

GREBEL NOW

Conrad Grebel University College Magazine



COVID-19 MENTAL HEALTH AND WELLNESS

Grebelites Continue in Community amid Separation

*Intention and Expectation:
Living with a Roommate*

SPRING 2020



Vol. 36 No. 2

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A Strong Foundation Holds Us Together

It's been a surprising term at Grebel this winter, with the COVID-19 pandemic at the centre of everyone's attention. This issue of *Grebel Now* shares stories of the resilience and connectedness of students, faculty, and staff as we live, study, and work at a distance from each other in a crisis-stricken world. But, as you will read here, more has happened at the College, before and beyond the coronavirus.

Grebel's community is strong because of the foundation that is built from the first day of classes and throughout the whole university experience. And it extends into the future—in workplaces, relationships, and purpose. Some stories in this issue focus on mental health and wellness, as seen through the lens of Grebel's programs and

people. Other stories look at the underlying reasons and results of our intentional and beloved traditions that create a capacity for resilience. And others still, celebrate accomplishments and milestones of our students, faculty, and alumni.

As you read this issue in isolation, remember that as part of the Grebel community you aren't really alone! We look forward to the day that we can meet again face-to-face.

Front Cover: Apartment dwellers visit with Grebel's Director of Operations Paul Penner outside their window and with Director of Student Services Mary Brubaker-Zehr via video chat. Photo by Anna Kuepfer

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FROM THE PRESIDENT'S DESK

Night Vision

BY MARCUS SHANTZ, PRESIDENT

“In a dark time, the eye begins to see.” ~Theodore Roethke

I write this on April 17, 2020. Just over a month ago, drastic public health measures were adopted across Canada to slow the spread of the coronavirus. At Grebel, classes were suspended. Most students moved out, staff and faculty were sent home, and our campus closed abruptly. For the next four months, all in-person classes are cancelled and courses will be delivered online. It's not yet clear what September will look like. The residence remains closed.

From speaking with our alumni and other supporters, I'm keenly aware that Grebel's difficulties are far from unique. Our wider community of stakeholders work in every sector of the economy and come from all walks of life. We own and operate businesses, labour in agriculture and farming, and teach at all levels. We serve courageously in the health care system as doctors and nurses. We are pastors and church workers. We are retirees living in residential care homes, and we are also new graduates who are just starting out. Everyone is living through a remarkable time of uncertainty and sacrifice—and some face harder realities than others.

These days, it can feel like we are all in the dark. The world has not seen anything like this pandemic in living memory. The scale of the challenge is staggering. We don't have experience with this situation and have a hard time predicting what the future might bring.

Long ago, on childhood camping trips, I learned that when you are lost in the dark, reaching for a flashlight is not always the best strategy. The flashlight will only illuminate a small area right in front of you, and it blinds the eye to wider surroundings. It's counter-intuitive, but the flashlight actually narrows your vision. If you have the patience to pause, look around, and give your eyes time to adjust, you can begin to see in the dark and find the path forward. The night becomes less frightening.

In a crisis, the temptation is to reach for fast and comforting answers, and hope that life will quickly go back to normal. However, I think we need to accept that this pandemic will continue to disrupt our lives for many months to come. We need to pause, reflect, pray, face facts, assess our surroundings, and adapt our sight to a new reality.

I'm pleased to report that everyone at Grebel is learning how to “see in the dark.” Instructors have been hard at work developing online materials for remote teaching. Students did their best to



President Marcus Shantz stands outside a camper at his house—his current work-from-home space.

complete their winter term course requirements, and enrolments for our spring term courses are very strong. We've had online chapel services and a virtual term-end banquet.

Moving programs to online formats has already enabled us to make connections with new people and expand our reach. For example, our community education program in Conflict Management has drawn interest from people as far away as the Northwest Territories and the United Kingdom as a result of moving to online formats.

It would be dishonest to suggest that these adaptations have been easy or painless—or that we've finished the job. But we are all working together to make it happen.

So far, these difficult times have brought out the best in Grebel and its people. The times are also drawing out new questions for us to ponder and study. For example: How can theology help us to understand this moment in history? Can music help express our deepest responses to the pandemic? What peace and justice issues have arisen in this global crisis? How can we best serve church and society in a post-pandemic world?

Eventually, the world will begin a conversation about life after the coronavirus. We look forward to joining that conversation: to listen, reflect, and add our voices. In the meantime, we'll keep striving for “night vision”—and keep faith that the path forward will be revealed to all of us.

Grebelites Continue in Community amid Separation

BY ELIZABETH ROBERTSON, COMMUNICATIONS CO-OP WRITER

Most of our lives have shifted dramatically in the past few months as we grapple with social isolation, educational upheaval, job changes, and health care emergencies surrounding COVID-19. Over the course of two weeks, the situation moved rapidly at Grebel as the University of Waterloo cancelled in-person classes and exams and switched to online platforms for the remainder of the winter term and into the spring term.

The residence is empty now and will remain so throughout the spring term, but the College’s apartments will house about 23 upper-year students in the spring. “We are glad, in these difficult times, to provide some housing for our students,” explained Director of Student Services Mary Brubaker-Zehr. “The spacious four-bedroom apartment units have two washrooms each and independent kitchens, so we feel that students can keep their social distance.”

While most Grebel residents moved home, they continued to engage in the community of support they had built up over the past year. Many student committees and leadership teams continued to meet virtually to plan activities for the College community.

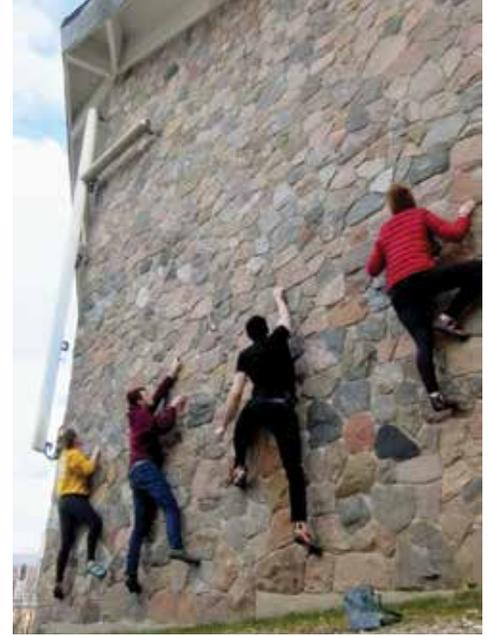
Before the end of term, Nathaniel Kim, a third-year biochemistry student, said that the disruption to regular routine “hasn’t stopped the Chapel Committee from meeting online to plan our most geographically ambitious service yet!” He shared that after an imperfect yet powerful rendition of “Amazing Grace” was sung when the Committee first met digitally, they knew they needed to expand the feeling of unity to the rest of the dispersed Grebelites. “Adapting Chapel to an online medium gives

us the thrill of a new challenge, but more importantly, I think it’s a shining example of how Grebel’s community always pulls through—together!”

Last year, Grebel students created an app that is used internally to connect to each other, share news and announcements, and arrange activities. Grebel’s strong community is still evident as students offer a listening ear through this app, helping each other out, and dreaming up various ways to be with each other digitally—through Jackbox games, Zoom meetings, virtual Minecraft worlds, Bible study, and Instagram.

The abrupt transition off-campus is especially difficult for the fourth-year cohort who had been looking forward to enjoying the last days of their Grebel experience together. Charlotte Baker, an Associate in her final term, found the sudden end to her Grebel experience to be a difficult adjustment. The desire to remain in community led her to create “The Great Grebel Challenge” Instagram page so residents and associates can still have fun together while being physically separated. She posts a new challenge every few days, and then shares videos and pictures of fellow Grebelites completing the task. “As soon as I post a challenge, I immediately start getting submissions. I think that really shows people’s excitement to stay connected and their dedication to the Grebel community.”

The Orientation Committee is connecting online to ensure the coming generation of Grebelites is welcomed well. Leah Schilstra, a member of the committee responsible for organizing the fall 2020 orientation week, noted that “we are still planning all



While practicing social distancing, these last remaining Apartment Dwellers were creatively staying active by climbing the Chapel walls. Don’t worry—this group of four was part of a single apartment unit isolating together!

the same fun events, snacks, and skits that you see every year!” She said that there has been encouragement in meeting virtually, despite the discouragement of not being able to take part in their always-lively in-person meetings. “The willingness and intentionality I have seen through online meetings reveals the commitment people have to seeing the Grebel community thrive and succeed, as well as the commitment the Grebel community has to one another.”

Grebel students, staff, and faculty alike have mourned the lack of closure to the term and for some, the end of their university education. Tentative plans are underway to host Grebel’s celebratory Convocation in-person, in Waterloo on Sunday, October 25, the same weekend as the UWaterloo’s Fall Convocation.



ASSISTING STUDENTS IN WAKE OF PANDEMIC

Along with many others in Canada and the world, Grebel students are facing an uncertain future as the COVID-19 pandemic uproots plans and disrupts studies. As a direct response to the needs of students who have lost co-op and summer jobs and are facing adverse conditions, Grebel has established the Emergency Bursary Fund. This non-endowed fund will be used to help Grebel students who demonstrate financial need and will allow them to continue with their studies.

2020 Student Council Vice-President Peter Missiuna notes that “with the uncertainty of the future, students are stressed about summer employment. Many of my peers have had co-op jobs cancelled and suddenly can’t afford their next term of university.” In solidarity with fellow students, Student Council has designated \$3,000 to this fund.

Your donation will directly support students and allow them to continue their studies.

grebel.ca/donate



VIRTUAL CELEBRATIONS BRING CLOSURE

Grebel has traditionally marked the end of each term with a chapel service, reflections from graduating students, a banquet with entertainment and thank yous, and a spectacular talent show. Thanks to the creativity of students and staff, all of these end-of-term celebrations took place virtually on Zoom in mid-April and will never be forgotten! After the meaningful reflections in chapel, students made their own food to eat together online. Leah Schapansky and Colin Funk hosted the banquet, appearing as snappily dressed stick puppets! Even the talent show featured a group dance number brought together by the wonders of technology. While not as satisfying as meeting in person, these online events gave at least a little bit of closure to the term.



HOSTS STAY IN A QUIET BUILDING

As Grebel’s bustling halls were quieted at the end of March, a few people stayed behind in the empty halls. The Campus Hosts (known in past years as Senior Residents), Faith and Colin Friesen, and their two-year-old daughter Ronen, have lived in their Grebel residence apartment through the transition. Campus Hosts are Student Services staff who live on-campus to provide a constant staff presence, monitoring the building and supporting the residence dons.

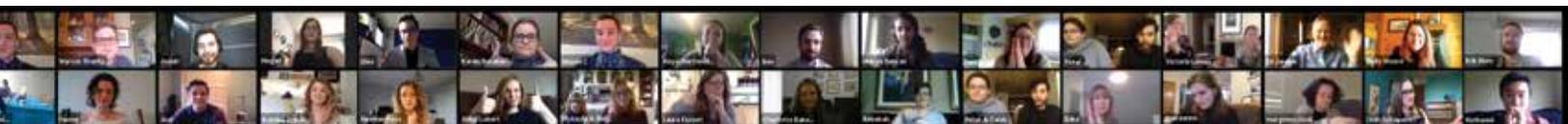
The Campus Hosts described how the week of resident departures “felt simultaneously like a single moment and a whole year had passed.” With Colin taking immunosuppressants for a chronic illness and Ronen so young, they were forced to isolate from the community during this major transition. In the midst of a constant stream of new information, the family was confined to their apartment, only communicating virtually with the dons and staff. “We felt awful that we couldn’t say goodbye in person,” they reported. Colin and Faith explained that the dons were crucial during the move-out period. “They stepped up and went beyond the call of duty to make the transition go smoothly. We couldn’t have been more proud of them.”

While Ronen is too young to fully grasp the situation, Faith and Colin noted that “she does notice that the people are gone.” Even though they’re sad that she’s “missing out on all the friendships she had been developing here,” Ronen’s parents think she’ll “bounce back when things stabilize.” Some students are keeping in touch during the separation by “sending her update videos on where they’ve been and what they’ve been doing,” and Ronen hasn’t forgotten her friends: “she names them all and asks for more videos!”

