

The Good News

A publication of the Campus Christian Community
at the University of Mary Washington
March-April 2011



A Word From Our Pastor

What do you find more difficult: dealing with pain, or dealing with the anticipation of pain?

For me, the anticipation of pain is far more disconcerting than the pain itself (severe, debilitating pain may not apply). Many of you will be graduating from college next month. You will be wrapping up your college experience and moving on to whatever is next for you. Most likely, the anticipation of that reality has the potential of producing much more anxiety and stress than handling the challenge itself. Once you are in the transition, you will most likely navigate the experience very well.

This next week I will be heading into the hospital for shoulder surgery. I do not want to do it, but I have to. I do not like hospitals, I do not like needles and I do not like someone cutting into my skin with a sharp knife. I will not be awake during the surgery (thankfully) but soon after, I will hurt some...maybe a lot. The fact is, I have a rather high tolerance for pain, but...I have a very low tolerance for anticipated pain. Anticipation of discomfort can make me freak out, but once in the crisis, I usually do fairly well.

So how do we deal with the anxiety of anticipated discomfort? Some try to ignore it, others jabber on about it incessantly, and still others go into a kind of comatose state...they

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zone out. I've tried them all (and more), and I can tell you, they only help a little. I'm not sure there is a real cure or antidote for the stress of anticipated pain. We typically have such a hard time with the unknown, and most of the time we try to live in the illusion that we are in control of our lives. But really we are not. Those few events in life, like graduation or surgery, are times when we get to practice living with uncertainty and the unknown. We get to remember that good things can happen to us, or we can get taken care of, even when we are not completely in charge. The Bible word for this is faith. We get to trust that there is something bigger than us at work in our lives. So the end of anticipated pain can actually be the development of faith. It delivers a reminder that I can be okay, even when I am not in control.

-Bob Azzarito

President's Corner

Ah Spring!

The birds are singing, it's light until eight pm, Lent is here with Easter on the way, and the seniors have stopped doing school work! Spring at Mary Washington and at CCC is my favorite time of year. People put on shorts and sundresses if the temperature rises above fifty-five degrees, and when there's a little bit of sun everyone is outside. CCC events are also the best in the spring! We go to Carl's opening day,

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have outdoor activities, and get all of the “Bob Talks” as Table Talks. By the end of spring semester we have learned circle dot theology, how to be a rolling ball in a relationship, and what the good news of Ash Wednesday truly is.

For some of us, these last weeks of classes are our last weeks of school ever. Although this is a daunting time for many of us and filled with stress about life after college, it is comforting to know that **many classes of CCC’ers before us have successfully made the transition to post graduate life.** It is also comforting to know all of the seniors that still hold CCC in their hearts, and return every now and then to say hi.

We are all blessed to have been involved in such a special place as the Campus Christian Community at the Mary Washington.

Whether you are ending this semester joyously or sadly, enjoy it! The weather has turned nice, and our CCC family is as busy as ever. So go play on the CCC team in the Students Helping Honduras Volleyball Tournament, learn at the Passover Table Talk, hike Old Rag this Saturday, and come play Frisbee on the front lawn of CCC! And again, HAPPY SPRING!

Alumni Corner: Advice for LIFE!

Kathleen Rogers: Never be ashamed to move back in with your parents after graduation. Just remember you'd be banking about a grand a month whereas your friends aren't! **Saving is integral to getting started on the right foot. INTEGRAL!** No one likes to live paycheck to paycheck. So, bite the bullet/shame and save the money until you have financial stability to be really on your own. You and your parents can work out some sort of post-college living agreement so you can still feel independent without being broke. For example: a small rent payment of only \$100-\$200, depending on your financial capabilities at the time. Make sure your parents know you're trying to be financially responsible and not just being a moocher. Explain to them you have a savings plan and show it to them. More than likely they will support you and even celebrate how fiscally responsible you are! They will have another reason to be proud of you and your accomplishments. Parents like that. :-)

Suzanne Perry Wallis: **Try to ENJOY liminality** - do something you won't be able to do when you are "settled" with a spouse or kids or a mortgage... like live abroad, study

I say for all of the seniors this semester a very sincere THANK YOU to all current and past students, Bob, Marlene, and the Board Members for making CCC a place we can call home, and will always belong.

