Gratitude is an essential part of being present. When you go deeply into the present, gratitude arises spontaneously.

Eckhart Tolle, Educator/Author

FEELING THANKFUL IN A TIME OF UNCERTAINTY

With Thanksgiving approaching, now is a time for us to reflect on what we are thankful for in our lives. This year, this may be harder than ever. With COVID-19, social justice issues, the election, and whatever else may be going on in your life, it may seem there is nothing to be thankful for. The uncertainty in our lives may lead to senses of anxiety and unrest. However, practicing gratitude and reflecting on what you’re thankful for is a powerful tool during these times. So, how can you do this? Take a minute to think about the people you love. Reflect on moments in your life where those people were there for you, where they helped you, or where they showed you compassion. Next, reflect on the good that has come from social distancing. Have you learned things about yourself? What new talents or hobbies have you discovered?

It may not seem like it, but we all have things to be thankful for. Your FSL staff is thankful for each and every one of you. Thank you for making this hard semester a little easier. We hope you take time to reflect on the things in your life you are thankful for and have a wonderful Thanksgiving.

Keep reading to learn more about how each of us can be more mindful and approach Thanksgiving with a racial justice lens.
Advisor Spotlight

Erin Sokol

Erin Sokol is the Advisory Team Chairman for Delta Gamma here at SLU. Before she was an advisor for Delta Gamma she was actually a chapter member here at SLU! As an advisor, Erin oversees the advisory team for Delta Gamma, assisting the DG president with her tasks, as well as coordinating with the FSL advisor. She says that she wanted to be an advisor for her undergrad chapter because she was privileged to be mentored by her advisors and that becoming one was the least she could do to give back to those women! Outside of Delta Gamma, Erin serves as a compensation analyst at Edward Jones. Her favorite part of being Delta Gamma’s advisor is the ability to support the growth and development of future leaders. When asked what advice she would give younger members of the FSL community she said the following: “Failing is the greatest privilege in life. Any “no” or “not right now” will hurt in the moment, but will turn out to be one of the greatest things to happen to you. Remember to not let anything or anyone get you down and trust yourself.”

IMPORTANT DATES

- Panhellenic Circle of Sisterhood Philanthropy Week
  Nov 2 - 6
- InterFraternity Council
  November
  All November
- Gamma Phi Beta Founders' Day
  Nov 11
- Delta Gamma Philanthropy Week
  Nov 11 - 13
- Tau Kappa Epsilon Philanthropy Week
  Nov 16 - 20
- Order of Omega Initiation/Chapter Meeting
  Nov 18 6:30 PM
- Order of Omega Advocacy Week
  Nov 23 - 25
- Thanksgiving Break
  Nov 25 - 27

SUGGESTION FORM

If you have constructive feedback that would be beneficial in improving our programs and services or would like to share news about SLU Fraternity & Sorority Life Organizations and students, please take a moment to share information with us. You can also utilize this form to share anonymously, but know that we can only follow-up to submissions that include an e-mail address or other forms of contact information.
You can access the form HERE.

WELLNESS RESOURCES

- University Counseling Center
  2nd Floor Wuller Hall
  (314)-977-2323
  - Title IX
  DuBourg Rm. 36
  anna.kratky@slu.edu
  (314)-977-3886
  - Academic Success Center
  mark.pousson@slu.edu
  (314)-977-8885
RACIAL JUSTICE GUIDE: THANKSGIVING

As we enter this holiday season that for many of us serves as a time to express gratitude and share time with loved ones, let’s take the time to educate ourselves on the origins of Thanksgiving, the historical racial injustice that it embodies and what we can do to spread this awareness.

To understand an American Indian perspective on Thanksgiving, we need to consider the viewpoints of indigenous people. Most children know that Native Americans helped the Pilgrims and were invited to the first Thanksgiving feast. But most children do not know the following facts shared in this article, which explain why many American Indians today call Thanksgiving a “Day of Mourning”.

The United States of America has brutal and bloodied history regarding relations with Native Americans. It is important that we take the time to understand the history that has brought us to reside on the land we call home today, and to seek to understand our place within that history. Colonialism is a current ongoing process, and we need to build our mindfulness of our present participation. One way to do this is by participating in and starting any gathering with an Indigenous Land Acknowledgement. You can find tips on developing an Indigenous Land Acknowledgement here. You may also learn more about which Indigenous land you live on in this interactive map.

MOVEMBER

Movember is an international charity focused on changing the face of men’s health. Their initiatives support mental health and suicide prevention. They also increase knowledge about and early detection of testicular and prostate cancer. Their mission is focused on increasing the mental as well as the physical well-being of all men. This year our IFC chapters and other men’s organizations will each name a representative to participate in a mustache growing competition and fundraising efforts. All of the funds raised will be donated to Movember.

Be on the lookout for a flyer outlining all of the events throughout the month.

Rob Westrich is a SLU class of 1985 graduate and a member of Sigma Chi. He now serves as Sigma Chi’s Chapter Advisor and Assistant Grand Praetor Northern Missouri. His main role as chapter advisor is to ensure that chapter members are living up to and exceeding Sigma Chi expectations. Outside of Sigma Chi, Rob works as a portrait photographer. His favorite part of being an advisor is getting to work with and getting to know the members of his chapter. His advice to undergraduates is the following: "From my time as an undergrad to now as a chapter advisor, I have learned many lessons, but one that I believe is essential is: when you think of your involvement in greek life, try not to think too parochial. Look out for one another, in your chapter as well as all chapters on campus. The success of greek life as a whole is just as important as your chapter's success."

RAGES
NOVEMBER PHILANTHROPY WEEKS

Panhellenic Circle of Sisterhood

November 2-6

**November 2nd:** Jeni's CWE Profit Share (3-6)

**November 5th:** Virtual Trivia Night

**All Week:**
- Raffle basket sales
- T-shirt Sales
- Chapter by Chapter Fundraising Competition
- Daily Social Media Challenges

ΔΓ

November 11-15

Proceeds benefit Service for Sight

**November 11th & 12th:** Kendra Scott Profit Share

**November 14th:** Run for Sight

**November 15th:** Chipotle Profit Share

**All Week:** Silent Auction
Save the Date
Calling all new officers of chapters and councils with the Interfraternity Council and Panhellenic Council! Mark your calendars!

Greek Officer Leadership Development (GOLD) Retreat
January 15 - 17, 2021.
To be held virtually.
Detailed programming schedule to be shared at a later date.

NOVEMBER PHILANTHROPY WEEKS
Tau Kappa Epsilon
November 16-20
Proceeds benefit St. Jude's Children's Research Hospital

November 17th: Chipotle Profit Share

Donation Link