

FEBRUARY 16

WHAT'S THE  
**WORD**

**ASH WEDNESDAY  
SERVICES**

**COMMUNITY MESSAGES**

**BLOOD DRIVE  
DONATION**



**SPRING 2021**  
UNIVERSITY OF THE INCARNATE WORD

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## Message from Campus Engagement

This issue of What's The Word is filled with information and chance for you to participate in fun activities virtually and in person. All activities will adhere to safety guidelines in the Cardinal Flight Plan.

Search UIW ENGAGE for all FREE events from Campus Engagement. Enjoy opportunities from the Wellness Center and Career Services and find out what exciting events they have for you to enjoy this Spring semester. Take this opportunity to learn more about what is available outside the classroom.

"We generate fears while we sit. We overcome them by actions."  
- Dr. Henry Link

**Praised be the Incarnate Word!**

# IT'S A SNOW DAY AT UIW!

Find the most recent event information at [UIW Engage](#)

**THERE HAVE BEEN  
SOME CHANGES TO  
THIS WEEK'S STUDENT  
ACTIVITY. TAKE A  
LOOK AT THE  
DIFFERENT EVENTS  
AND GIVEAWAYS WE  
HAVE PLANNED FOR  
YOU.**

**STAY SAFE...**

**ACTIVITY PACKET:**

**[HTTPS://UIW.CAMPUSLABS.COM/ENGAGE/ORGANIZATION/  
CAMPUSENGAGEMENT/DOCUMENTS/VIEW/1881629](https://uiw.campuslabs.com/engage/organization/campusengagement/documents/view/1881629)**

# STAY WARM AND HAVE SOME FUN...

With these activity pages and check out our virtual events and activities with prizes and giveaways.

## MONDAY, FEB 15

### #UIWSNOWDAY Social media giveaway

Tag us at @uiwcampusengage and use #uiwsnowday to show us how you are celebrating this snow day for a chance to win an amazon gift card!

## TUESDAY, FEB 16

### Mardi Gras Mask Contest | winners announced Tuesday at 6pm on social media

Find our blank mask templates in our Activity Pack and submit your mask to [campusengagement@uiwtx.edu](mailto:campusengagement@uiwtx.edu) for a chance to win a Mardi Gras giveaway!

### Mardi Gras Trivia | 4pm | UIW Engage/Zoom

Visit UIW Engage for the zoom link for a Mardi Gras Trivia! All contestants get a Mardi Gras goodie bag but only two will receive UIW Bookstore Gift Cards.

## WEDNESDAY, FEB 17

### Ash Wednesday Service | 12pm | Virtual only (no ash distribution)

Be sure to tune in to Mission and Ministry's virtual Ash Wednesday Liturgy of the Word. Register and get zoom information at <http://bit.ly/UIW-Ash-Wednesday>.

### Name That Tune | 4pm | UIW Engage/Zoom

Do you think you know music? Visit UIW Engage for the zoom link for this week's Name That Tune event information and a chance to win a prize.

## THURSDAY, FEB 18

### A Scavenger Hunt | 4pm | UIW Engage/Zoom

Visit UIW Engage for the zoom link for a quick scavenger hunt around your home/room!

# UIW ENGAGE



## YOUR INVITATION TO EVERYTHING CAMPUS ENGAGEMENT IN 3 EASY STEPS

### STEP 1

Visit [uiw.edu](http://uiw.edu)  
and log in to  
Cardinal Apps

### STEP 2

Click on the **ENGAGE** tab. Use  
the search bar to find an  
organization or view events  
that are listed.

### STEP 3

Click on the event and enjoy!  
Win prizes and swag and have  
fun!

### WHAT WILL YOU FIND?

- Competitions for awesome prizes
- Over 100 student organizations
- Student Government and Campus Activities Board
- Movie night with friends - CHAT ROOM AVAILABLE
- DIY step-by-step interactive activities
- Opportunities to meet other students
- LIVE talent shows and music concerts
- POP UP shops, POP UP giveaways and POP UP karaoke

[CAMPUSENGAGEMENT@UIWTX.EDU](mailto:CAMPUSENGAGEMENT@UIWTX.EDU)

210-829-6034

# GET YOUR THERMOMETERS READY!

## CARDINAL DAILY HEALTH CHECK IS HERE!

The Cardinal Daily Health Check, a web-based tool, must be completed by all employees, students, and guests before visiting any UIW location.