The common sentiment of longing for the Grebel community is felt by students at home during this time. “We miss Community Supper. We miss Grebel events. We miss laughter in the halls, long chats over coffee and tea, movie nights, and chapel services. There’s a beating heart here at Grebel and it feels awfully faint now.” As they try to focus on the positive side of quieter nights, Colin and Faith look forward to living in community once again. “We remain content because we know this is temporary. Someday, hopefully, sooner than we think, Grebel will be filled once again.”



Ronen and Faith explore their “big empty mansion.”



Professors Teach with Creativity and Compassion

In mid-March, as Canada began physical distancing measures in response to the COVID-19 public health situation, academic life at UWaterloo and Grebel was drastically disrupted. A one-week pause allowed professors to move their last few weeks of classes and exams online, as students moved out of residence or out of the city, and faculty and staff began working from home. Now, two months into pandemic life, the winter term is finished, the spring term is being taught entirely online, and we have found a moment to reflect on what just happened.

“In their shift to remote teaching, Grebel faculty responded with remarkable creativity and compassion,” explained Dean Troy Osborne. “At the same time that they were beginning to work from home, instructors learned new skills in online teaching and redesigned the final weeks and exams. Through it all, they connected with their students in a new way, reconstructing a sense of a classroom community from a distance.”

Peace and Conflict Studies (PACS) Professor Jennifer Ball held the last three classes of her Negotiation Theory and Strategies course online—practicing live negotiations. She encouraged her students to look at this experience as an experiment in learning how to negotiate online—a real possibility in future jobs. “The challenge of not being in the same room as their team members led to innovative uses of texting as they conferred and gave each other advice and tips,” Jennifer explained. “From determining child custody in a divorce settlement to a hostage negotiation on a ship, our term ended with much drama and rich learning—in addition to much flexibility—amidst our adjusted learning environs.”

Jennifer also described how her graduate class in Conflict Transformation and Peacebuilding moved seamlessly online, thanks to her prior experience in holding Circle discussions on Zoom. “Weekly check-ins of a high and a low provided a valuable opportunity for us all to process the wide range of feelings experienced in those first few weeks of sudden change and restriction,” she said. “Honouring these in this way allowed us then to shift into the peacebuilding discussions of the week, often weaving in new insights related to the current COVID-19 reality. In such authentic connection, we each found support to get through the final weeks of term.” Even after classes ended, the group continues to hold a weekly MPACS Circle, creating space for connection during social isolation.

As director of the Chapel Choir, Music Professor Kate Steiner realized that students needed closure to the term amidst the turmoil. She co-ordinated an online gathering specifically to honour graduating students. “Students put a lot of emotional energy into choir, and the end of term is really an important time for sharing that with their peers,” she reflected. “I also asked members to record themselves while listening to me sing parts of one of the choral anthems we had already done this term.” Student Marissa Duncan edited those recordings, which were then played during Grebel’s virtual End-of-Term Chapel service. “It was helpful for the Chapel Choir members to be able to share something of what they had been working on with the broader Grebel community. And it was good for the Grebel community to feel connected to that longer work of the term from the Chapel Choir.”

Grebel professors each worked in their own way to ensure that students would have a successful term, despite the challenging circumstances. “Students were gracious with us as faculty, as we learned new skills, and we heard student struggles of working from home, sometimes in difficult conditions,” added Troy. “The experience led many of us to rediscover the core of what we hope our students learn and to connect in new ways.”



A JOLLY GOOD TEACHER

April 1st marked Professor Lowell Ewert’s last class, as he retires after almost 23 years teaching in the Peace and Conflict Studies Department. It’s a Grebel tradition for faculty and staff to crash the last class with a rousing “For He’s a Jolly Good Teacher” and celebrate together with a cake. This celebration of Lowell’s career had to take place via a lively Zoom call, where staff and faculty joined together to sing and wish him a happy retirement. While this wasn’t the ending Lowell had anticipated, he said that he is “grateful that we work at a place that values safety over expediency, and that no student was placed in the difficult dilemma of having to choose between attending class or being safe. It makes me proud to have worked where I have.” We will celebrate Lowell’s career properly at a future date!

ARE WE REALLY ALL IN THIS TOGETHER?

“The saying ‘We are All in This Together’ has become a mantra for the COVID-19 pandemic. It can be read in places ranging from encouraging suburban neighbourhood sidewalk chalk drawings to any number of social media outlets—but should we really be saying this?” In an op-ed for *The Waterloo Region Record*, Visiting PACS Professor Eric Lepp explains how power and privilege have been revealed during this crisis, and encourages readers to use the interconnected webs of existing relationships for positive change and equality. Read more:



uwaterloo.ca/grebel/together



SHARING MUSIC DESPITE SETBACKS

The cancellation of in-person activities disrupted Music's end-of-term academic rhythm, as ensemble concerts, juries, and multiple recitals were cancelled. The decision to cancel graduation recitals was perhaps the most difficult news for the department to deliver to students who had been working for years to reach this point. The setback prompted Mykayla Turner, who has called Grebel a second home during her time as a health studies and music student, to record her recital in the Grebel Chapel.

"Mykayla offers music to bring peace and hope to others, as we all struggle to deal with a bewildering and bleak time in our world," said Laura Gray, Music Department chair. "Her graduation recital this year is a case in point, perhaps reaching more of us than it originally would have, had things gone according to plan."

As a parting gift to those who have supported her in her musical pursuits, Mykayla shared her recorded recital with a note of encouragement: "I hope my recital brings you what you are in need of during this season—be it joy, peace, or hope." Listen: youtube.com/ConradGrebelUC

CONFLICT MANAGEMENT CERTIFICATE NOW OFFERED ONLINE

For the first time in its history, the Conflict Management Certificate Program (CMCP) is being offered online. Based out of Grebel's PACS Department, the program offers workshops in a variety of conflict management and mediation practices. Spring workshops have transitioned to an online format to facilitate learning from home in accordance with COVID-19 physical-distancing policies. Susan Baker, who manages the CMCP, explained that the pandemic was the impetus to bring the program's interactive workshops online. "Engaging in the inaugural Conflict Coaching workshop opened my eyes to the potential of online learning."

The first online training session took place in early April. "I wasn't sure the online format would be effective for me, but I was pleasantly surprised," one of its participants said. "At no time did I feel that this format was 'less than' the classroom workshop version. In fact, I found it suited my learning style preferences even better." Features like virtual breakout sessions rooms aided the interaction. Another participant found the course to be "engaging and enriching" and "will definitely be interested in more online delivery options to balance professional, personal, and geographic restrictions."

Some of the sessions have already filled up, as people across Canada and the US who would not normally have the opportunity to travel to Grebel are taking advantage of this interactive online learning.

Organizers have been so pleased with the impact of the first workshops and the opportunities this creates for international participation, that the CMCP looks forward to continuing virtual options once physical distancing measures are over. Baker acknowledges the collaboration with Credence and Co., who are instrumental in making this online model of content delivery possible. To view a full list of the workshops offered online this spring, and to register, visit: uwaterloo.ca/conflict-management



PASSING TIME WITH THE ARCHIVES

While physically closed, Grebel's Library and Archives are still accessible online, and staff are attending to the needs of students and researchers at a distance. For virtual visitors looking for a fun distraction, check out the new "Passing the Time with the Archives" web page. You'll find the original drawings of the chapel windows by Nancy Lou Patterson for colouring, a gallery of jigsaw puzzles created from archival photos, and more! grebel.ca/mao

PANDEMIC PRAYERS

In this time of isolation, Master of Theological Studies Professor Carol Penner is offering a gift to all who need help putting their heart's longing into words. She is tapping into her training as a Mennonite pastor and practical theologian to write pandemic prayers. Carol has noticed that her prayers are being shared more often than normal. "Because we cannot meet in person, more people may be turning to the internet for inspiration. The great thing about a blog, compared to print resources, is that I can respond in real-time to what is happening." uwaterloo.ca/grebel/pandemic-prayers

DEEPENING RELATIONSHIPS ONLINE

The Kindred Credit Union Centre for Peace Advancement is still active—from a distance—and continues to support Epp Peace Incubator participants and visitors with digital tools. Weekly virtual coffee breaks, a community slack channel, a virtual front desk, and daily staff video chats allow productivity and connection to flourish.

Intention and Expectation: Living with a Roommate

BY ED JANZEN, CHAPLAIN AND ADJUNCT PROFESSOR OF SOCIOLOGY

It's likely one of the most awkward moments and places in the world—standing in what will become one of the most intimate, vulnerable places in your life, your residence room—waiting, on either side of the door, to meet a stranger with whom you may spend significant time. Is the risk born in that moment worth the world of opportunity and possibility that a university education affords? Time and experience say, “Yes!”

Social science research is not ambivalent about the importance of this relationship and the residential experience as a whole to success at university. When roommate relationships are satisfying and supportive, they have a positive effect on grades and stress management. Together with all of Grebel's community-building habits like filling the table, all-college retreats, Student Council leadership, Community Suppers, Chapel, service projects and a good social life, the relational experience in residence has a protective effect on individuals by nurturing a sense of belonging and promoting good mental health.

Good community life at Grebel is not an accident. It is produced through strong, relational administration that includes everything from recruitment and application processes all the way through to Senior Reflections and Convocation. The roommate survey form is an example of this. It asks about sleep, neatness/messiness, study, leisure, and friendship aspects of life. Such surveys are often seen as tools for establishing compatibility based on similarity, but our experience and research says it's more about intention and expectation—discovering and matching what our students expect of themselves and others, and their intentions in engaging the residential experience. The right blend of expectation, intention, personality, and supportive care in the residential community are fundamental to a successful university career.

However, the benefits of supportive residential experiences are no guarantee against difficult times and challenging relationships. In fact, difficulties and challenges prove the value of community for developing strong resiliency in life. While we do not necessarily go through life seeking adversity, neither should we avoid it at all costs. Research sees significant links between the successful management of adversity and the development of empathy and other prosocial traits and behaviours. Often, such adversity helps to define a worthy dream and reveals a community that supports its realization.

How does this happen? In the transition from high school to university and from the family home to independent living, a whole



Grebel's much-anticipated "Roommate Challenge," where students dress up as each other and show how much they know about their roommate!

new web of relationships grows. What exactly is the worth of this relationship network? Is it worth the challenges and difficulties we might face? There are any number of obvious benefits, such as refining social etiquette, developing conversation skills, increasing flexibility, reciprocal encouragement and support, improved study habits, and discovery of new interests and new friends. Two benefits implicit in all of this go deep into shaping person and character: emotional self-regulation and expectation management.

Often, emotional self-regulation is not at the forefront of our minds in the familiar ebb and flow of family life. We often feel more freedom to be emotionally expressive with our families. This is a good thing, especially with such emotions as joy and affection. It can also be a good thing when our emotions are less positive, at least when accompanied by things like apology, forgiveness, and reconciliation. Meeting someone new in a close living environment like a residence is like pressing the reset button on emotional self-regulation. And that reset happens when the usual 'external regulators' (like parents) are at least one remove away. In the immediacy of the roommate or residence moment, the responsibility for emotional regulation pretty much falls

Ed Janzen's interest in sociology arises from the conviction that any meaning and purpose in life, regardless of where and how they might be found, find their significance in living well with others.



onto the shoulders of the student. It's not exactly a 'sink or swim' moment, but it is an important moment for the internalization of responsibility. Successful emotional self-regulation, whether of positive or negative emotions, leads to greater self-understanding and maturity. The same can be said of the management of expectations.

Again, care and success requires a whole community to work together. A meaningful conversation with a friend, support of dons and campus hosts, friendliness of staff, care and counselling conversations with Student Services staff, accommodating and caring faculty, programs and policies aimed at healthy community living, and an engaged and compassionate community of alumni can all contribute.

So what does this effort look like when all is said and done? Matt Chase, a graduating senior, reflecting on the challenges and changes he has experienced in his years at Grebel, says it this way:

"I've learned (rather reluctantly, in some cases) about the necessity of diversity within a community. I've come to adopt a more rounded mindset and accepting mindset as I have community with Christians of differing denominational, theological, social, and gender

backgrounds. That is to say, before you call someone a heretic, you should prepare food for them, eat with them, involve yourself in their life and enjoy fellowship with them. Be careful! You might just end up loving them."

In the final analysis, it is this experience of love, despite differences, in the midst of challenging circumstances and among various successes that is Grebel's goal in establishing and nurturing a residential community of scholars at UWaterloo. Former Grebel President Henry Paetkau would routinely share a postcard with new Grebelites and their families on Move-In Day. It was a picture of an ocean liner fastened to a dock with thick rope. The caption of the card read, "*Lass mich los und halt mich fest.*" ('Set me free and hold me tight.') It is an apt metaphor for embarking on a university career—the security of belonging in a safe harbor, while preparing for voyage on the high seas of university life.

