



From the Office of the President

John P. Fitzgibbons, S.J.
REGIS UNIVERSITY | DENVER, COLORADO

**A Prayer to help you through these troubled times
Office of the President
March 23rd, 2020**

Dear friends of Regis University,

As I meet with my cabinet on a daily basis to discuss our response to the COVID-19 virus, I wanted to share with you what we are doing to keep our students safe and your university functioning.

The University took the decision to move all classes online for the remainder of the semester from March 16. We are virtual but not closed. Our hearts and minds remain open and we are safeguarding many residential students who remain on campus.

In adherence to state and federal guidance, we have canceled all events that were scheduled for March and April. This includes daily and weekly Mass, career fairs and our senior send-off celebrations.

I understand that many of our alumni and students look forward to these events, but their health and wellbeing are of paramount importance.

I wanted to share with you a prayer by the Scottish theologian William Barclay. I pray that it brings you some peace in your heart and mind.

The Prayer of Intercession.

O God our Father,
help us all through this day so to live that we may bring help to others,
credit to ourselves and to the name we bear,
and joy to those that love us, and to thee.
Help us to be cheerful when things go wrong;
persevering when things are difficult;
serene when things are irritating.
Enable us to be helpful to those in difficulties;
kind to those in need;
sympathetic to those whose hearts are sore and sad.
Grant that nothing may make us lose our tempers;
nothing may take away our joy;
nothing may ruffle our peace;
nothing may make us bitter towards anyone.
This we ask for thy love's sake. Amen.



I have also included a link to [Soulcare for Troubled Times](#), a document created by Betsy Hall Ph.D., Associate Dean of the Division of Counselling and Family Therapy. As Jesuits, we practice *Cura Personalis*, the care for the mind, body, and spirit.

During these troubling and uncertain times, the suggestions in this document will help us take control of our emotions, and calm our thoughts. Please feel free to share it with your friends and loved ones.

Please stay up to date with all that Regis is doing to keep our students, staff, and faculty safe by visiting www.regisupdates.com.

Thank you for your support and understanding during these trying times.

Rev. John P. Fitzgibbons, S.J.
President, Regis University