

CAMPUS MINISTRY & SERVICE LEARNING MONTHLY NEWSLETTER — OCTOBER 2025

“For everything there is a season, and a time for every matter under heaven,” *Ecclesiastes 3:1*
“October air is sweet and cold and clear; it cleans the mind and lifts the spirit.” - *Faith Baldwin*

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What Fills Your Cup?

If you’re anything like me, one necessity for fall is a warm cup of tea (or coffee). Recently, this led me to ponder the question “what fills my cup?” The literal answer is simple; lately it’s been black tea of varying flavors. Metaphorically and spiritually, though, the answer is more complex.

Things that ‘fill our cup’ are those things that replenish our energy, nourish and refresh our soul, or make us feel most like ourselves. For me, that’s spending time with friends and family, baking, crafts such as knitting and crocheting, giving back to the community, sitting by a fire pit, etc. While it may be easy to *identify* the things that ‘fill my cup’, the challenge often becomes *making time* for these activities. It is easy to get wrapped up in other tasks that must get done and push these meaningful activities aside. I imagine many people have a similar issue. Perhaps you’ve experienced this too.

As we begin October, my challenge to you is this: reflect on what ‘fills your cup’ and try to make time for those things throughout the month. Maybe that means stopping to appreciate the changing leaves as you walk to class, taking 15 minutes to call a friend or family member, or reengaging with a hobby you haven’t picked up in a while. The possibilities are endless! (Maybe it will simply be enjoying a warm cup of tea!)

October—by Robert Frost

*O hushed October morning mild,
Thy leaves have ripened to the fall;
Tomorrow’s wind, if it be wild,
Should waste them all.
The crows above the forest call;
Tomorrow they may form and go.
O hushed October morning mild,
Begin the hours of this day slow.
Make the day seem to us less brief.
Hearts not averse to being beguiled,
Beguile us in the way you know.
Release one leaf at break of day;
At noon release another leaf;
One from our trees, one far away.
Retard the sun with gentle mist;
Enchant the land with amethyst.
Slow, slow!
For the grapes’ sake, if they were all,
Whose leaves already are burnt with frost,
Whose clustered fruit must else be lost—
For the grapes’ sake along the wall.*



UPCOMING EVENTS

Wednesday 10/8: Campus Ministry Club Meeting

SGA Conference Room 12:20—1:00 pm

Come join us for our October meeting of the semester and help us plan upcoming events! All are welcome!

Tuesdays 10/14, 21, and 28: Fall Bible Study

SGA Conference Room 4:00—5:00 pm (3-4 pm on 10/21)

All are welcome to attend sessions of this semester's Bible study, Stories of Community. Whether you've heard these stories a hundred times before, never opened a Bible, or find yourself somewhere in between, this is a chance to read and reflect on what these stories can teach us today.

Wednesday, 10/15: Lunch & Learn

Dion Boardroom 12:20—1:00 pm

Join Emily and Fr. John for a discussion about how spirituality plays a role in our everyday lives. This month's topic is "Spirituality as a Part of Culture". All students, faculty, and staff are invited! Lunch is provided; please RSVP in Campus Groups or by emailing campusministry@rivier.edu.

Thursday, 10/23: Prayer Service for Global Peace

Dion Boardroom 2:00—2:30 pm

Come together as a community for a multifaith prayer service for global peace. All are welcome!

Sunday, 10/26: Trunk or Treat (Service Opportunity)

Memorial Parking Lot Set up at 1:15, event runs 2:00—4:00 pm

Help provide a fun and safe trick or treating experience for the Nashua community! Clubs, sports teams, and departments are invited to sign up! Email campusministry@rivier.edu for details.

Wednesday 10/29: Faith Feeds

SGA Conference Room 5:30—6:30 pm

Join your peers for dinner and a discussion about a particular aspect of faith. This month, the topic is All Saints Day, All Souls Day, and Dia de Los Muertos. Dinner is provided. Please RSVP in Campus Groups.

Events may be added throughout the month and dates/times are subject to change.

Please check Campus Groups regularly for updates.

CONNECT WITH US

We're here for you and are happy to support your journey of finding meaning and purpose in your life! Stop by the office or email us to set up a time to chat!

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You can also follow us
on Instagram:

[@riviercampusministry](https://www.instagram.com/riviercampusministry)

[@riv_campusministry_club](https://www.instagram.com/riv_campusministry_club)

[@rivserves](https://www.instagram.com/rivserves)

SHINING THE SPOTLIGHT ON SERVICE!

If your club, team, or department has engaged in service to others, please let us know! We would love to highlight your service in the next newsletter. We can also assist in setting up a service opportunity for your group! For all things related to service, please email RivServes@rivier.edu.



September Spotlight: Class of 2029

Last month, during our annual First-Year Day of Service, students in the class of 2029 (along with peer mentors and Student Success instructors) served five different organizations. This year, Rivier also partnered with Rise Against Hunger to pack about 15,000 meals made of rice, soy, dehydrated vegetables, and 20 vitamins and nutrients. These life-changing meals will help meet the immediate nutritional needs of people facing food insecurity around the world.