This is what makes that awkward moment before meeting a roommate a moment worth perseverance and commitment. It takes courage. It takes trust and hope. It comes with care on the part of many. It is a risk. Is it worth it? Absolutely! Generations of Grebelites have proven this over and over!





While the dining room is normally filled with round tables, a row of long tables is added on Wednesdays to accommodate all the Associate students who wish to partake in this beloved community tradition.

There is Room at the Table

BY MARY BRUBAKER-ZEHR, DIRECTOR OF STUDENT SERVICES

University life offers a full measure of growth and challenge, suggests Ed Janzen in his feature article on the previous page. It's about adversity management, he says, and according to the research, a roommate provides a protective layer. Roommates are like sunscreen—they can let the warmth in but keep the 'hurt' at bay.

Eating together seems to have a similar effect. According to various studies, sharing in meals provides a sense of support and belonging, a sense of connectedness and the feeling that one matters. T.C Foster, in his book *How to Read Literature like a Professor* (2003) says, "Eating with another is a way of saying, I'm with you, I like you, we form a community together."

This is not trivial in the psyche of a student living independently from their families. A student's sense of belonging is important and correlates to their capacity to flourish. It is linked to their academic achievement, perseverance, and wellbeing. Research shows that students who eat together are happier, more satisfied, more engaged, and have a larger circle of friends with whom they garner support.

Grebel's founding President Winfield Fretz seemed to know this. He wanted round tables for six and set meal times so students would dine together. Grebel's 1964 *Residence Handbook* addresses his vision: "Each student will take an assigned dinner table for a two-week period to provide a relaxed opportunity for table conversation, thereby building a sense of community and enabling students to get well-acquainted with each other and thus develop a genuine student fellowship." For Fretz, the dining room was a gathering hub where the community could meet to enjoy shared interdependence and connectedness.

Fifty-six years later, Grebel's dining practices are still intentional and considered important for the health of the community and the wellbeing of its students. Fretz's vision is enriched by even more deliberate table practices. Every Wednesday at 5:30 faculty, staff, and students commit to gathering together for Community Supper. Students are encouraged to be phoneless at all meal times. Late suppers are served only on the half-hour so that a cluster can gather to dine. When numbers are low, students

push the tables together to eat family style, always willing to welcome another. And, our fill-the-first-empty-chair practice is significant.

"The dining room was the most stressful place in my other residence," said transfer student Hayden Epp. "I was constantly concerned about who to sit with and would anxiously scan for friends. If I didn't see someone I knew, I'd go to my room and eat alone." Grebel's fill-the-table culture means students don't have to fear the dining room; they never have to eat alone.

In a time when fast food dominates university culture and cafeterias focus on eat-and-run, multiple options, 24/7 service, and seating that allows one to sit alone, Grebel's dining practices are intentionally different. Students know there will be a place for them at the table, and that all are welcome. Body, soul, and spirit are nourished, and students experience the wellbeing that comes with knowing they belong.

Strangers Becoming Friends

BY KATRINA STECKLE, COMMUNICATIONS CO-OP WRITER

My older sister met her best friend at Grebel in 2013. They were paired together to be roommates for their first year, and lived together in their second and fourth years as well. I remember my sister coming home from school on the weekends and telling amazing stories about the fun that she and her roommate were having at Grebel. These stories made Grebel seem like it might be a good place for me.

Flash forward to September 5, 2016 as I arrived at Grebel for my move-in day. The parking lot was full of anxious and excited incoming students, and I knew that one of them would be my roommate for the next eight months. Despite being nervous about the idea of sharing a room, my sister's stories reassured me that having a roommate could be great.

Those reassurances turned out to be true. While my first-year roommate didn't end up being my best friend, we lived together peacefully. I knew that I could always chat with her about classes and assignments, head down to the cafeteria for dinner with her, and attend every exciting Grebel event with her. It was comforting to know that after a late night of studying in the dining room, I could return to a warm, friendly residence room.

Grebel is full of stories about positive roommate experiences, as well as stories of growth and learning through roommates. Some stories involve people who cohabitate well, while others include new best friends and life long connections. These favourable accounts could be attributed to the rigorous process that the residences don't take on when creating roommate pairings each year. "The dons are meticulous when making roommate pairings," noted Max Chute, former don and fourth-year Chemical Engineering student. "The don team spends hours matching students based on roommate surveys. Then the roommate pairings are presented to the Director of Student Services for input before final decisions are made. I took this process seriously because the decisions have a large effect on how new students remember their first year at university."

This thoughtful pairing process resulted in a rewarding experience for Hannah Bernstein, a second-year student in Nanotechnology Engineering. "I was nervous about if we would get along, if she would be too loud or too quiet, and more worries, but it ended up being an incredible experience. We had a lot in common, similar sleep schedules, and wanted a similar balance of a work environment and social environment with friends. Our room door was always open, and we shared the same amazing group of friends who hung out there and always welcomed hall-wanderers."

Katrina Steckle (left) and her first-year roommate Madeleine Graham.



Piper Treadwell, a third-year Knowledge Integration student and one of the leaders of Grebel's student-created Mental Health Initiative, commented on some of the benefits that a roommate provides. "When you have a roommate, you have someone to talk to, even if it's a brief check-in to see how you're doing. Roommates understand what you are going through and can encourage you along the way. They are great people to hang out and do stuff with. Having a roommate gives you a good social and alone time balance. There will be times when your roommate is not around, which gives you some alone time if you need it."

Max echoed Piper's sentiment. "Roommates are there to talk to if you are having a bad day or just had a hard midterm. They are often going through similar situations and can lend insight and provide advice or just listen and be supportive. Having a roommate places someone in your life who gets to know you more personally and can spot warning signs of mental health issues and assist you in getting help."

Sharing a room also presents many opportunities to grow and learn. "Living with someone is an important life skill and teaches you more about yourself and your needs and wants, as well as how to accommodate the needs and wants of others," Hannah explained.

"Having a roommate can require compromise with sleep schedules, having guests over, and how much cleaning is done in the room. You learn to be accommodating," noted Max. "Being a roommate teaches you to be more attentive to the feelings of others around you and gives you opportunities to practice conflict resolution skills."

When I look back on my own experience, I'm so glad that I had a roommate during my time in the Grebel residence. I'm the kind of person who loves having my own space because I like to have things the way I want them and not have to take other people into account. But my roommate kept me from isolating myself when I first started university, and I have fond memories of study breaks and late night chats that were filled with laughter. I learned how to share a space, how to consider another person's needs, and how to communicate my needs. I also learned how quickly a stranger can become a friend.

Thriving in Inclusive Community

BY MASON CARROLL, 2ND-YEAR STUDENT

This is my second year living at Grebel. I am studying Recreational Therapy and I am also transgender.

At Grebel, we recognize that gender inclusivity is an important element of community members' mental wellbeing. Gender inclusivity means that we recognize that gender is a spectrum rather than a binary of male and female. Simply, we recognize that some people are transgender or non-binary.* Therefore, our facility and services strive to be mindful of all gender identities and expressions. For example, Grebel's resident application form poses 'gender' as an open-ended question in which applicants write in their identity. As gender is a part of one's identity, being affirmed and accepted has positive effects on one's mental wellbeing.

Since first year, I have lived with a roommate in the optional gender-neutral floor of the residence (which includes a gender-neutral washroom). For me, living in a mixed-gender hallway has been really comforting. I can come back from a day of school and know I'm in a safe space to be authentically myself. This reassurance has boosted my self-confidence overall. Further, I believe that mixed-gender spaces are a healthy way for people to co-exist.

I am also a member of various clubs at Grebel, within which all of my peers are understanding and respectful of my pronouns, identity, and expression—and they understand that one's gender is just a piece of who they are.

Further, beyond day-to-day etiquette, the Grebel staff are a part of my support system: from clarifying pronouns, to offering empathy during potentially tenuous holiday times, to initiating formal administrative meetings with QuAQ (our Gender and Sexuality Alliance), all in order to continue our community's inclusion evolution.

Since joining this affirming community, my cognitive distress (like worrying about stigma) has been alleviated. I've been able to thrive! Here, I am able to create meaningful relationships, perform well academically, be physically well, and leisurely satisfied—simply, to live mentally well.

* www.conf1.co/what-is-gender/



Associates See Grebel as Home Away From Home

BY CHARLOTTE BAKER AND ABBY LOBERT, ASSOCIATE REPS

As a part of Grebel's off-campus Associate program, we live in off-campus housing, while still participating in student council events, building relationships with the residents, and holding leadership roles.

When first becoming Associates, after living in the residence, there was a change in the dynamic of our relationship with Grebel. It became easy to feel disconnected since

there is an extra layer of effort required to stay involved. Living off-campus means it's easier to miss out on the little things or spontaneous activities that help make Grebel so great. Although this applies to everyone, it's very true that the more you put into the Grebel community, the more you get out of it. Grebel's clubs, societies, and activities, like service trips and Community Suppers, are great ways to get connected and adjusted to the associate life.

For me [Abby], living off-campus has impacted my mental health in different ways. On one hand, having a house to live in with friends has provided a wonderful outlet for support and encouragement. On the other hand, it has also put distance between me and the larger school community, both at Grebel and at UWaterloo. Coming to

terms with what I can and cannot put my time and energy into has been a learning curve but also a very important process!

For me [Charlotte], having a place to go on campus has played a positive impact on my mental wellness. Whether you are in between classes, need a change of scenery, or need some social interaction, there is a level of comfort that comes from going to Grebel. Grebel has been a sort of "home away from home." You know there are people there who can support you when you need it, or activities going on when you need a distraction. I believe that the balance between work and fun is so important to your mental health, so having a place dedicated to providing countless opportunities for involvement makes a huge impact.



Music Affects Health and Wellbeing

BY MAISIE SUM, ASSISTANT PROFESSOR OF MUSIC

Music, like language, exists in untold variety everywhere on earth and has endured in some form for as long as humankind has been in existence. It has a biological basis, is cultivated in the human mind, and plays essential roles in human society.

The notion that music has the power to affect health and wellbeing has ancient origins. In the field of ethnomusicology, some scholars have documented its healing potential through community music practices that have been passed on for generations in diverse cultures worldwide. Others have shed light on the ways in which the structure and necessity of a culture's music reinforces community values, builds and strengthens bonds, and perpetuates the need for positive human interactions, which in turn nurture and promote individual and societal wellbeing.

Therapeutic use of music in clinical settings emerged in the mid-twentieth century after its observed effects on war veterans, which gave

rise to the field of music therapy in the United States. In the last decade, technological advances have provided neuroscientific evidence for music interventions in medicine, including its use for pain relief before, during, and after childbirth and surgical procedures; and functional neurological and behavioral therapy that has applications in motor, speech, and cognitive rehabilitation. To be sure, music is not a magic pill, but it has become a supportive intervention and even a viable alternative to prescription drugs.

Beyond clinical settings, music in the community and in everyday life is valued for its potential to positively influence health. Music can benefit multiple domains—emotional, social, physical, spiritual, and intellectual health—at the same time or at different times, and often without our intention. We can, however, choose to be deliberate, to join ensembles, to create playlists, to self-prescribe, to harness the power of music, its beauty, its versatility,



to do its work—to uplift, regulate, calm, empathize, express; to communicate, celebrate, accompany, connect; to encourage, motivate, assuage; to empower, transform, inspire. What's more—whether we play, sing, compose, or simply listen—we can do it alone or in a group.

Grebel offers many opportunities for music every term—from free noon hour concerts to university ensembles to student-run musicals to music lessons. And technology has rendered it incredibly portable, accessible, and sharable. If music is not already integrated into your life, why not take a regular dose next term and feel what happens.

HOW DOES MUSIC GROUND YOU?

The positive influence music has on mental wellbeing is experienced by students across UWaterloo faculties. The Music Department encourages students in all programs to engage with this artistic and emotional outlet through Music double-majors, minors, electives, and ensembles. While Grebel's Music Living-Learning Community doesn't require enrollment in the Music program, it fosters connections through collaboration with other musicians who live and study together. Students in various faculties have found meaningful community from the spaces that music provides to be heard and to hear others.



