



# Wellbeing

## KAIROS

*The Voice of Austin Presbyterian Theological Seminary Students*

03/22/2020

AUSTIN PRESBYTERIAN  
THEOLOGICAL SEMINARY

ISSUE 344

Inside: poetry, event  
cancellations, reflections,  
and more!

# Editor

## Sheth LaRue, Senior MDiv.

Sheth was born at a young age and has been introverted and underconfident for most of his life (except for a brief period from August 18 to August 23, 1997). Avid fan of pie and Led Zeppelin. The most famous person he ever met is a tie between Barry Lopez and Rich Karlis, neither of which are very famous. He wants humanity to be nicer, kinder, and more loving. And to laugh more. Fears spiders.



# Designer

## Reba Balint, Middler MDiv.

Reba is an AYAVA Alum and still trying to figure out this whole vocational thing. She loves denim jackets and music she wasn't yet alive to originally listen to. She believes in sharing cheerfulness whenever possible. Has deep respect/fears for bees.

## KAIROS SUBMISSION GUIDELINES

Kairos is the voice of the students at Austin Seminary and will publish content that contributes to the faith conversation on the APTS campus. Students, partners of students, on-campus family members, faculty and staff are welcomed to contribute submissions. Remember that we are a Beloved Community - this does not mean that you can't express a negative opinion, but it does mean that you should express it in a loving and just way. Content which attacks individuals or groups will not be run in Kairos - this is to be distinguished from content which might criticize the actions of individuals or groups.

While we are tolerant of many things, we will not tolerate:

- Openly hostile language, especially when directed at God, the Bible, the Church, other faiths, APTS, or any member of the Seminary
- Slurs against any person or group;
- Racist, sexist, homophobic, transphobic, anti-religious, or bigoted language of any kind;
- Language that contains slander or defamation;
- Excessive foul language (if you have a good reason for using said language, please speak with us first and we may need to also speak with the Dean of Students);
- Lewd or inappropriate pictures

If you submit something that violates these guidelines or community guidelines we will talk with you about it first, yet we reserve the right to censor your piece or to reject it altogether. When submitting, please identify yourself by including your name and date of graduation and/or your position in the Seminary. No anonymous work will be published.

While Kairos generally carries no advertisements for sale of goods or services by individuals, exceptions may be made for the sale of a student or professor's library or other study aids. It is not possible to make all program announcements which are submitted, but Kairos will do its best to include them if provided in a reasonable time frame.

Please send submissions to:  
[sheth.larue@student.austinseminary.edu](mailto:sheth.larue@student.austinseminary.edu)

*Conversations with God.* Chelsea May Law, Senior MDiv.

**Every year.**

*I just can't do it today...*

**The same time.**

*I'm too tired...*

**I know it's coming.**

*I can't pay attention right now...*

**I try to prepare.**

*You should be doing better...*

**Organize my home.**

*I can't deal with any of this right now...*

**Clean out the fridge.**

*That's a problem for future me...*

**Put good-for-me food in the cabinets.**

*I'll just do it the easy way today...*

**Laundry.**

*Why can't I be better...*

**Conversations with God.**

*you left me alone again  
why won't you speak to me  
why do you always ignore me when I need you most  
what did I do wrong*

*I don't understand  
how am I supposed to do this  
I tried harder this time*

*I'm trying to listen  
I'm trying to hear you*

*do you even care  
do you even care*

*do you even care*

*I'm sorry. I just don't know what to do anymore. I feel like I leave space for you to talk to me but you don't seem to care. I know you do. I know that deep down. But why isn't your voice louder? Are you even with me right now? Do you even know what I'm feeling right now? I feel so far from everyone, especially you. Help me.*

*God, I just don't get it.*

*I just want to be better.*



## PIZZA & POURING

Postponed until  
further notice.

# 2020 QUEER PROM

Date TBD.

Sponsored by Queer Alliance



## **Coronavirus Update - March 16, 2020**

Austin Presbyterian Theological Seminary will continue to operate remotely through April 5, 2020. Faculty and staff will be working remotely and available via email and published phone numbers. Instruction will be conducted in modes other than in campus classroom settings. Faculty should be in touch with classes to announce how instruction will proceed after spring break.