FALL 2025 MASS SCHEDULE

Sunday 10/5	11:00am	Immaculate Conception Church, Nashua <i>(Please RSVP through Campus Groups and meet in the Dion lobby at 10:30am)</i>
Sunday 10/19	5:00pm	Resurrection Chapel
Sunday 10/26	11:00am	Immaculate Conception Church, Nashua <i>(Please RSVP through Campus Groups and meet in the Dion lobby at 10:30am)</i>
Sunday 11/2	5:00pm	Resurrection Chapel
Sunday 11/9	11:00am	Immaculate Conception Church, Nashua <i>(Please RSVP through Campus Groups and meet in the Dion lobby at 10:30am)</i>
Sunday 11/16	11:00am	Immaculate Conception Church, Nashua <i>(Please RSVP through Campus Groups and meet in the Dion lobby at 10:30am)</i>
Sunday 11/23	5:00pm	Resurrection Chapel
Sunday 11/30	NO MASS	Thanksgiving Break
Sunday 12/7	5:00pm	Last Mass of the Semester

OCTOBER RELIGIOUS HOLIDAYS

YOM KIPPUR (JUDAISM) Oct. 1-2, 2025

Yom Kippur, also known as the Day of Atonement, concludes the 10-day period of Yamin Nora'im and is typically observed by fasting for the day. Rosh Hashanah and Yom Kippur are the two “High Holy Days” in the Jewish religion.

SIMCHAT TORAH (JUDAISM)

Oct. 14-15, 2025

Simchat Torah is Hebrew for “the joy of Torah.” It is a celebration, often accompanied by dancing and singing, to mark the completion of the annual reading of this section of the Bible. Each week of the year, Jewish congregations around the world read a particular portion of the Torah, called a parashah, in a specified order. During the festival, Jews celebrate another year of reading and studying Torah: the first five books of the Bible—Genesis, Exodus, Leviticus, Numbers and Deuteronomy—which, according to Jewish tradition, were divinely revealed to Moses at Mount Sinai.

www.colorado.edu/asmagazine/2022/10/14/simchat-torah-jewish-holiday-reading-renewal-and-resilience

DIWALI (HINDUISM, JAINISM, SIKHISM)

Oct. 20, 2025

Diwali is a 5-day festival of light, with the third day being the main day of celebration (this year, that day is November 12). Although Diwali is often thought of as a Hindu holiday, it is also celebrated in the Jain and Sikh traditions. This festival celebrates the triumph of light over darkness, good over evil, and knowledge of ignorance. Lighting diyas (small clay bowls that hold a candle or are filled with oil) is a main part of the celebration.

To learn more about Diwali and experience it first-hand, consider attending Rivier's Diwali celebration on Oct. 24th, hosted by the Office of Global Engagement!

Other Campus Events and Programs


There are so many events happening throughout the month! Check Campus Groups for more details and to RSVP.

Mindfulness Walking Journal

October 6th - 17th
Main Lobby

Your mental health is just as important as your physical health, and we're here to support both. From October 6th - October 17th, pick up a Mindfulness Walking Journal in the library's main lobby and take some time to recharge. Sure, we all know where the strongest Wi-Fi is, but do you know the best spots to unplug and center yourself? Enjoy the crisp autumn air and campus scenery as you explore some peaceful spots to unplug and breathe.

Regina Library





MUSIC BINGO

Campus Activities Board 10/6



WHAT'S YOUR VIBE?

WEDNESDAY, OCTOBER 8
11AM - 1PM

A MENTAL HEALTH FAIR FOR RIVIER STUDENTS

Counseling & Wellness

*The Office of Community and Connections and
The Office of Disability Services*

PRESENTS...



**SUITABLE FOR WORK:
APPROPRIATE LANGUAGE
FOR INTERACTING WITH
LGBTQIA+ COMMUNITY IN
THE WORKPLACE**

OCC and ODS 10/16




TOL BOX


Basics

Career & Life Success
10/14


C.R.A.S.E. TRAINING



AVOID
when there is an active threat.
Once you are safe, call 911.



DENY
when getting away is difficult or even impossible.
1. Block the door.
2. Avoid windows.
3. Silence your cell.



DEFEND
because you have a right to protect yourself.

Nashua PD in cooperation with Rivier Public Safety 10/21



GLOBAL CELEBRATION Week

<p>MON OCT 20</p> <p>"Global" Library Pop-Up Table 11:30 a.m. - 1 p.m. Dion Lobby <i>Library staff will have books about various countries and cultures from around the world.</i></p> <p>Global Trivia All Day Dion Lobby <i>Come test your knowledge and learn fun facts about the world.</i></p> <p>Taste of the World Lunchtime Dining Hall <i>Enjoy food and music from around the world!</i></p>	<p>WED OCT 22</p> <p>Voices of Change: Let Mission Be Your Guide 12:15 - 1 p.m. Reception Room <i>Hear from a panel of community leaders.</i></p> <p>Carnival of Cultural Immersion 5:30 - 7 p.m. Reception Room <i>Enjoy food, games, crafts, and music from different cultures. All are welcome!</i></p>
<p>TUE OCT 21</p> <p>Study Abroad Table 11:30 a.m. - 1 p.m. Dion Lobby <i>Stop by our table to learn more about exciting opportunities to study abroad.</i></p> <p>Passport Day 11:30 a.m. - 1 p.m. Dion Lobby <i>Prepare to travel abroad, advising, and application forms will be available. Enter the raffle to have your passport fees covered.</i></p> <p>Unpacking the Study Abroad Experience 12:15 - 1 p.m. Reception Room <i>Hear stories from students who spent their summer studying overseas.</i></p>	<p>THU OCT 23</p> <p>Henna Art 11:30 a.m. - 1:30 p.m. Dion Lobby <i>Come get a beautiful, temporary henna design!</i></p> <p>Prayer Service for Global Peace 2 - 2:30 p.m. Dion Board Room <i>Join our multi-faith prayer service for peace. All are welcome!</i></p>
	<p>FRI OCT 24</p> <p>Diwali 6:30 - 9 p.m. Memorial Hall <i>Celebrate Diwali, the Festival of Lights, symbolizing the victory of light over darkness. Join us for an evening of cultural traditions, food, and community!</i></p>

SPONSORED BY STUDENT GOVERNMENT ASSOCIATION
HOSTED BY: Global Engagement, Student Engagement, Community & Connections, and Campus Ministry