After a successful daily health check, users will be emailed a ticket they use to verify completion of the screening.

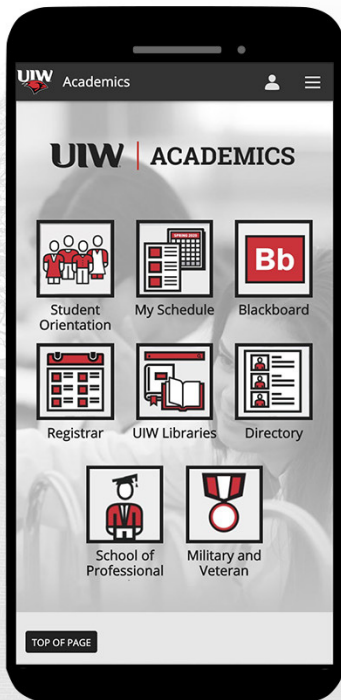
Staffed checkpoints, supervisors, faculty members, athletic staff, and others may ask to see this ticket to help our community minimize transmission risks.



For detailed instructions and more information, please visit <https://www.uiw.edu/cardinal-daily-health-check/>.



Scan this QR code to go to the Cardinal Daily Health Check.



## DOWNLOAD THE OFFICIAL UIW MOBILE APP

Use the app for quick access to important information and university resources.

Stay tuned for updates as we work to bring you additional features and integrations!



Campus Map



Blackboard



Calendar of Events



University and Athletics News



Emergency Contacts and Information



Look for it on the Apple App store and Google Play store.

# Lent 2021



## Ash Wednesday

Virtual Liturgy of the Word  
12:00 pm

<http://bit.ly/UIW-Ash-Wednesday>

Due to inclement weather our service will be held virtually

## Lenten Resources

### Podcast: Bible in a Year with Fr. Mike Schmitz by Ascension Press

Ascension's Bible in a Year Podcast, hosted by Fr. Mike Schmitz and featuring Jeff Cavins, guides Catholics through the Bible in 365 daily episodes with 20-25 minute episode includes: two to three scripture readings a reflection from Fr. Mike Schmitz and guided prayer to help you hear God's voice in his Word.



### Weekly Virtual Rosary

Wednesdays 12:00 pm  
[http://bit.ly/uiw\\_wed\\_rosary](http://bit.ly/uiw_wed_rosary)

Daily Mass  
12:00 pm Monday - Thursday  
Our Lady's Chapel

*breathe*  
UIW YOUNG ADULT MINISTRIES

Tell us more about you and how you would like nurture your faith in college through the many ministries offered through University Mission and Ministry:  
<https://universityofthecarnate.flocknote.com/>

# Sunday Morning Mass Returns



## IN-PERSON SUNDAY MASS FOR UIW STUDENTS

University Mission and Ministry has prepared Our Lady's Chapel for in-person Sunday Mass. Seating is limited to adhere to social distancing protocols and registration will be required.

Mass will also be live streamed.

To attend in-person sign up each week through Flocknote:

<https://universityoftheincarnate.flocknote.com/>




To attend virtually register here: <http://bit.ly/UIW-1st-Sun-Lent>




[ministry@uiwtx.edu](mailto:ministry@uiwtx.edu)



