

December 30, 2020

Dear Southwestern College Community,

We are more than ready to welcome the new year and the new students who will begin classes with us next Monday. I want to publicly acknowledge them and all the students continuing with us amidst the pandemic.

You are remarkable people, and I am grateful for you. Each one of you has chosen to embark upon the adventure of changing your life through transformative learning. You have chosen to do this at this moment in your life and in the life of the world. And we need you. We need courageous and compassionate seekers who are called to service. We need people who are willing to question, consider, engage, and love themselves and each other enough to live authentic lives and connect heart-to-heart despite and even because of the obstacles COVID has presented.

The work ahead requires honest self-reflection, revelation, emotional growth and the attainment of new knowledge and insight. It requires being open to those whose lives are different from yours, whose stories you may not have heard before, and whose beliefs, experiences and feelings may shed new light on what it means to be human.

It is our desire to hold the space for you to express your full being and shine your unique light, for you are necessary. You are vital. There is pain and suffering all around us. The causes are many. The solutions are multi-dimensional, imprecise and imperfect. We are alive in a fabulous and challenging time, for it is abundantly clear that change is here. Our social systems fail to support all of us. They need to be reviewed, revised, reinvented and yes, transformed. This requires a change in consciousness, in perception, in clarifying what we most value, and then living as if our lives make a difference. We matter. What we love and long for matters. If we value our interdependent relationships, the Earth, health and well-being, peace and prosperity, then let us place these things in the heart of our lives. If we are called to make a contribution, then it is up to us to show up and do our best. Nothing more. Nothing less.

The faculty staff, administrators and fellow students are here to support you along the journey. If you want help, ask. If you are seeking guidance, reach out. Physical distance does not require social distance, we can be socially connected via zoom, email, text, through Populi, (our student database) on the phone, etc. and we want to be connected! So please do not hesitate to reach out if you need something.

Below are the latest campus COVID-related announcements and links to resources.

I am looking forward to seeing you in 2021. Better times ahead!

Warmly,

A handwritten signature in black ink, appearing to read "A. Filemyr". The signature is fluid and cursive, written in a professional style.

Dr. Ann Filemyr, Ph.D.
President

Link to the new COVID form you must complete before coming to campus:

https://forms.office.com/Pages/ResponsePage.aspx?id=NGnZrqC9LkiwwxwY0r1XTpQP2KD3tINHRHR_QJgQ-xUQ1FXS0kwUzFWM0VUMFUyRVE3VUINWkUyTC4u

KNITTING FOR THE SOUL

Mondays, 6 p.m. January 11 through February 8. Please JOIN! BEGINNERS WELCOME! Crochet, beadwork and other handcrafts welcome. This is one fun way we can stay connected.

“Knitting is such a little metaphor for the soul – the act of knitting calms our nervous systems as we slow down and just do one thing at a time. In the end we can create something beautiful.”

Sherry Young, PhD, CSAT

Sherry Young is an experienced therapist and consultant, former member of our Board of Trustees and trusted advisor to the leadership of the College. She will offer this weekly knitting circle via zoom. Please RSVP to reserve a spot and receive the zoom invitation

President Ann Filemyr annfilemyr@swc.edu

Arundhati Roy, “The Pandemic is a Portal”

I have listened to many, many wise and insightful responses to the pandemic. This is among my favorites. The link is from my favorite magazine, *Yes Magazine*, which focuses on journalism to highlight change agents making a difference in their communities and the world.

https://www.yesmagazine.org/video/coronavirus-pandemic-arundhati-https://yesmagazine.cmail20.com/t/d-l-ckyukhy-vdlitlyik-j/roy/?utm_medium=email&utm_campaign=YESDaily_20201226&utm_content=YESDaily_20201226+CID_baea87cce39117fb1f5fe18fdb1ded08&utm_source=CM&utm_term=Watch%20Roy%20read%20from%20her%20essay

Link to register to receive the vaccine in New Mexico

Here’s the link for anyone in New Mexico interested in pre-registering for the COVID-19 vaccine: <https://cvvaccine.nmhealth.org>

When you open the link go to the first line: "Schedule an Appointment"