too few concrete answers. Reaching into our reservoir of courage to deal with the here and now is essential, as is realizing that things are actually always changing despite our fear or anxiety about change.

It is interesting, isn't it? We want this whole COVID thing to change, because it seems to be too permanent. Yet in other areas, we fight against change because change is scary, frustrating, hard, or puzzling. Why can't things just stay the same?

Change is a reality of life, even as we hold dear certain perceptions of permanence. That is a basic Buddhist teaching: nothing is really permanent: Not the forest, or any political situation, or the rocky shore of Lake Superior.

To better illustrate my point, let me go back just once more to Pema Chödrön's **Taking the Leap: Freeing Ourselves From Old Habits and Fears:**

“ Nothing is static and permanent. And that includes you and me. We know this about cars and carpets, new shirts and DVD players, but are less willing to face it when it comes to ourselves, or to other people. We have a very solid view of ourselves, and also very fixed views about others. Yet if we look closely, we can see that we aren't even slightly fixed. In fact, we are as unfixed and changing as a river. For convenience, we label a constant flow of water the Mississippi or the Nile, very much the way we call ourselves Jack or Helen. But that river isn't the same for even a fraction of a second. People are equally in flux—I am like that, and so are you. Our thoughts, emotions, molecules are continually changing” (p.63).

Think of the changes we have been through in the last two months. Think of yourself and your mindset in January of 2020. Then you in March. Then April, and now May. You know you are not the same person today with the same mindset and the same skills you had back in December or January. If you had not changed, you would likely be unable handle today's reality. Your January self could not cope with the realities of May 7.

Thus, you have faced change and you continue to flow. You are successful today and ready for tomorrow.

So find time to celebrate! You are a river, you are the seasons, you are a human capable of handling changes because you are able to adapt and learn and grow with change. There is no need for either fear or frustration with change. Change simply is.

As our situation changes, as the stay home order eases, as staff, faculty and students find new ways to help and support each other in our college environment; we will tap our courage reservoir and keep moving forward.

Patricia L. Rogers, Ph.D.
President