"Music evokes feelings of family, community, and worship. As part of Grebel's Chapel Choir, we sing songs of worship which help fuel our spiritual and emotional parts. As part of the orchestra for the musical I was grounded by the community connections I felt when playing with others."

– Rebekah Lindsay (Kinesiology, Voice)



"Music says the words I don't know how to say, I just have to be still and let it explain."

– Kimberly M (Psychology and Sexuality, Marriage and Family Studies, Voice, Piano)



"Music grounds me in my community, in practicing my faith and building friendship. I make music to express my joy, my fear, and my hope, and to share in that experience with others."

– Colin Funk (Planning, Trumpet, Guitar)



"Music allows me to express myself and convey emotions that cannot be put into words. Music serves as a reminder of all the experiences I've had as musician and how much I have grown and how happy it makes me. Music has shaped who I am today and will continue to do so."

– Victoria Elgersma (Music, Viola)



Toward Trauma-Informed Communities

BY MICHELLE JACKETT, COORDINATOR, KINDRED CREDIT UNION CENTRE FOR PEACE ADVANCEMENT AND ADJUNCT LECTURER, PEACE AND CONFLICT STUDIES

Where do we go to talk about our everyday traumatic experiences that we do not believe are worthy of sharing? In her “Not Traumatic Enough for a Shock Blanket exhibit,” Yasmeen Nematt Alla explores this question, and how art spaces can become gestures of care to those who feel unworthy of their trauma. Just as shock blankets are wrapped around the shoulders of survivors in emergencies, this exhibit invites viewers to consider the importance of trauma-informed community spaces and how they can heal us and hold us.

As Coordinator of the Centre for Peace Advancement, I have had the privilege of partnering on exhibits with fifteen artists and community organizations over the past five years. I also teach sessionally with Grebel’s Peace and Conflict Studies department, and my course deals heavily with themes that include psychosocial trauma and community healing. Although every exhibit hosted in the Grebel Gallery is chosen with care and enthusiasm, once in a while an exhibit will intersect with my own academic interests. This is one of those rare moments and, as such, the question behind this exhibit—and its compelling origin story—has captivated me.

During the influx of Syrian refugees into the Waterloo Region in 2016, Yasmeen volunteered as a document translator.

In the course of her work, she noticed a gap between people’s lived experiences of trauma and their willingness to name their experience as traumatic. This observation also reflected what she saw in her community more broadly. Yasmeen’s art practice took a new thematic direction as she began considering how artistic spaces might act as gestures of care that allow for trauma to be shared and appreciated for its significance.

In a social media post last year, Yasmeen invited her social network further into her exploration. She shared the following invitation on Instagram: “For an art project, will you share with me an experience that you start telling by using the words, ‘It’s not traumatic, but....’” In exchange for that emotional labour, she shares her own not-so-traumatic experience with the reader.

Yasmeen was shocked when her inbox was flooded with over 90 responses in the coming weeks, many of which were from individuals who were sharing their story for the first time. Yasmeen is still receiving stories to this day.

The response of Yasmeen’s social network points to the need for spaces to tell our stories. It also reflects clinical research on trauma healing. Judith Herman, psychiatrist and author of *Trauma and Recovery: The Aftermath of Violence--From Domestic Abuse to Political Terror*, speaks to the vital

role communities play in both the individual and collective healing of trauma. According to the author, trauma deeply impacts both our individual psychology and our sense of self in relation to the world. As a result, “sharing the traumatic experience with others is a precondition for the restitution of a sense of a meaningful world,” she said. Without spaces to tell our stories, how do we do the challenging work of reweaving our identity and relationship to the world?

I believe that in order for people to understand that their traumatic experiences are valid and worthy of sharing, we need trauma-informed spaces that are able to receive these narratives. How might our education, health care, and criminal justice systems shift to better reflect the realities of how trauma manifests and how healing happens?

“Not Traumatic Enough for a Shock Blanket”—set to open when Grebel opens again—includes 20 distinct pieces, each taking the form of an orange fleece shock blanket, holding an abstracted excerpt from the stories shared with Yasmeen Nematt Alla. These pieces speak to one another as well as to the community, inviting a larger conversation about care, belonging, and healing.

Free tours of this exhibit will be available to classes and community groups of 3 or more people. Email michelle.jackett@uwaterloo.ca



Shut Up and Listen

**BY RACHEL REIST, PEACE AND CONFLICT STUDIES
UNDERGRADUATE ACADEMIC AND ADMINISTRATIVE OFFICER
AND INTERNSHIP COORDINATOR**

Academic advisors at UWaterloo are often the first point of contact for students who are concerned about their mental health but not sure where to go or what to do. What I have found to be the best technique in my advising practice over the last six years is “shut up and listen.”

There is a lot of mental health and wellness support that can come from something as simple as having someone who cares about you listen to what’s going on. Yes, there are some cases that require extensive clinical support, but I have also seen the power of simply being a person in a student’s life who cares about them, wants to build connection, and gives a hoot about who they are and how they are doing. I have a post-it on my desk from David Augsburg to remind me of this that reads “Being listened to is so close to being loved that most people cannot tell the difference.”

One way I do this is that I try to talk as little as possible in my meetings with students, because they usually know the answer to the question they’ve come to ask. I simply give them the space to do this and help them facilitate a conversation with themselves.

When I shut up and listen, it is beautiful to watch students explore their own wisdom and self-awareness as they find answers to their own questions. Helping them to figure this out builds their capacity and resilience so that as they go through the next academic term, or the next chapter of their lives, they have developed an increased capacity for navigating the challenges and decisions in life.

As academic advisors, we aim to help students navigate not only the university but also the world after graduation. Doing what we can to listen and support the development of their own decision making and resilience is a big part of this.

Mental Health and Conflict Resolution Intersect

BY ELIZABETH ROBERTSON, COMMUNICATIONS CO-OP WRITER

Upon graduation from Peace and Conflict Studies (PACS) at Grebel and the UWaterloo, Taylor Doss (BA 2019) was hired at the House of Friendship’s Charles Street Men’s Shelter, and is currently working at the YW Emergency Shelter in Kitchener.

Through his work Taylor has noticed the way conflict-centred roles can affect mental health, and how his PACS courses prepared him for that reality. As an emergency shelter worker, one of his responsibilities is leading a conflict resolution workshop. “We go over strategies for how to engage in healthy communication with other people,” he explained.

While it may not be an official role, conflict mitigation is an inevitable element of Taylor’s job. He frequently uses the tools he acquired in his PACS studies. “I see a lot of interpersonal conflict because there are so many people and everyone has a story. Everyone is working through something. My ability to navigate conflict and mediate has been an important aspect of what I do in the shelter,” he reported.

The COVID-19 pandemic complicated Taylor’s already dynamic workplace. The staff are doing everything they can to “isolate people who are showing symptoms, screen individuals, clean, and use protective equipment.” They are working overtime while the shelter houses twice the number of people as usual. A major complication is that “referrals are extremely difficult, so we can’t give people specialized service.” An inability to refer clients to relevant programs, coupled with fewer landlords renting out housing, means that “people are stuck in the shelter with a lot fewer opportunities to help themselves.”

Mental health is something that Taylor prioritizes, yet he admits “when it gets stressful, it can be easy to forget about it. The thing about self-care is you don’t always realize you need it until someone else points it out for you.” He finds that talking with friends, family, and coworkers helps him stay self-aware. He noted the “importance of talking and being honest, calling out the signs of burnout in others and being open to others calling you on it.” He said this kind of a “call-out” isn’t negative—it supports each others’ mental health. Staying physically active and taking part in counselling also helps him to stay mentally healthy in a high-stress role. He believes that “counselling is really good for everybody. It’s a preventative and maintenance practice for your mental health,” and it needs to be destigmatized.



Giving Thanks for ALW

BY MATTHEW BAILEY-DICK, COORDINATOR OF THE ANABAPTIST LEARNING WORKSHOP

Time to celebrate! On February 13, staff from Mennonite Church Eastern Canada (MCEC) and Grebel gathered with additional Anabaptist Learning Workshop (ALW) stakeholders for a time of celebration and thanksgiving for five successful years of collaborative learning within the ALW program. The photo above features current and former ALW staff, Steering Committee members, instructors, and other resource people who attended the February event.

Launched in the fall of 2015, the ALW program organized 58 events in a variety of locations across Eastern Canada. In total, more than 2,000 people participated over five years, including laypeople, pastors, chaplains, and other church leaders. Topics

included spiritual caregiving, intercultural ministry, Bible study, church governance, #ChurchToo, Anabaptist history, song-leading, climate crisis, and many more.

Toward the end of the program's run, a program evaluation solicited feedback from participants and other stakeholders. The following is one of many positive comments received from ALW participants: "The workshops were conducted in a participant-focused manner which I really enjoyed. I liked that the instructors sought an understanding of how the people in the room felt before engaging the topic fully. I felt that this allowed the content to be tailored toward the needs of the participants."

In the coming months, both MCEC and Grebel will strategize about how projects like community-based education, pastoral training, and lifelong learning can move forward in new ways. We know that there is always a hunger for learning, and the current COVID-19 crisis emphasizes the need for innovative ways of doing faith-based participatory education.

The Anabaptist Learning Workshop has been a five-year partnership between Mennonite Church Eastern Canada and Conrad Grebel University College. We look forward to new ways of working together and learning together!

Expect the Unexpected

BY JANE KUEPFER, SCHLEGEL SPECIALIST IN SPIRITUALITY AND AGING

When asked a few months ago what advice they would give about aging, a group of seniors responded, "Expect the unexpected." That advice is relevant to all of us this spring!

In later life it becomes increasingly difficult to predict what may be around the next bend. Life happens. And, as with a pandemic, we may not recognize our resources or find our resilience until we're in the midst of it.

As Joan Chittester writes in *The Gift of Years*, "In age, mystery comes alive. Nothing is very sure anymore. Everything speaks of maybe and perhaps, might and possibly, I might still be here. And I might not. Then, as the years go by, we learn to trust the goodness of time, the glorious cornucopia of life called God."

Our spiritual lives can be a valuable resource when disappointments and upheaval come our way. Connection with others, the natural world, and the Divine ground us and reassure us that we are not alone, even when required to keep physical distance between us. Relationship with God also gives space for lament while inviting us to live faithfully in our circumstances.

While pandemic response implored us to protect the elderly, recognizing the physical vulnerability that comes with age, I hope we will also learn respect for those who have many years behind them, as carriers of hope and perseverance when things do not go as planned. And to learn from them to adapt when change is necessary. For the

'Spirituality & Aging' program this means that instead of joining us here in June, Dr. Janet Ramsey is preparing an online seminar entitled "*Embodying hope, faith and patience in caregiving in the midst of a pandemic: Practical and spiritual resources for a complicated vocation*," and my Shalom Counselling Breakfast talk on "*Loving Aging: Inspiration for living fully*" has been moved to next May.

In the meantime, may we carry on, with trust, hope and love—and absorb the peace that can come with expecting the unexpected.



Bruxy Cavey to Teach Church as Mission Course in Spring 2021

Bruxy Cavey will be joining the Master of Theological Studies (MTS) program as visiting lecturer in the Spring 2021 term. He is the Teaching Pastor at The Meeting House, one of the largest churches in Canada. He is the author of bestselling books *The End of Religion*, and *(re)union: The Good News of Jesus for Seekers, Saints, and Sinners*.



Bruxy will teach Church as Mission (TS 674). Though he has taught a version of the course in evangelical seminaries, he is excited to bring it to his own theological “home town” of Anabaptism. “The early Anabaptists had a high evangelistic zeal that, understandably, was somewhat lost over the centuries due to continued persecution and dislocation,” he said. “I think this is a wonderful season for us as a movement as we recapture some of that initial enthusiasm for Jesus and his good news.”

In his teaching, Bruxy will draw on his experience leading The Meeting House, which has described itself as “a church for people who aren’t into church.” It is a model designed to connect people with community in a variety of ways. “Viewed from the outside-in, The Meeting House looks like a contemporary, multi-site, mega church that also has an optional small group program on the side. Viewed from the inside-out, we are actually a movement of local house churches (over 100 home churches), who also have an optional large group program on Sunday mornings.”

“Drawing on his experience as an innovative leader, Bruxy Cavey will help us think creatively about different models of ministry and mission in the changing Canadian context. He is a sought-after speaker and teacher because he is a perceptive interpreter of the present moment,” said Jeremy Bergen, Director of Theological Studies at Grebel. “Several students connected with The Be In Christ Church (BIC) of Canada, which includes The Meeting House, have completed our program. Bruxy’s involvement at Grebel is an opportunity to strengthen connections with these faith communities.”