-Emily Morton, CCC President '11

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abroad, or volunteer. These exciting adventures can still present challenges, but in my opinion they help you get to know yourself better. Once you do settle into life after liminality, you will be very thankful that you took advantage of your freedom while you had it!

Frances Patton: I would advice graduates to **focus on what you want to do, not just a job.** It's so easy to just get a job but you will feel lost if it is not what you really, really want. You have to do the hard work first and figure what you really want. It will save you YEARS.

Laura McCorry: **There is no club carnival for the big, wide world.** When you move to a new neighborhood, a new city, maybe even a new country, it's up to you to decide what activities you want to define your life and then you need to seek them out individually. Finding even one small community (a gym, a weekly wine tasting, a church, a volunteer group...) within the greater network of society will establish those feelings of belonging and identity that are so vital to counteracting the unmoored feelings of liminality.

Loy Campbell: Now for my liminality advice.... Try not to worry too much about not knowing what you're "doing with your life" right when you first start out of college. This is an extremely hard thing to do because without a clear path you will feel lost at times. Find something that is exciting to you and go for it with an open mind- for me, it was moving to

California (somewhere completely new) and looking for a job. I knew roughly what field (old people) but not exactly what I wanted. It was through my current job that I discovered I LOVE working with older people with memory loss. When I first took the job I thought that working with Alzheimer's residents would be difficult and not enjoyable; now it is my greatest passion. While I'm still trying to find out what direction that will lead me in the future (be it another job or grad school) **my open mind during my current experience allowed me to discover something that I did not know about myself.** Coming to California was a risk, but I also came with a great friend and an adventurous spirit. I guess my point is to not worry about the BIG PICTURE, just think about what step to take next, because each step will teach you something about yourself that will lead you onward... I think... see I am still in the first step of my liminal adventure, but I am gaining new perspective each day about what my next step should be! Maybe this is the way real life goes.... one step teaching you and leading you to the next step...."

Weekly Events:

Sundays 7-8pm: Coffeology Come at 6:30 to make a latte or macchiato in our kitchen. We'll have our coffee and discuss important theological topics with our friends.

Tuesdays 5-6pm: Girls' Group A time for us girls to get together, make a delicious meal, do fun activities, and catch up!

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Wednesdays 4-5pm: Worship A time for reflection, discussion, and singing. We gather in the prayer room to read from the Old Testament, New Testament, discuss their meanings, and sing a Psalm, sing traditional hymns

Wednesdays 5-6pm: Guys' Group No girls allowed! The guys get together to cook manly food and do manly things.

Thursdays 5-7pm: Table Talk Our main event! This is the time for us to share a home-cooked meal together, listen to great speakers or our Pastor, and do fun activities together. It's the best day of the week!

Funky Fridays Periodically, we'll plan fun events on campus, at the CCC, or elsewhere on Friday afternoons. A great way to unwind, hang out with your friends, and make plans for the weekend!



1213 Dandridge Street,
Fredericksburg, VA, 22401
All are welcome!



Upcoming Special Events:

Saturday, March 26th: Hike on Old Rag!

This is a do-able hike: just make sure to wear proper sneakers! Also bring water, sunscreen, and a jacket just incase (check out the weather forecast in Charlottesville for more info). The CCC will have ingredients to make sandwiches for lunch, and snacks as well. We should make it back to Fredericksburg around 4pm, so you'll have plenty of time left in the day! Sign up at table talk this week!! Hope to see you all on the trail!

Saturday, April 3rd: CCC Open House

Join us from 2:00-4:00pm to meet some of our community church supporters and welcome new faces to the CCC. All current and past CCC members are welcome to come and talk about the CCC and share in fellowship (and snacks!).

Saturday, April 16th: SHH Volleyball Tournament

Join the CCC Volleyball team for the annual SHH Volleyball tournament to help Students Helping Honduras reach their goal of \$26,002 to build new schools in Honduras!

April 25th-April 28th: Exam Dinners!

Join us every night of exam week at 5PM for a wonderful, home-cooked meal to de-stress from exams!!