# LENT 2021 | Reflect. Repent. Restore.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 <p>CNS/Nancy Wiehce</p>			<p><b>February 17</b> </p> <p><b>Ash Wednesday—<i>Lent Begins</i></b></p> <p>Ashes are sprinkled on our heads so that the fire of love can be kindled in our hearts. We are citizens of heaven, and our love for God and neighbor is our passport to heaven.</p> <p>(Pope Francis, Ash Wednesday, 2020)</p>	<p><b>February 18</b></p> <p>Begin your journey with self-reflection and allow yourself to experience the mercy of the Lord. How will you renew your commitment to prayer, fasting and almsgiving this season?</p>	<p><b>February 19</b> </p> <p>Abstaining from meat and other indulgences during Lent is a penitential practice. Do you have questions about fasting? We've got <a href="#">answers!</a></p>	<p><b>February 20</b></p> <p>Begin your day with the Bible. <a href="#">Read</a> or <a href="#">listen</a> to the daily readings.</p>
			<p><b>February 21</b></p> <p><b>First Sunday of Lent</b></p> <p>“This is the time of fulfillment. / The kingdom of God is at hand. / Repent, and believe in the gospel.”</p> <p>(Mk 1:15, <i>Lectionary</i>)</p>	<p><b>February 22</b></p> <p>Today is the feast of the Chair of St. Peter! This feast reminds us of the significance of the ministry of St. Peter and the succession of popes who followed in his footsteps. Say a <a href="#">prayer</a> for Pope Francis, successor of St. Peter.</p>	<p><b>February 23</b></p> <p>“If you forgive men their transgressions, / your heavenly Father will forgive you. / But if you do not forgive men, / neither will your Father forgive your transgressions.”</p> <p>(Mt 6: 14-15)</p>	<p><b>February 24</b></p> <p>Catechumens who have been preparing for baptism will soon be initiated into the Church. Say a prayer for all the elect, whose journeys of spiritual growth have led them to becoming our brothers and sisters in Christ.</p>

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p><b>February 28</b></p> <p><b>Second Sunday of Lent</b></p> <p>As one of the three pillars of Lenten practice, almsgiving is “a witness to fraternal charity” and “a work of justice pleasing to God.”</p> <p><i>(Catechism of the Catholic Church, no. 2462)</i></p> <p>Consider making a recurring gift to your parish.</p>	<p><b>March 1</b></p> <p>Jesus said to his disciples: “Be merciful, just as your Father is merciful. Stop judging and you will not be judged. Stop condemning and you will not be condemned. Forgive and you will be forgiven.”</p> <p><i>(Lk 6:36-37, Lectionary)</i></p>	<p><b>March 2</b></p> <p>“As each one has received a gift, use it to serve one another as good stewards of God’s varied grace.”</p> <p><i>(1 Pt 4:10)</i></p> <p>How can you use your time and talents to help others today?</p>	<p><b>March 3</b></p> <p>On the memorial of St. Katharine Drexel, who gave up her wealth to be a missionary, we are reminded, “As a Church, we are called to be missionary disciples who know and live the faith and confidently share the Gospel.”</p> <p><i>(Living as Missionary Disciples, USCCB)</i></p>	<p><b>March 4</b></p> <p>Rededicate yourself to prayer. Set aside time every day, even for just a few moments, to sit with Jesus.</p>	<p><b>March 5</b></p> <p>“To receive in truth the Body and Blood of Christ given up for us, we must recognize Christ in the poorest, his brethren.”</p> <p><i>(Catechism of the Catholic Church, no. 1397)</i></p> <p>Learn more about the roots of <a href="#">Catholic Social Teaching</a>.</p>	<p><b>March 6</b></p> <p>“Only by identifying with the least [will we] come at last to be the brothers of all. May God inspire that dream in each one of us.”</p> <p><i>(Pope Francis, Fratelli Tutti, no. 287)</i></p>