Rebecca Thomson, a graduate of the MTS program, now serves as Research Pastor of The Meeting House. Several years ago, she was part of a small house church group with Bruxy and Nina Cavey, who encouraged her to pursue pastoral ministry and recommended Grebel as the place to study. “Grebel’s MTS program combines the best of Anabaptist theology with Jesus-centred discipleship,” she said. “I appreciated the time and care that professors dedicated to equipping our cohort for pastoral ministry in a post-Christendom world.”

After graduation, Rebecca began to do research support for Bruxy’s sermons and other teaching responsibilities. “My education at Grebel positioned me to be an excellent fit for this role,” she said. She is pleased that other students in the program will have the opportunity to learn from him. “Bruxy has a genuinely gifted style of communication and translates complex theological questions into understandable, thoughtful, and pastorally sensitive conversations. His passion for the teaching of Jesus is apparent, and he brings a wonderfully Christocentric view to Scripture and ethics.”

NEW MENNONITE WORSHIP WEBSITE

BY ELIZABETH ROBERTSON



“Worship is the beating heart of the Christian church,” reflected Professor Carol Penner, who teaches practical theology at Grebel. Carol and a team of six volunteers across Canada and the US have spent the last two years creating a website of worship resources with an Anabaptist Mennonite approach designed to aid leaders in the Mennonite Church.

The website, **Together in Worship**, aims “to support leaders shaping thoughtful and creative worship through easy to access and free online resources.” It will include lyrics, prayers, and visuals that reflect diverse cultures and languages, as well as information for the mentorship of individuals interested in growing their understanding and practice of Mennonite worship.

The project received \$18,000 US of funding from the 2019-2020 Calvin Institute of Christian Worship Teacher-Scholar Grant. This grant allowed Carol and her committee to hold a bi-national working meeting and to hire four students “to find, curate and input worship resources from a variety of Anabaptist perspectives.” One of these students was part of a Supervised Experience in Ministry course in Grebel’s Master of Theological Studies program. Shantz Mennonite Church’s Bequest Earning Disbursement Fund also contributed to the website. This \$10,000 will be used for graphic design and further website development. Carol reported that these grants have been integral to the website’s progress. “The Together in Worship working group is extremely grateful for the funding we received. This project could not have gotten off the ground without the generous support of these organizations.”

The website will launch in fall 2020 at togetherinworship.net



Tables are Filled!

BY FRED W. MARTIN, DIRECTOR OF ADVANCEMENT

“We are thrilled by the generous response from alumni, parents, and other supporters,” said Roger Kehl, who serves as Grebel’s Board representative on the Fill the Table Fundraising Advisory committee, at the February Board meeting. It was reported that donations had eclipsed the \$4.1 million mark on a goal of \$4 million. Further donations will help offset required borrowing on the project that has a budget that exceeds \$7 million. The College has also allocated \$1 million of reserves for this project.

A temporary display in the Atrium will list all donors to date, including “Table Donors” who in some cases have included groups of alumni or families. “It has been wonderful to see people come together in support of this project that is at the heart of the College community,” said Ruth Ann Shantz, a Grebel parent who has chaired the Fundraising Advisory.

More than 1100 donors have contributed so far. This includes 62 current parents and 137 former parents. Alumni have also been very supportive, with 385 households contributing. The donor count is swelled by 436 students who have contributed to the campaign as part of their ancillary residence fees.

“Apart from a small grant to put a green roof on the kitchen, we have not received government funding for this project. So it is critical to have the broader Grebel community come together to support this project,” noted President Marcus Shantz.

Building plans, updates, and videos describing the campaign are posted online.

uwaterloo.ca/grebel-fill-the-table



GREBEL FUND REMAINS CRITICAL FOR STUDENTS AND PROGRAMS

Budgets in the university sector are increasingly challenging, even without the COVID-19 pandemic. A tuition cut and freeze for students in Ontario has meant a reduction in revenue for Grebel by \$227,000 this year. With increasing expenses, the annual Grebel Fund plays a critical role in balancing the budget. A goal of \$345,000 was set, and as of April 25 we are at 95 percent of that goal.

These donations are used to fund programs like Chapel or Library and Archives that are not funded directly by government grants. These donations also contribute to budget line of \$225,000 that is used to support our students.

We thank the more than 300 donors who have stepped up again this year to support the Grebel Fund, to keep Grebel a special place.

grebel.ca/donate

Construction Proceeds



Director of Operations Paul Penner reports that “the Ontario Ministry of Labour gave permission to continue the construction of Grebel’s new kitchen and dining room expansion, in spite of restrictions brought about by COVID-19. The general contractor, Nith Valley Construction, is proceeding very carefully and has numerous safeguards in place, including limiting the number of workers on site at any given time. Electrical, sprinkler, and plumbing rough-ins are well underway in the kitchen, and steel has been erected on the patio for the extended dining room and connection to the chapel foyer. Progress is being made surely and steadily.”

Because students moved out of residence in March, the construction crew gained access to the dining room a month earlier than anticipated. This modification to the timeline will help keep the project on schedule. “We are looking forward to moving into the new kitchen in August, with improved ways to prepare delicious food—like charbroiled chicken,” observed Food Services Manager Cheri Otterbein.

“Students have demonstrated patience and support for the ongoing construction at Grebel,” noted Student Council President Mykayla Turner, who is looking forward to the return of lots of natural light when the project is complete. “We are also excited about the spacious design of the servery, which will help keep foods for special diets separate from the main option. Most of all, we look forward to a larger space to host Community Supper and enjoy good food and conversation with all residents, associates, staff, and faculty!”

“Most of our major tenders have come in and we anticipate being close to our anticipated expenses,” added President Marcus Shantz.

Much of the new dining room space will be ready for the fall term. However, the last phase of the project will involve renovating the existing kitchen space to create more storage, a washroom for kitchen staff, a private dining room and the Pantry—a space that will be available 24/7 for snacks and lunch storage for off-campus associate students.



Chapel foyer connection to the dining room level

ARNIE DYCK'S LEGACY REMEMBERED

BY ELIZABETH ROBERTSON

The Fill the Table campaign has evoked a level of nostalgia as alumni from years past re-connect to further an important community space at Grebel. Alumni, family groups, friends and roommates from throughout Grebel’s history have joined together to name tables—a symbolic level of donation to the kitchen and dining room



project. One of these tables has been named for Arnie Dyck (1945–2017) by his family and friends. Arnie was part of the first cohort of

students at “Conrad” in 1964 and went on to a career as a well-loved Computer Science professor at the University of Waterloo.

Arnie is remembered around UWaterloo for his innovative re-design of the CS100 course, allowing it to be accessible for students not in the Computer Science program. His contributions of teaching and expanding the University’s Computer Science curriculum have aided UWaterloo’s reputation for innovation. Arnie introduced the practicum to the Computer Science program and was known as a “pleasure to work with” by faculty members and staff. Arnie’s students appreciated the knowledge and encouragement he brought to class.

His fellow Grebelites also remember the unique ways Arnie contributed to the College’s community. While he was a Grebel resident, he created a punch-card randomizer to mix up the Community Supper seating plan.

Naming a table for Arnie is a fitting way to honour him, given the ways that he took “making space for community” to heart during his time at Grebel. His wife Louisa, noted that “Arnie, the foodie, would have been supportive to the idea as well.”

The Fill the Table campaign has been an opportunity to honour his legacy as beloved student, professor and Grebel board member.

First Music Professor Left Lasting Legacy

Helen Martens, Grebel's first music faculty member, passed away on April 9 at the age of 92, surrounded by family in Winnipeg. Grebel staff and faculty remember her for her extensive contributions to the Music Department and the College community. Helen was a beloved professor at Grebel from 1965 to 1993, initially teaching courses in Music and the Fine Arts, as well as Music and Literature. During her 28 years at the College, she became Director of the College Choir and began piano instruction, while also teaching music history and music appreciation.

"In her pioneering work as a musicologist, pianist, choral director, and supportive mentor, Helen laid the foundation of Grebel's distinctive music program," said Music Chair Laura Gray. "The mission she embodied—to equip students in academics, performance, and ensemble work, and to engage them in searching for music's meaning in its connections with other disciplines and society—continues to inform the direction of the music program today."

Professor Emeritus Leonard Enns remembers Helen as someone who held uncompromising standards. "She was the founding director of Inter-Mennonite Children's Choir (IMCC) with which she established an impressive record of choral discipline and excellence, but I knew her mainly as an academic colleague whose ideals were uncompromising and strong," he recalled. "Her early work blossomed into what is now a very fine liberal arts music program at Grebel. Her work lives on in the Music Department, in the IMCC, and in the blending of solid and balanced academic and

performance standards that are the hallmark of the current program."



Helen's first book, *Hutterite Songs*, was based on her doctoral dissertation, and established her as an authority on the music of the Amish, Hutterites, and Mennonites. She published *Felix Mendelssohn, Out of the Depths of his Heart* in 2009 and *Passion vs. Duty: Felix Mendelssohn, Cecile, Jenny Lind and E.J.* in 2012. These two books stem from research she began in the 1980s, translating hundreds of letters written in German Gothic script.

Professor Emerita Carol Ann Weaver also worked with Helen during her time at the College. "Nothing has ever matched Helen's presence and impact at Grebel—from her vibrant soprano voice cutting through the sea of mostly male voices in College Council, to her raucous and infectious laughter, to her warm-hearted encouragement to all of those who sought her counsel, to her generous guest appearances in my Women and Music Classes where she gave vivid, memorable stories about Fannie and Felix Mendelssohn," she shared. "Her tireless work and keen scholarship, resulting in various publications, is no better described than in the title of Helen's most recent book, *Passion vs. Duty*. The work about Felix Mendelssohn and Jenny Lind reveals how their passions shaped and determined their musical duties. The title alone describes Helen's own life and work."



Grebel Celebrates Pauline Bauman's 100th Birthday

On January 30, Grebel retirees gathered to celebrate the 100th birthday of the treasured Pauline Bauman. Pauline was an important part of Grebel's beginnings as secretary to the College's first three presidents. Grebel President Marcus Shantz thanked Pauline for fulfilling all that her role as secretary to the president (now called administrative assistant to the president) entailed. "This role influences the whole tone and spirit of the college. Pauline deserves a lot of thanks for shaping the culture of Grebel that we still enjoy today."

Winfield Fretz's daughter, Sara, sent warm greetings and fond memories of her family's past interactions with Pauline. "Pauline's genuine interest in others, and her quiet reflective way of selflessly giving to others, is indicative of someone who has lived out her faith in daily practice."

Pauline enjoyed this opportunity to see so many friends. "This has been lovely. I never expected a big party at all," she said. She said that she enjoyed all of her roles at Grebel, especially the times she had interacting with students.



Service Trip Builds Relationships

BY MARGIE McCLOSKEY, 4TH YEAR PACS AND POLITICAL SCIENCE STUDENT

During the February Reading Week, nineteen Grebel students embarked on a service trip to Marianna, Florida, to volunteer with Mennonite Disaster Services (MDS) in working to repair homes damaged during Hurricane Michael in 2018. In keeping with a long-standing tradition of service trips organized through Grebel, this experience provided us with the opportunity to connect with fellow students, learn skills, and build new relationships.

While there were many highlights of our time spent both travelling to and volunteering in Marianna, something that really stood out was the support and hospitality demonstrated by the long-term volunteers. As many of us undertook the learning curves associated with our various tasks, whether mudding drywall or positioning floorboards, the long-term volunteers never wavered in their patience. Their enthusiasm emphasized the values of service and intentionality that are at the heart of the work being done by MDS in this community and beyond.

Another memorable part of our time spent in Marianna was the

chance to connect with homeowners and community members. Hearing the stories of homeowners was a meaningful experience since it both emphasized the impact of volunteer work and the importance of the efforts being made through MDS. One of my fondest memories of the trip was when the children from the home we were working on told us, in joyful anticipation, how they planned to set up their bedrooms once the construction work was complete. For me, the value MDS places on engaging impacted individuals in the process of restoration shifted how I will go forward in thinking about community-building.



As a Peace and Conflict Studies student, I have studied the impact that climate devastation can have on individuals and communities, as well as the complexities that accompany restoration. On a personal level, this trip provided a context for the application of my classroom learnings. I appreciate MDS not only for its peace-centered and community-based focus, but additionally for the opportunity that the organization gives to students to engage with this valuable experience.

