



Valuing time shared with loved ones

Life is a gift! And the opportunity to share time with loved ones can be fantastic. Our relationships with special people whom we love and treasure can give meaning and joy to our lives. At their best, our relationships are life-giving and offer us havens of safety, peace, belonging, love and hospitality.

Still, remember that even in the best of relationships, time with loved ones can sometimes also be frustrating for any number of reasons. Human beings are not perfect. For example, there can be misunderstandings that lead to feelings of guilt, hurt or sadness. That's part of being alive and in relationships with loved ones. Yet, if we've experienced emotional pain from a loved one, before we respond in a way that may itself be hurtful, we can mindfully and intentionally choose to respond in a way that can potentially make our relationship even stronger.

We make decisions each day about how we value the time we share with loved ones; and, all too soon, we may experience the loss of a loved one. If this is a first or second holiday season without a loved one(s), we may find ourselves in disbelief or sadness over our loss and wishing we had more time together with them. If that's the case for you this year, you might consider how you can set aside intentional time and space to remember and honor your loved one(s). Maybe you'll light a candle as you remember them or share stories about them before or during a special meal. Maybe you'll begin new traditions. Love is stronger than death. Though the "distance" in time from their date of death may increase, they can always remain close in our hearts.

Here's wishing you joyous and meaningful time with your loved ones, opportunities to share and give of your resources where they are most needed, conversations that are positive and healthy, delicious food, a warm, loving and safe place to gather and great memory-making in this holiday season. Enjoy!

Sincerely,
The Rev. Gretchen Person
Associate University Chaplain and Associate Director of Religious Life



University's actions around equity, diversity and inclusion highlighted in annual report

Vanderbilt University's collective and augmented efforts during the past academic year to foster a sense of belonging at every level of campus are spotlighted in a new report from the Office for Equity, Diversity and Inclusion. [Read More +](#)



Turkey Toss is Dec. 16; sign up to volunteer now

Vanderbilt University faculty, staff and postdocs are invited to participate in Turkey Toss 2022 on Friday, Dec. 16. This year's Turkey Toss will be a hybrid event. [Read More +](#)



Get Connected: Upcoming Events

[12/7: 'Then and Now: Presiding in Polarized Times' with Jon Meacham, Susan Glasser and Peter Baker](#)

[12/8-16: Hanukkah](#)

[12/16: Application deadline for Clinton Global Initiative University](#)

[12/25: Christmas](#)

[12/26-1/1: Kwanzaa](#)

Continuing the Conversation



[WATCH: Vanderbilt faculty discuss America's struggle for racial equality](#)



WATCH: 'Dores in Dialogue: A conversation on the economic cost of injustice

Alumni Spotlight



Compassionate care drives alumna Anana Upton to pursue pediatric nursing career

Vanderbilt will be hosting the Clinton Global Initiative University annual meeting March 3–5, 2023

CGI U recruits a student cohort of young leaders who are committed to developing innovative solutions to the world's most pressing challenges. Each year, undergraduate and graduate students from around the world apply to participate in CGI U's year-round community of learning, leadership and action. The program's year-round engagement model includes a social impact curriculum, training and mentorship opportunities and a wide range of networking opportunities with CGI U partners, peers, alumni, staff and leaders in the field. President Bill Clinton founded CGI U in 2007, and more than 11,800 students from over 1,800 schools, over 160 countries and all 50 states have participated. [Read More +](#)

Resources

Heritage Month

Workshops



Connect With Us



Application period for Keegan Traveling Fellowship opens Dec. 5

The application period for the Michael B. Keegan Traveling Fellowship opens on Monday, Dec. 5. The Office of Undergraduate Education will host two information sessions for all who are interested in applying. [Read More +](#)



Racial inequities during COVID-19 pandemic explored in newly published work by Vanderbilt professor

Vanderbilt Divinity School professor Stacey M. Floyd-Thomas has edited and published *Religion, Race, and COVID-19: Confronting White Supremacy in the Pandemic*, an anthology exploring the countless challenges, racially charged acts, setbacks, triumphs and newfound hope through the eyes of individuals living through one of the most pressing, perplexing social crises in recent memory.

[Read More +](#)



New employee affinity groups added for women and working moms, mid-career professionals

The Office for Equity, Diversity and Inclusion will launch two new Employee Affinity Groups as part of an ongoing initiative to support university employees. [Read More +](#)



Golann receives NSF grant for video-ethnographic study of diverse families with preschool-aged children

Joanne W. Golann, assistant professor of public policy and education, has received a grant from the National Science Foundation for a project that aims to improve early parenting support programs by helping them address the needs of diverse and low-income families. [Read More +](#)



Trans-institutional Engine for Art, Democracy and Justice to benefit from \$700K Ford Foundation grant

A \$700,000 grant awarded to institutions that collaborate to administer the Engine for Art, Democracy and Justice program in Tennessee is designed to allow advancement of the program's reach and enhance the visibility of the arts in Nashville and across the state. [Read More +](#)



Heard Libraries cultivate partnership with Next Steps at Vanderbilt

The Jean and Alexander Heard Libraries recently expanded their partnership with Next Steps at Vanderbilt. The first program of its kind in Tennessee, Next Steps provides neurodiverse students with a college experience that includes academic, social, professional and residential programming. [Read More +](#)



Join an evening Language Table in Vanderbilt dining halls

Campus Dining is deepening the spirit of community in residential dining by hosting weekly "Language Tables in the Residential Colleges" in partnership with the College of Arts and Science, the

Office of the Vice Provost for Undergraduate Education and the Center for Languages. [Read More +](#)



Join VSG Angel Tree initiative, make the holidays brighter for local children

Vanderbilt Student Government's annual Angel Tree initiative helps provide gifts to local children from Metro Nashville Public Schools during the holiday season. VSG invites all Vanderbilt students, faculty, staff and campus organizations to participate. [Read More +](#)



Diermeier announces two paid administrative closure days to precede winter break

Chancellor Daniel Diermeier announced today that Vanderbilt University will grant two administrative closure days during the month of December in acknowledgment and celebration of employees' hard work during the year. [Read More +](#)



Managing progress, amplifying voices

Student managers for Vanderbilt Athletics, Katelyn Parham and Rhylee Tucker bring out the best in their teams. As young Native Americans, their voices make Vanderbilt better. [Read More +](#)



Amid an unprecedented mental health crisis, Vanderbilt research provides new insights, possible solutions

While many experts are scrambling to keep up with the multiplying mental health challenges posed by the pandemic and other recent events, Vanderbilt faculty members are providing new insights into the crisis—as well as the best evidence-based solutions for overcoming it—through studies and interventions. [Read More +](#)



Bicentennial Oak, beloved campus landmark, has died

The Bicentennial Oak, the only tree on Vanderbilt's campus known to predate the founding of the university, succumbed to age-related decay and fell Nov. 12. Estimated to be some 250 years old, the bur oak was one of the most recognizable trees on campus, serving as a landmark near Garland Hall for generations of Vanderbilt community members. [Read More +](#)



University leaders share message celebrating military members and veterans

Chancellor Daniel Diermeier and Provost and Vice Chancellor for Academic Affairs C. Cybele Raver shared a message with the Vanderbilt community thanking veterans and military members for their service and many contributions to campus life. [Read More +](#)



Supporting success from day one, Vanderbilt gives stipends to all new Ph.D. students

Thanks to a partnership among the Office of the Provost and leaders in each of Vanderbilt's Graduate School programs, all incoming doctoral students received a shot of financial support at the start of the fall semester by way of a \$2,000 Launching Student Success stipend. [Read More +](#)

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