<p><b>March 7</b></p> <p><b>Third Sunday of Lent</b></p> <p>In today’s first reading, we are reminded of the Ten Commandments. Which commandment do you struggle with the most? Aim for one small improvement this week.</p>	<p><b>March 8</b></p> <p>“The Church’s obligation to participate in shaping the moral character of society is a requirement of our faith. It is a basic part of the mission we have received from Jesus Christ.”</p> <p><i>(Forming Consciences for Faithful Citizenship, no. 9)</i></p>	<p><b>March 9</b></p> <p>Today is the memorial of St. Frances of Rome, who organized a women’s religious order—the Oblates of Mary—and was known for her great charity. In her honor today, let us pray for those in consecrated life.</p>	<p><b>March 10</b></p> <p>Heart of Jesus, Son of the eternal Father, have mercy on us.</p> <p><i>(Litany of the Sacred Heart)</i></p>	<p><b>March 11</b></p> <p>During Lent we often pray the seven penitential psalms, like this one, “Out of the depths I call to you, LORD; / Lord, hear my cry! / May your ears be attentive / to my cry for mercy.”</p> <p><i>(Ps 130:1-2, NABRE)</i></p>	<p><b>March 12</b></p> <p>“When we begin to separate people in our thoughts for unjust reasons, when we start to see some people as ‘them’ and others as ‘us,’ we fail to love.”</p> <p><i>(Open Wide Our Hearts, USCCB)</i></p>	<p><b>March 13</b></p> <p>In Lent, we are called to renew our baptismal commitment. We recall those waters in which we were baptized into Christ’s death, died to sin and evil, and began new life in Christ.</p>
<p><b>March 14</b></p> <p><b>Fourth Sunday of Lent</b></p> <p>The Fourth Sunday of Lent is the midpoint and known as Laetare Sunday. Laetare means “rejoice” and the Church expresses hope and joy in the middle of our penitential Lenten practices.</p>	<p><b>March 15</b></p> <p>“In every act we do, in every step we take, let our hand trace the Lord’s cross.”</p> <p><i>(St. Jerome, Letters, 22.37)</i></p>	<p><b>March 16</b></p> <p>“A clean heart create for me, O God / and a steadfast spirit renew within me.”</p> <p><i>(Ps 51:12, Lectionary)</i></p>	<p><b>March 17</b></p> <p>Today is the memorial of St. Patrick, the “apostle to Ireland”! He wrote, “Our way to repay God is to exalt him and confess his wonders before every nation under heaven.”</p> <p><i>(St. Patrick, Confession, 3)</i></p>	<p><b>March 18</b></p> <p>St. Cyril of Jerusalem honored today was known for his “Catechetical Instructions.” Give thanks for the catechists in your community and all they do to educate children and adults alike.</p>	<p><b>March 19</b></p> <p><b>Solemnity of St. Joseph</b></p> <p>In celebration of the <i>Year of St. Joseph</i>, we pray today for all fathers, that through the example of St. Joseph, they may fully embrace their vocation and accept the privilege and responsibility of caring for their children as St. Joseph cared for Jesus.</p>	<p><b>March 20</b></p> <p>Today is the first day of spring! “Leaving an inhabitable planet to future generations is, first and foremost, up to us.”</p> <p><i>(Pope Francis, Laudato Si’, no. 160)</i></p>