SPEECHES EXPRESS DIVERSE PERSPECTIVES ON PEACE

On March 11, three Grebel students competed in the C. Henry Smith Oratorical Contest. The contest invites students from Mennonite and Brethren in Christ colleges and universities across Canada and the United States to speak on peace issues. Catherine Bergs spoke on a feminist approach to the common narrative of Eve and Adam. She shared the importance of refusing to use this story as a way to criticize women's actions throughout history, as well as recognizing the feminine attributes of the Spirit. Victoria Lumax critiqued the ways technology has been used for weapons of war and as a replacement God. Henry Stevens challenged the audience to think about peace from the perspective of those who have paid dearly to prevent deaths. Catherine Bergs was awarded first place for her critique of anti-femininity narratives. Her recorded speech went on to compete in the bi-national virtual competition.

Watch the winning speech youtube.com/ConradGrebelUC



Graduating Students Share Stories of Personal Growth and Resilience

As the COVID-19 pandemic swept across North America in March, graduating students at Grebel came to the heart-breaking realization that they would not be ending their university career as they had imagined it. With just a few days to tie up loose ends and move out of the residence, good-byes were rushed and stressful.

The End-of-Term Chapel service, Banquet, and Talent Show had to be cancelled. Grebel's Convocation—the ultimate celebration of hard work and achievement—was postponed, tentatively to be held in October.

Despite these sudden setbacks and disappointments, Grebel students have shown their resilience. A beloved tradition at both the Winter End-of-Term Chapel service and the Community Supper prior to the Banquet is when several graduating students are asked to reflect on their university and Grebel experience. This year, students shared their reflections over Zoom videoconferencing, as nearly 100 students, staff, and faculty listened in.

Excerpts gathered in this spread hint at the powerful stories of hard-won insights, personal growth, and deep friendships shared by five graduating students. The reflections were almost more meaningful heard online at a distance, as listeners pondered the deep connections that they were missing during this time of social isolation.



MARISA DUNCAN

Bachelor of Applied Science, Systems Design Engineering, Cognitive Science minor

If I were to go back in time to talk to my younger self, I would tell her that being uncertain of yourself and your abilities is normal and common when going through university. Focus less on the outcomes and more on the process. Stop comparing yourself to others but surround yourself with others who see the potential in you. At Grebel there have been many occasions when others have offered me a spot at the table when I didn't think I belonged.

At Grebel I've also learned that having doubts or uncertainties in your faith is normal, that not everything is black or white. I learned to find awe in the wonder, and honestly, it's comforting to me to know that I can't fully comprehend how awesome and complex our God is.

"Uncertainty" now is basically a buzzword, up there with "unprecedented" and "flattening the curve." Now more than ever we collectively need to learn how to deal with uncertainty. It is clear that people deal with uncertainty in different ways, so blanket statements of advice seem futile. My encouragement to you, though, is that you've all dealt with uncertainty in the past and you've overcome it. We will overcome it, and we will grow from it.



REBEKAH LINDSAY

Bachelor of Science, Honours Kinesiology

Coming to university, I knew there would be many opportunities to build connections. The most valuable connections I have made in my academic program of Kinesiology are as a result of connecting with peers and those more knowledgeable than I am. Through them I have learned more about what I am studying, and they have opened my eyes to new opportunities and possibilities to grow.

When it comes to the Grebel community, I have connected and worked with so many different people. The diversity of this community is incredible, and I have learned so much from the various discussions and groups I have been a part of. Working with the Chapel Committee and Choir involved people from many different faith and family backgrounds. Each week I looked forward to the new insights that Ed, Kate, and the rest of the Chapel team had to offer. They challenged me to think in new ways about my faith and opened my eyes to new ways to worship, all while sharing the love and joy that this community exudes.

I will keep these connections, lifelong friendships, and memories as I move onto the next chapter of my life, because they provided me with a strong foundation and people that I can rely on in the years to come.



ALEX SKIPPER

Bachelor of Science, Honours Science,
Medical Physiology minor

When I began university, I thought I already knew who I was and that this identity would be unmoving. But change kept rolling in, and who I am now feels so far from who I was then. I've found friends that I know will last lifetimes. I've at last narrowed in on a career path I can't wait to pursue. I realized what love looks like for me and came out to my community.

All this change led to incredible outcomes, yet still was difficult to go through. Why that is, I think, lies partially in how I defined change to myself. I made mistakes in thinking of change as an inconvenience, not an opportunity—an event instead of a process. Re-framing how I think about the change in my life has been one of the biggest blessings of my Grebel journey.

Newness is something everyone encounters every day and can be hard to adapt to. But viewing this unpredictable pattern of change as an opportunity to build beauty and learning and growth into my life has helped me bridge the disconnect between the difficulty of change and the positivity of the outcomes. Surrendering to the improvisation of life has helped me to live into all the great things these past four years have given me.



CHARLOTTE BAKER

Bachelor of Arts, Global Business and
Digital Arts

When reflecting on my time at Grebel I can't help but smile. Grebel has shaped my entire university experience, through the highs and the lows, and it has helped me become the person that I am today.

Sometimes we shy away from what we don't know, or what we think might be weird—but the value of taking the leap of faith can be life-giving. In addition to saying yes to Grebel's many opportunities, it was at Grebel that I gained the confidence to say yes to myself, and create my own opportunities.

In second year, I coordinated a group of students to perform a musical number—something I had wanted to do for a long time—but had assumed no one would want to do it with me. After fighting with my internal fears of rejection, I decided to say “yes” to myself to try and make it happen. That thing I thought people would think was dumb or embarrassing brought together students from different years, programs, and friend groups. And my musical dream came true.

I love Grebel because nowhere else is there such a beautiful network of people that so badly want to support and uplift your creativity and new ideas. I believe that this community is one of the greatest blessings I've had in my life.



MYKAYLA TURNER

Bachelor of Science, Honours Health
Studies, Joint Honours Music

I've been surprised by the warmth and the love of the people around me. I didn't know I could laugh so much. I didn't know I could be that brave. I didn't know I could cry that hard or feel that deeply. I didn't know I could reach those goals or that I even had those goals. I didn't know I could have so much love for so many people. And I wouldn't have known any of this if it weren't for you, Grebel.

Grebel, you were nothing I expected—well, almost nothing. On my Grade 12 campus tour, a Grebel student walked with me towards the College. She told me how students sometimes say that walking up this path and seeing Grebel ahead feels like “coming home” after a long day of classes. And I remember thinking that I'd really like that. Well, Grebel, you may have defied every other expectation that I had, but when I hoped I would find a home in you, you were everything I expected and more. That's not to say that you aren't still surprising me.

I certainly didn't expect to graduate like this, but I also didn't expect that saying goodbye would be so hard. So perhaps in spite of myself, I want to thank you. Thank you, Grebel, for all the ways that you did and didn't surprise me. Thank you for being (almost) nothing I expected, but everything I needed.



Sareh Aghamiri, Thomas Fraser, Amir Locker-Biletzki, and Michelle Dow with donor Morgan Grainger (BMATH 2009)

2019-2020 Award Recipients

Congratulations to our scholarship and award winners! Thank you to all those who have set up memorial scholarships and awards to honour family members, as well as friends who have donated.

MUSIC

Agnes Giesbrecht

Choral Music Scholarship
Lillian Gutierrez-Zuniga, Andre Wiederkehr

Clemens Scholarships in Music

Stephanie Collings, Cameron Slipp, Nicholas Wong

Evanov Radio Group Music Award

Jacquelyn Morley, Gabriel Guerra

Ford-Harrison

Church Music Award
Yeabsra Agonfer, Eunice Femi-Gege, Jonathan Klassen, Nathaniel Kim, Abby Lobert, Rowan Martin, Matthias Mostert, Mykayla Turner

Helen ('Liz') Lane Music and Culture Award

Sarah Brown, Candace Bustard, Natalka Zurkowsky

Jean Caya Music Award

Kyla Leong-Poi

Judy Dyck Music Volunteerism Award

Cameron Slipp, Sarah Brown

Music and Culture Travel Award

Sarah Brown, Candace Bustard, Natalka Zurkowsky

Rudolf and Hedwig Rempel Music Award

Gabriel Guerra, Ashley Johnson, Mykayla Turner

PEACE AND CONFLICT STUDIES

Becky Frey Student Scholarship

Victoria Lumax

Elliot C. McLoughry Fund Scholarship

Charity Nonkes

Lina Wohlgemut Award

Devina Lookman

PACS Internship Award

Daria Kondrateva, Gabrielle McInnis

Peter C. and Elisabeth Williams Memorial Fund Scholarship

Elaina Mohr

Vic and Rita Krueger Family PACS Award

Victoria Lumax

Walter and Mary Hougham PACS Award

Rhonda Belous

William Dick PACS Field Study Award

Gabrielle McInnis, Theo Wiederkehr

RESIDENCE

Alice Eisen Leadership Award

Justin Wagler, Niki Wibisono

College Anniversary Legacy Award

Elijah Birley, Ben Burke, Max Chute, Andrew Dieleman, Sam Drekić, Enrique Duquesne-Torres, Gwendolyn Friesen, Sarah Harawa, Hannah Johnson, Benjamin Klassen, Jonathan Klassen, Jacob Kowalski, Hanne Kuhnert, Matthew McParland, Rebecca Shelley, Ian Miedema, Andre Wiederkehr, Isaac Painting, Serina Ykema-King

David Regier Student Award

Mason Carroll, Marisa Duncan, Catherine Fowler, Rebecca Koole, Ian Miedema, Gemma Ricker

Dorothy Bechtel Entrance Award

Catherine Bergs

Eby Leadership Award

Peter Bondi, Megan Gallagher, Mykayla Turner

George E. and Louise Schroeder Residence Award

Miriam Lindsay, Emily Moore

Good Foundation Scholarship

Bryce Kuepfer, Simon Chute, Joshua Rampersad, Joycelin Van Caulart

Grebel Student Award

Matthew Chase, Hannah Hill, Rebecca Lindsay, Alex Skipper, Piper Treadwell, Adam Neufeld

Hildebrand Family Award

Margaret McCloskey, Jaclyn McDougall, Brandon McMurray, Jenna Hiemstra, Victoria Lumax, Gemma Ricker, Adam Neufeld, Ananya Xavier

Jacob Andres Achievement Scholarship

Marcus Kruger

Joan Weber Award

Hannah Kaethler, Anna Kuepfer, Matthew McParland

Klassen Religious Studies Award

Jonathan Klassen, Elaina Mohr

Lucinda Robertson Scholarship

Matthew Chase, Hannah Bernstein, Victoria Lumax

Marpeck Leadership Award

Braden Bakker, Caleb Dueck, Noah Mandau, Mary McPhee, Sophia Rahn

Mennonite Diversity Award

Ben Wiebe

Mennonite Matching Funds

Thea Andres, Katarina Dyck Steinmann, Anya Fieguth, Colin Funk, Tessa Hedrick, Hannah Kaethler, Asa Suderman-Gladwell, Michael Whitford

Merv and Mary Ellen Good Award

Katrina Fluit

Nathan Paul Krueger Wiebe Award

Boushrah Fanous

Out-of-Province Mennonite Entrance Award

Matt Dick, Simon Friesen, Colin Funk, Sydney Martens, Amy Wiens

Peaceworks Technology Solutions Award

Hannah Bernstein, Jessica Bohm, Mary McPhee

Richard and Betty Dyck Volunteerism Entrance Award

Samuel Farkas, Hannah Johnson, Jordan Li

Robin Coupland Jutzi Award

Grace Bock, Leon Li

Rockway Mennonite Collegiate Diploma Scholarship

Thea Andres, Ashley Brubacher, Katarina Dyck Steinmann, Anya Fieguth, Tessa Hedrick, Katie Martin, Maya Morton Nonomiya, Leah Schapansky, Eric Wildfong

Sauer Family Award

Megan Gallagher, Piper Treadwell, Rachael Wu

Spirit of Generosity Award

Ananya Xavier

Stauffer Entrance Award

Kate Bradley, Kaitlyn Roth

Student Council Award

Jazmin Brown, Madeleine Neufeld, Sarah Odinotski

Upper Year Residence Award

Zoe Andres, Lorena Diller Harder, Katrina Steckle, Cassidy Wagler, Theo Wiederkehr