### **All On-Campus Events Cancelled or Switched to on-line from March 13 through April 5, 2020**

Various events that were scheduled to occur on campus are being reviewed for the possibility of cancellation, postponement, or switching to a virtual experience. No campus events will take place during the closure. Details of those changes will be communicated directly with participants from the organizing department.

#### **LIBRARY SERVICES:**

Until further notice, the library (McMillan, lower level) is closed. Checked-out resources should not be returned at this time. No overdue charges will be charged during the Seminary's closure. Library staff can be reached by email.

#### **WORSHIP:**

Chapel worship is cancelled through April 5. However, the Worship Committee will explore options for creating a digital worship experience.

#### **EMPLOYEE OFFICES:**

All staff and faculty will work remotely to the maximum extent possible during the period March 13 – April 5 2020. Technology Information was distributed via email on Monday, March 16 to help explain how to utilize the seminary resources while working remotely. Staff are to work with their supervisors to establish norms for their working.

#### **PACKAGE DELIVERY/MAIL SERVICE**

Do not have packages shipped to the McCord Desk during the closure. Packages arriving in the next few days will be processed as normal. Mail will be delivered to student mailboxes as normal. All office mail will remain in the main mail room in departmental boxes, rather than delivered to offices.

Please use your physical address as the delivery address for any future orders. Be sure to include your phone number in the notes section to ensure a smooth delivery.

Social distancing, hand washing, and properly covering coughs and sneezes remain the primary ways to help prevent the spread of Coronavirus. Closing the Seminary at this time gives the community the necessary space to stay well. We will continue to monitor the situation in the nation, the area here, and especially this Seminary Community.

Kallie Pitcock:

"Nikki is an ex-evangelical professed no longer Christian and spends a lot of time online demystifying abusive structures within her church experience. This got me."





the back page. Sheth LaRue, senior MDiv.

I was home from college with a returned engagement ring in hand and a shattered heart in my chest. I was hurt and felt utterly rejected - not just as a potential partner, but as a human being - and there seemed to be little options for me to move forward. How could I go on? How would I live my life from here on? Who am I without her? What purpose do I have outside of that relationship?

I was in an unknown space full of fear, anger, and sadness and I didn't know what to do with any of it. I labored in the summer sun and hoped to sweat out my heartache. I began drinking alcohol to dull the pain as best I could. I stared at the blood I had released as I held the razor blade, welcoming the feeling - the first I'd had in days. I didn't know what else to do - while I didn't want to die, I didn't want to live, and that was a weird place to reside in life.

In a moment of clarity on a warm afternoon I'd told my mom that if I didn't talk to someone I was going to end up doing something I might regret later on. It was the first clear understanding any of us had had that I was contemplating suicide, and as I had that brief conversation with my mom I felt a relief I hadn't felt in months. We ended up going to my primary care doctor and my mom helped me speak, telling the doctor what was happening in my life. We were referred to a therapist and again, my mom helped me speak as we checked into the office.

At first I couldn't find the words to speak - I was afraid to admit something was wrong...I was afraid to admit I needed help...I was afraid to admit I couldn't function any more. Thank God for mothers who listen to the heart of conversations. Thank God for doctors who can guide toward healing. Thank God for therapists for reframing, redirecting, relearning.

This world is hard, and sometimes we go through things that make it even harder, but we can trust God to take care of our needs. And God takes care of our needs by putting people in our lives who can actually hear our cries for help. God takes care of our needs by calling people to the vocation of therapist who can help us in these difficult times. God takes care of our needs by walking with us in those darkened moments. If you need help, seek it out - talk with a family member or friend...or Sarah in the student affairs office...or a trusted professor...there are so many people who can go with you in that walk!

May God give us eyes to see that we're not alone, bravery to seek help when we think we need it, and voices to speak when we need to.

much love. sheth.



# 2020 Calendar

FOR UP TO DATE INFORMATION ABOUT EVENTS PLEASE REFER TO  
COMMUNITY ANNOUNCEMENTS OR YOUR SEMINARY EMAIL.

NEW INFORMATION IS DISTRIBUTED EVERY DAY BY SEMINARY STAFF.  
PLEASE DEFER TO THEIR COMMUNICATIONS ABOUT SEMINARY ACTIVITIES.

THANK YOU FOR YOUR SACRIFICES IN KEEPING OUR COMMUNITY SAFE.