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p><b>March 21</b></p> <p><b>Fifth Sunday of Lent</b></p> <p>As we journey with Jesus towards Holy Week, remember all those in our world today who carry heavy crosses of poverty, homelessness, and hunger.</p>	<p><b>March 22</b></p> <p>Why is the Lenten season forty days long? <a href="#">In the Bible</a>, forty is typically indicative of a time of testing, trial, penance, purification, and renewal.</p>	<p><b>March 23</b></p> <p>Today, we mark the memorial of St. Turibius of Mogrovejo, a Spanish-born evangelizer who was sent as a missionary to Peru and opened the first seminary in the New World. In his honor, pray for vocations.</p>	<p><b>March 24</b></p> <p>“Keep your eyes fixed on the outstretched arms of Christ crucified, let yourself be saved over and over again.”</p> <p>(Pope Francis, <i>Christus Vivit</i>, no. 123)</p>	<p><b>March 25</b></p> <p><b>Solemnity of the Annunciation of the Lord</b></p> <p>Today is the Solemnity of the Annunciation of the Lord, celebrating the incarnation of Christ in Mary’s womb. Take time to pray the Hail Mary, taken in part from the angel’s words to Mary.</p>	<p><b>March 26</b></p> <p>“Forgiveness first sets free the person who had the courage to grant it.”</p> <p>(Pope Benedict XVI, Address, May 6, 2006)</p>	<p><b>March 27</b></p> <p>“My dwelling shall be with them; / I will be their God, and they shall be my people.”</p> <p>(Ez 37:27, <i>Lectionary</i>)</p>
<p><b>March 28</b></p> <p><b>Palm Sunday of the Passion of the Lord</b></p> <p>In one week, we will celebrate Easter Sunday. Pray that the Lord allow you to accompany him serenely during these Easter mysteries and you may emerge from them renewed in faith, hope and charity.</p>	<p><b>March 29</b></p> <p>Holy Week is here. How have you grown throughout your Lenten journey?</p>	<p><b>March 30</b></p> <p>Take time this week to go to confession. Before celebrating the Sacrament of Penance, prepare yourself with an <a href="#">examination of conscience</a>, which involves reflecting prayerfully on one’s thoughts, words, and deeds in order to identify any sins.</p>	<p><b>March 31</b></p> <p>Lent officially ends tomorrow as the Mass of the Lord’s Supper begins. Contact your parish to learn more about how you can participate in the moving liturgies of the Triduum.</p>	<p><b>April 1</b></p> <p><b>Holy Thursday</b></p> <p>“If I, therefore, the master and teacher, have washed your feet, / you ought to wash one another’s feet.”</p> <p>(Jn 13: 14, <i>Lectionary</i>)</p>	<p><b>April 2</b></p> <p><b>Good Friday</b></p> <p>As we mark the day on which Jesus was crucified, pray the <a href="#">Stations of the Cross</a> to reflect on Christ’s Passion.</p>	<p><b>April 3</b></p> <p><b>Holy Saturday</b></p> <p>As you prepare for Easter, reflect on your Lenten journey and think about how you can continue to grow throughout the Easter season.</p>
<p><b>April 4</b></p> <p><b>Easter Sunday of the Resurrection of the Lord</b></p> <p>“This is the day the Lord has made; let us rejoice and be glad.”</p> <p>(Ps 118:24, <i>Lectionary</i>)</p>	<p>“I ask Mary Most Holy to pray that our Lenten celebration will open our hearts to hear God’s call to be reconciled to himself, to fix our gaze on the paschal mystery, and to be converted to an open and sincere dialogue with him. In this way, we will become what Christ asks his disciples to be: the salt of the earth and the light of the world (cf. Mt 5:13-14).”</p> <p>—Pope Francis, <i>Message for Lent</i>, 2020</p> <p>This calendar may be printed and distributed without charge in its original format only for personal and institutional use. No other use of the copyrighted content is permitted. <i>Lectionary for Mass for Use in the Dioceses of the United States</i>, second typical edition, copyright © 2001, 1998, 1997, 1986, 1970 Confraternity of Christian Doctrine. All rights reserved. Neither this work nor any part of it may be reproduced, distributed, performed or displayed in any medium, including electronic or digital, without permission in writing from the copyright owner. Scripture excerpts used in this work are taken from the <i>New American Bible, Revised Edition</i>, copyright © 2010, 1991, 1986, 1970 Confraternity of Christian Doctrine, Inc., Washington, DC. All rights reserved. Quotes from Pope Francis, Pope Benedict XVI, copyright © 2006, 2008, 2014, 2018, 2019, 2020 Libreria Editrice Vaticana, Vatican City State. All rights reserved. Used with permission.</p> <p>Copyright © 2021, United States Conference of Catholic Bishops, Washington, DC. All rights reserved.</p>					