Miriam Lindsay, Emily Moore, Serina Ykema-King, and Hanne Kuhnert with donors Louise and George Schroeder

MASTER OF PEACE AND CONFLICT STUDIES

Global Conflict Management and Transformation Award

Brendah Ndagire, Abina Nimalraj, Sandrine Uwimana

Mennonite Diversity Award

Rebecca Chinamasa

MPACS Impact Award

Thomas Fraser

MPACS Internship

SeyedehSareh Aghamiri, Sarah Bott, Rebecca Cheskes, Chidinma Ewelike, Simmi Hansra, Peter Kiuru Kariuki, Nathalie Kroeker, Ivonne Morales, Obaid Said, Stephanie Schreuders, Moffat Sithole

MPACS Student Support

Sana Adeel, SeyedehSareh Aghamiri, Sydnee Belford, Jacob Benjamin, Jillian Bjelan, Sarah Bott, Emily Charron, Rebecca Cheskes, Michelle Dow, Chidinma Ewelike, Raphael Freston, Adam Grenier, Simon Guthrie, Simmi Hansra, Peter Kariuki, Nathalie Kroeker, Heidi Lamb, Sherwin Lau, Emily Litster, Amir Locker-Biletzki, Katherine MacGregor, Ivonne Morales, Stella Mozin, Thomas Pestell, Braiden Preece, Obaidullah Said, Stephanie Schreuders, Emily Singh, Moffat Sithole, Claire Smith, Sandrine Uwimana, Mathilda Wehling

Rotary Peace Scholarship Award

Thomas Fraser, Brendah Ndagire

Schultz Huxman MPACS Award

Brendah Ndagire

Vic and Rita Krueger Family MPACS Award

Raphael Freston, Sherwin Lau, Moffat Sithole, Claire Smith

CONFLICT MANAGEMENT CERTIFICATE PROGRAM

Congregational Leadership Formation

Kellie McComb

Landau Family Scholarship

Muhammad Zeeshan Adhi, Shelly Nixon

Rotary Peace Scholarship Award

Laura Severinac

THEOLOGICAL STUDIES

A. James Reimer Award for MTS

Brad Bauer, Jared Vander Meulen

Clifford Snyder Memorial Bursary

Lucas Jervis

Full Time TS Tuition Award

Janelle Arnold, Amelia Baker, Bradley Bauer, Rebecca Booker, Lucille Bouwman, Douglas Clarke, Samantha Coelho, Kathryn Cressman, Carlo De Vito, Timothy Elliott, Colin Friesen, Emmanuel Israel, Lucas Jervis, Frank Kiss, Peter Kranenburg, Lily Maryo, Cynthia Noel, Paulinus Okoye, Paul Plato, Lindsay Ralph, Lesley-Ann Reed, Glenda Ribey Rozomiak, Heather Samuel, Seanna Sheffield, Jared Vander Meulen, Colin Wallace, Joshua Woodcock

Graduate Student Support Fund

Janelle Arnold, Karen Browne, Emmanuel Israel, Chan Young Kim, Bruno Siqueira

J.H. Janzen Award

Brad Bauer, Frank Kiss, Joshua Woodcock

Jane Plas Scholarship

Amelia Baker

Magdalena Coffman Scholarship

Rebecca Booker

MCEC Ministerial Leadership Award

Mollee Moua, Rebecca Penner, Nicholas Schuurman

Mennonite Diversity Award

Mollee Moua

Pastoral Training Award

Lucas Jervis

Reimer Scholarship in Theological Studies

Janelle Arnold, Carlo De Vito

Stephen Family Theological Studies Entrance Award

Lily Maryo

WMCEC Theological Studies Award

Amelia Baker

TORONTO MENNONITE THEOLOGICAL CENTRE

A. James Reimer at Toronto Mennonite Theological Centre Award

Sarah Johnson

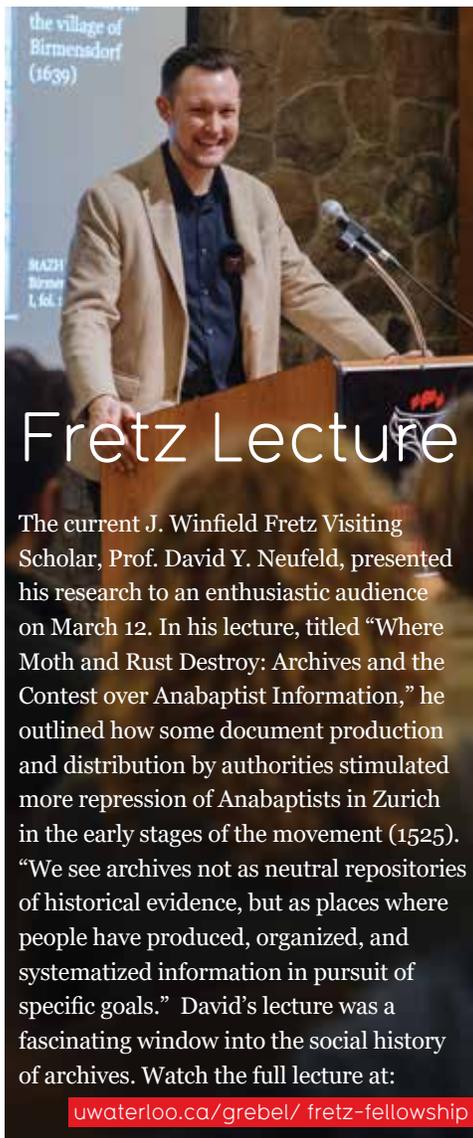


Rebecca Chinamasa, Mollee Moua, and Ben Wiebe with donor Mary Groh



MAP THE SYSTEM

Twenty-eight hard-working teams harnessed the power of systems thinking to map out important problems for the University of Waterloo's second annual Map the System competition, hosted in April by the Kindred Credit Union Centre for Peace Advancement. Congratulations to Emma McDougall, Kaitlin Webber, and Sam Petrie, who won first place for their research into the socioeconomic transformation of neighbourhoods along Waterloo Region's new light rail corridor. The top three teams received a total of \$3500 in prize money, with the first place team also earning a spot in the Canada Final Showcase on May 8. The Centre thanks the competition's sponsors, Kindred Credit Union, Sarena Asset Management, and UWaterloo's W Store, who sponsored the 1st, 2nd, and 3rd place prizes, respectively.



Fretz Lecture

The current J. Winfield Fretz Visiting Scholar, Prof. David Y. Neufeld, presented his research to an enthusiastic audience on March 12. In his lecture, titled “Where Moth and Rust Destroy: Archives and the Contest over Anabaptist Information,” he outlined how some document production and distribution by authorities stimulated more repression of Anabaptists in Zurich in the early stages of the movement (1525). “We see archives not as neutral repositories of historical evidence, but as places where people have produced, organized, and systematized information in pursuit of specific goals.” David’s lecture was a fascinating window into the social history of archives. Watch the full lecture at:

uwaterloo.ca/grebel/fretz-fellowship



Food and Faith

This year’s theme for the Bechtel Lectures in Anabaptist-Mennonite Studies series was faith and culture’s contribution to the ways and reasons that farmers, specifically those who are Mennonite, grow our food. The first of the two events opened on January 31 with a film screening of Paul Plett’s *Seven Points on Earth*, offering a glimpse into the lives of Mennonite farmers around the world. The viewing was followed by a conversation with the filmmaker in which the audience asked about his story-telling process. Paul explained the care he took to treat these farmers’ stories with dignity and respect, highlighting the commonalities of Mennonites across cultural contexts.

February 1 began with a farmers breakfast panel in which local Mennonite farmers (pictured above, l-r) Chris Mullet Koop, Angie Koch (BA 1999), Sarah Martin-Mills, Mark Reusser, and Lloyd Frey shared their experiences in food production. Topics of the panel included pacifism in relation to the land and the importance of inviting consumers to see and understand food production. It was rewarding to hear diverse experiences of caring for farmland while shining a light on food production. Angie remarked that it is important to “draw people into their food story.” This discussion displayed the ways that Mennonite values of community and creation care can contribute to the farming lifestyle.



Archives Promote Connection

BY LAUREN HARDER-GISSING, ARCHIVIST-LIBRARIAN

These statistics may appear very dry and uninteresting to the outsider, but . . . I must confess that working with them cost me sleepless nights and nightmares, as all these faces rose up from the past. ~ Agatha Schmidt

Agatha Schmidt (pictured, right) wrote and painted to tell the story of her Russian Mennonite village’s experiences of war and displacement. Her papers, now preserved in the Mennonite Archives of Ontario, may appear “dry and uninteresting” at first glance, but they are charged with her fervent dedication to preserving memories of a vanished community.

In January, I attended a workshop on cultural heritage and wellness in Newcastle, England. This was a unique experience to learn about how archives and museums in many parts of the world are using their collections to promote wellness and connection in their communities.

One of the hardest thing for archivists to learn is how to relax about our collections! We practiced techniques for allowing visitors to safely touch rare historical materials, acknowledging the human longing to connect through all our senses. We also tried card games, sketching exercise,s and guessing games as forms of “play” that acknowledge we all bring our own personal states of mind and heart to our encounters with history. I was able to try some of these techniques with Grebel classes this winter.



Encountering a centuries-old manuscript up close creates a memorable connection with the past (Hutterite Codex, 1653-54)

A Sampling of Scholarship

In addition to classroom teaching, faculty and other academic personnel at Grebel accomplish a wide range of scholarship and service in the academy, church, and community. Here is just a sampling of recent activities and achievements:

JENNIFER BALL conducted a three-part Circle training via Zoom for the leadership of Gather the Women Global Matrix, an international organization with the vision to connect women globally through Circle, toward “personal and planetary transformation.”

ALICIA BATTEN published “The Gospel in Ancient Mediterranean Context,” in *A Companion to World Literature, Volume One*, edited by Wiebke Deneke and Ilaria Ramelli. (London, UK: Wiley Blackwell, 2020.)

JEREMY BERGEN published “Doctrine, Stability, and Human Speech within God,” *The Conrad Grebel Review* 37, no. 2 (Spring 2019: 190-199.)

MARLENE EPP published “Responding to ‘War’s Havoc’: The Relief Work of Mennonite Women,” in *Making the Best of It: Women and Girls of Canada and Newfoundland During the Second World War*, edited by Sarah Glassford and Amy Shaw. (Vancouver: UBC Press, 2020.)

LOWELL EWERT, Derek Suderman, and Mary Lou Klassen submitted a collaboratively written chapter entitled *Justice, Mercy, and Faithfulness: Human Rights and Mennonite Faith in the Context of Peacebuilding Practice* to a publication growing out of the June 2019 Global Mennonite Peacebuilding Conference in the Netherlands, where they all participated in a panel discussion on the same topic.

NATHAN FUNK published “A Landscape of Hope and Possibility: The Resilient Mind and Imagination of Ameen Rihani” in *Reshaping Landscapes of Arab Thought: Legacies of Kahlil Gibran, Ameen Rihani, and Mikhail Naimy*, ed. May A. Rihani and Michael W. Dravis (College Park, MD: University of Maryland, 2019, pp. 69-84.)

PAUL HEIDEBRECHT was invited to contribute to a “Digital Peacebuilding” consultation organized by the Toda Peace Institute and hosted by the PeaceTech Lab at the U.S. Institute of Peace in Washington, DC, on March 9-10, 2020.

JANE KUEPFER published “Entering a Different World: Understanding what sustains, supports and connects the spiritual resources of those living with dementia in a multi-cultural context” in a new publication of the Canadian Multifaith Federation.

ERIC LEPP has a chapter entitled, “Read the Room: Side-by-Side methodology in a Belfast ice hockey arena” being published in the coming months in *The Companion to Peace and Conflict Fieldwork* edited by Roger Mac Ginty, Roddy Brett and Birte Vogel. (Palgrave Macmillan.)

DAVID NEUFELD with Randolph Head recently published the entry for “Switzerland” in *Oxford Bibliographies Online: Renaissance and Reformation*. He has a forthcoming article on early Swiss Anabaptism in *Companion to Anabaptism*. (T&T Clark.)

REINA NEUFELDT’S chapter “Judging Peacebuilding: Attending to Values in Evaluation” was published in the edited volume *New Directions in Peacebuilding Evaluation*. (Rowman & Littlefield, 2019.) She also has an article with Rich Janzen on youth-led community based research and peacebuilding in Haiti in the journal *Action Research*.



Paul Heidebrecht and Lisa Schirch (BA 1990) met up in DC at Toda Peace Institute.

CAROL PENNER published a chapter entitled “Mennonite Women Doing Theology: A Methodological Reflection on Twenty-five Years of Conferences,” in the book *Recovering from the Anabaptist Vision: New Essays in Anabaptist Identity and Theological Method*. Edited by Laura Schmidt Roberts, Paul Martens, and Myron Penner. (New York: Bloomsbury T&T Clark, 2020, pp. 53-76.)

KATE STEINER presented a paper in January entitled “Local Music and the early Lady Mass in insular sources” to the medieval seminar at the North American Academy of Liturgy.

DEREK SUDERMAN presented three papers at conferences last summer, two at the Society of Biblical Literature in Rome, and one at the Global Mennonite Peacebuilding Conference in the Netherlands. Over Reading Week he conducted a 26-hr. course on the Old Testament to ‘Brethren in Christ’ leaders in Cuba. The course, taught in Spanish to 32 participants, included the Bishop and Executive Committee of this Mennonite World Conference-affiliated denomination.

MAISIE SUM has been invited to give a collaborative workshop on “Ethnomusicology and the Human Sciences: Mutually Incompatible or Mutually Informative?” at the upcoming *Analytical Approaches to World Music* Biennial Conference this summer in Paris, France.

KAREN SUNABACKA presented a concert of her solo piano music with pianist Darryl Friesen at a Grebel Noon Hour Concert in January. In early March she travelled to the Music by Women Festival in Columbus, Mississippi to present her piece titled *Ripples* (a duet for viola and cello).

Award Honours Alumnus Serving Community's Deepest Needs

KATRINA STECKLE, COMMUNICATIONS CO-OP WRITER

John Neufeld (BA 1996) has continually served the communities around him, whether through leadership or behind the scenes, at Grebel or in the broader Waterloo Region. In recognition of his generous and dedicated service, Grebel has named him the 2019 Distinguished Alumni Service Award winner.

Since 2009, John has served as the executive director of House of Friendship, a social service organization based in Kitchener that now supports 42,000 individuals every year with 200 team members and over 1,700 volunteers.

“House of Friendship is on the forefront of some of our most pressing community challenges,” he explains. “Our work cuts across many interrelated issues—housing and shelter, food insecurity, addiction, and poverty.

“We get to tackle wicked problems with incredibly passionate, smart, and dedicated team members. We work hard each day to help people feel like they belong. Immigrating to Canada as a child, I felt the deep pain of not belonging. Having the opportunity to ensure others feel like they belong as part of my work is beyond rewarding.”

“Put simply, John is one of the most effective community leaders in Waterloo Region,” remarked Grebel President Marcus Shantz. “John has the rare gift of being able to talk and listen to almost anyone, from all walks of life. And he has used that gift to draw all kinds of different people into supporting the mission of House of Friendship—serving the deepest needs in our community.”

The award winner came to Grebel in 1995 to pursue a Bachelor of Arts in Social Development Studies from UWaterloo and Renison College after earning a Bachelor of Theology from Canadian Mennonite University. He was an active participant in Grebel chapel and community suppers, and fondly remembers lively mealtime discussions that pushed him to grapple with different points of view.

“Grebel taught me the importance of bringing diversity of thought, discipline, background, strengths, and experiences around the same table,” John noted. “I am incredibly grateful for the nourishing environment Grebel provided for me.”

“Grebel strives to nurture values of generosity and engagement, challenging and encouraging students and faculty to engage in compassionate service and community building,” remarked Nancy Dykstra (BES 1984), Chair of Grebel’s Alumni Committee. “John lives the ideals and purposes of Conrad Grebel University College.”

The award was presented during Community Supper on February 5. In his comments to students, John described his quest for love and belonging.

Pictured (l-r): Nancy Dykstra, John Neufeld, Marcus Shantz



Alumna Named Executive Minister

In March, Mennonite Church Eastern Canada (MCEC) announced the appointment of Leah Reesor-Keller as their next Executive Minister. Leah graduated from the University of Waterloo in 2008 with a double major in Peace and Conflict Studies and Political Science, and was active in the residence program. She leaves a role as Community Program Manager at the House of Friendship. Prior to that, she and her husband Luke (BASC Mechanical Engineering 2008) were Country Representatives for Mennonite Central Committee in Nepal. This work included coordinating disaster response after the earthquake of 2015.

“The courses in PACS and Religious Studies that I took at Grebel solidified the link for me between faith and action. I’m so excited to bring that with me into this new role with MCEC.”

Another Grebel alumnus, David Martin (BA 1978), who is retiring this summer, currently holds the position of Executive Minister with MCEC.



GREBEL REUNION | '60s ERA

UWATERLOO ALUMNI WEEKEND

**SEPT
26
11AM**

We know it doesn't feel like 50 years since you graced the Grebel halls, but it's time to join your close companions, long-lost friends, prank partners, and conversation compatriots at a special '60s-era Grebel alumni luncheon with your favourite host, Eric Friesen (BA 1967)!

Contact Nancy Regehr (1968) on the Alumni Committee or Alison Enns to help plan.

\$25/PERSON. REGISTRATION OPENS IN THE SUMMER: grebel.ca/reunion

AN EVENING OF NUNSENSE

Grebel presented *Nunsense*, an off-Broadway hit musical comedy (book, music and lyrics by Dan Goggin), February 20-23. This comical tale was a fundraiser for Grebel's Fill the Table campaign for the kitchen and dining room expansion. Director and musical director of the show Lisa Hagen took music courses at Grebel, returning for this imaginative production. The cast included Grebel staff, parents, and friends. Advancement Assistant Alison Enns (pictured above) co-produced the show and played Sister Amnesia. She was joined by Sarah Scott, Tracy Weber, Vicci Taylor, and Heather Agnew. The staff-initiated event raised over \$8500 for the campaign!

PAST ALUMNI GATHERINGS

For Grebel alumni who are unable to make it to the College for events, Director of Advancement Fred W. Martin takes care to plan smaller alumni gatherings in various cities. Events over the past six months included a Doon Lantern tour in Kitchener (picture 4), a Raptors game in Toronto (3,5), and an evening of jazz in Toronto (1,2).



People and News

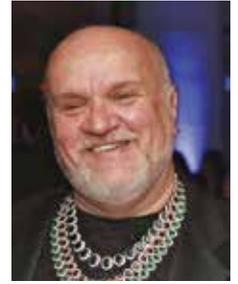


Robyn (BASC 2004) and **Kirk Schmidt** (BMATH 2004), along with their son, stopped in at Grebel for Community Supper in January, travelling from their home in Calgary.



Grebelites are thankful to **Kindred Credit Union** as they hit the ice this winter in brand new hockey jerseys! Kindred Credit Union generously sponsored 20 brand-new hockey jerseys for the intramural team. Kindred Branch Manager **Andrew Yantzi** (MBET 2012) played on Grebel’s intramural hockey team as a student and was excited to give back to the community.

KEEP IN TOUCH! SEND US YOUR NEWS!
 Send us a note to share about your life since graduation. We'd love to hear about adventures, career, family, retirement, babies, weddings, or general updates. Email grebel@uwaterloo.ca



A hearty congratulations to Grebel Alumni **Paul Born** (BA 1987) and **Eric Friesen** (BA 1967) who have been named Members of the Order of Canada! Paul is the Co-Founder and Co-CEO of Tamarack Institute and has devoted his energy to strengthening communities. Eric is a revered broadcaster, writer, and speaker on music, culture, and faith. Another congratulations to **Salah Bachir** (a Grebel resident from the '70s), who was appointed to the Order of Ontario. Salah is an entrepreneur, Ontario College of Art and Design Chancellor, a patron of the arts, a LGBTQ champion, and advocate of healthcare fundraising.



The Mennonite Historical Society of Canada has invited Grebel Archivist-Librarian **Lauren Harder-Gissing** (BA 1991) to co-author a book on the history of Mennonites in Canada from 1970 to 2020. “Many remarkable changes have occurred among Canadian Mennonite communities in the past 50 years. I look forward to hearing and telling these stories,” Lauren reflected. She will be collaborating with **Brian Froese**, Associate Professor of History at Canadian Mennonite University.

The Kindred Credit Union Centre for Peace Advancement named five new Research Fellows who are making important contributions to peace research and peacebuilding efforts locally and globally. Their work aligns with the Centre’s strategic commitment to supporting research that is action-oriented or impact-focused. Congratulations to **Brice Balmer, Marlene Epp, Lowell Ewert, Branka Marijan, and Jessica West**.

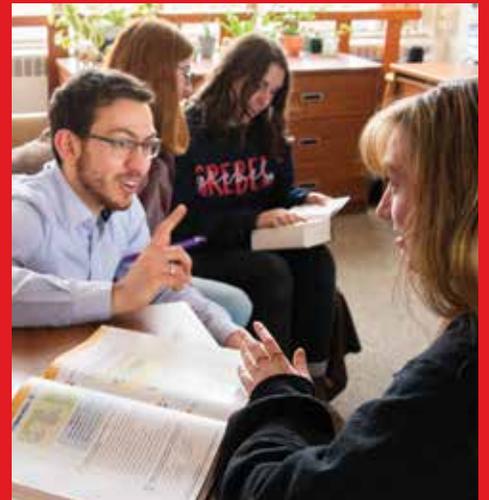
EXPERIENCE GREBEL VIRTUALLY!

Do you know someone planning to attend UWaterloo in the fall or in coming years? We need your help as alumni, parents, families, and friends to spread the word about Grebel! Students can experience Grebel with a virtual tour as they get a taste of residence life and our academic programs!



Learn more:

grebel.ca/tours





Sarah Johnson (BA 2007, MTS 2008), a PhD Candidate in Theology at the University of Notre Dame and member of the editorial board of *Voices Together*, was a guest in Kate Steiner's Christian Hymnody class. Sara presented on the process of making the new hymnal, from the choice of the editorial board to the medium of a hymn book. She also discussed the theological concerns of the editors and how the repertoire reflects them.



Finalists of orchestra@uwaterloo's Concerto and Aria Competition gathered on February 1 for their finishing performances. "All three of the finalists play at an incredibly high level. Each one would have been an excellent choice," commented Daniel Warren, conductor of the orchestra@uwaterloo and one of the judges on the panel. **Ashley Yip** (centre) was announced winner, with **Garnet Zhao** (left) runner-up, and **Robert Choi** (right) finished third.



FREE CHAPEL CHOIR CDS!

If you still have a CD player and would like to own a piece of history, Grebel is giving away Chapel Choir CDs! You just need to cover the postage. Email music@uwaterloo.ca to arrange this acquisition of a lifetime!



Darren Hamilton, the founder and artistic director of Waterloo Region Mass Choir, led a workshop for Grebel students in January. Students involved in the Chapel Choir and Grebel's Worship Practicum course enjoyed the opportunity to learn about gospel music from Darren and to learn several songs by rote.



On February 26, Music alumna **Mary-Catherine Pazzano** (BA 2010) was accompanied by pianist **Paul Stouffer** for a Noon-Hour Concert at Grebel. Her powerful voice captivated the audience throughout jazzy renditions of Leonard Bernstein's music. Mary-Catherine recalled her time in the UWaterloo Music Department and how it prepared her for the various projects she is involved in.

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Calendar

When Grebel Reopens

Growing Family: Design & Desire in Mennonite Genealogy Archival Exhibit

When Grebel Reopens

Not Traumatic Enough for a Shock Blanket
Grebel Gallery Exhibit

August 9-21, 2020

Ontario Mennonite Music Camp

September 26, 2020

'60s Era Reunion

October 25, 2020

Convocation

November 19, 2020

Bechtel Lecture with Sofia Samatar

DATES ARE ALL TENTATIVE, SUBJECT TO PUBLIC HEALTH RECOMMENDATIONS

uwaterloo.ca/grebel/events



THURS
NOV
19

BECHTEL
LECTURE IN
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STUDIES

WITH SOFIA SAMATAR

Professor of Literature at James Madison University and Fantasy Author



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#Grebelife



Enjoying a campfire during Frost Week activities



Spontaneous picnic lunch



The Menno Youth Singers with the Chapel Choir at a special service



Mocktails night hosted by the Apartment Associates



Open kitchen cooking contest



Winter fun



#HeForShe Community Supper



Three Presidents: Marcus Shantz, Feridun Hamdullahpur, Mykayla Turner

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