# Importance of joining Be The Match Registry:

- Only 30% of patients will find a match within their families. Most patients rely on finding an unrelated donor through the Be The Match Registry.
- Hispanic descent donors make up only 7% of the donor pool.



## The joining process:

- It only takes about 4 - 7 minutes to register and about 20 seconds to complete your cheek swab.
- All you need to join is your cell phone.
- You must be between the age of 18 and 44 years old, and in generally good health.

## Donation Types:

- PBSCs are collected through apheresis,
  - Blood is drawn from one arm, stem cells are filtered through a machine, and your whole blood, platelet and plasma are returned to you in your other arm.
  - 80% of donations are peripheral blood stem cells (PBSC), it takes about 4 – 6 hours.



- Marrow is collected on your backside of your hip and is collected in a hospital under general anesthesia.
  - 20% of donations are marrow, it takes anywhere from 30 minutes to an hour.
  - Marrow is used for pediatric patients and severe cases.
  - Be The Match covers all travel and expenses. There is no cost for you to donate.

For further information, please contact Liz Morales

Liz.morales@southtexasblood.org

**Join the registry: Text UIW to 61474**

URL: <https://join.bethematch.org/UIW>





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# ATHLETICS OPERATIONS VOLUNTEERS

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*Volunteer sign up and  
upload your service hours  
here*



<https://uiw.givepulse.com/event/216457>



**As a volunteer, please remember to take the Cardinal Daily Health Check and follow all CDC protocol. Everyone who volunteers will receive an extra 3 hours for pre-volunteer work such as COVID-19 testing and education. Please add these hours onto your volunteer time when uploading into GivePulse.**



**KICK-START**

**BOOT**

**CAMP**

**FREE**  
WITH UIW ID

**MONDAY & WEDNESDAY; 3 - 4 PM**

**TUESDAY & THURSDAY; 12 - 1 PM**

**HEADWATERS FIELD**

**REGISTER AT**  
**UIW.EDU/WELLNESS**

 **UIW**  
SPORTS & WELLNESS

# CLUB POWER LIFTING

PRACTICE IN THE WELLNESS CENTER &  
COMPETE AGAINST OTHER UNIVERSITIES  
IN USA POWERLIFTING MEETS

FIND US  
ON ENGAGE

EMAIL US AT  
[CLUBSPORTS@UIW.TX.EDU](mailto:CLUBSPORTS@UIW.TX.EDU)



 **UIW**  
CLUB SPORTS

# RISE UP!

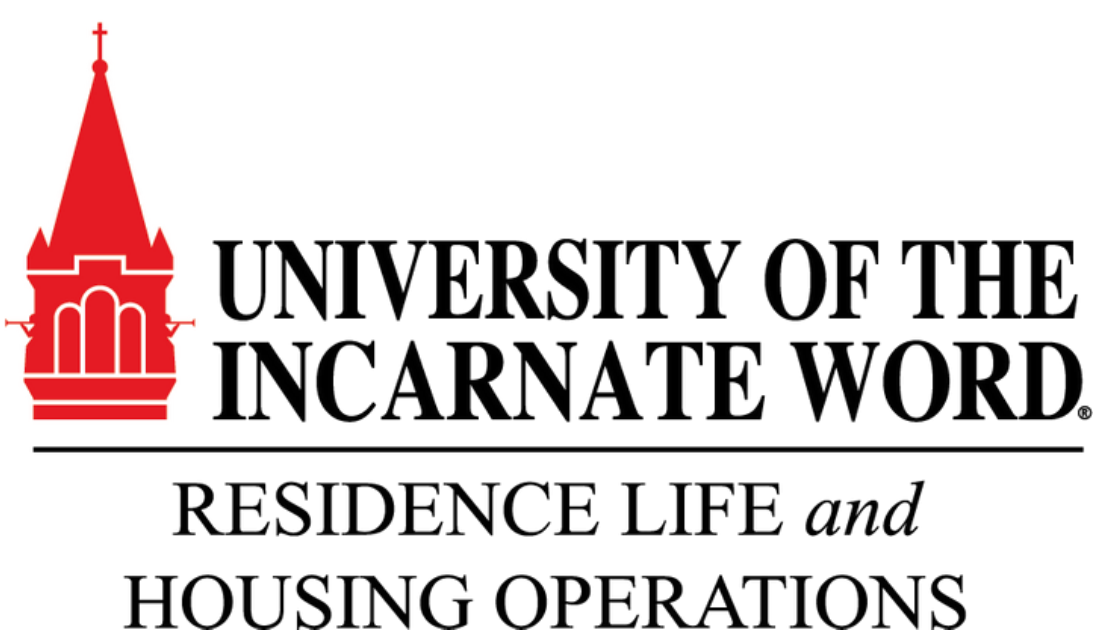
## MENTOR CONNECT LEAD

### APPLY TO BE A RESIDENT ASSISTANT TODAY

APPS DUE:  
**APRIL 8**

INTERVIEW DAYS:  
**APRIL 9-10**

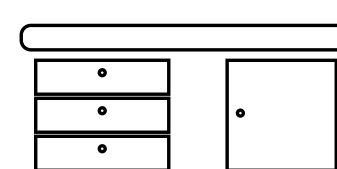
APPLICATIONS AVAILABLE ON  
UIW HUMAN RESOURCES WEBSITE



VSTEVENS@UIWTX.EDU

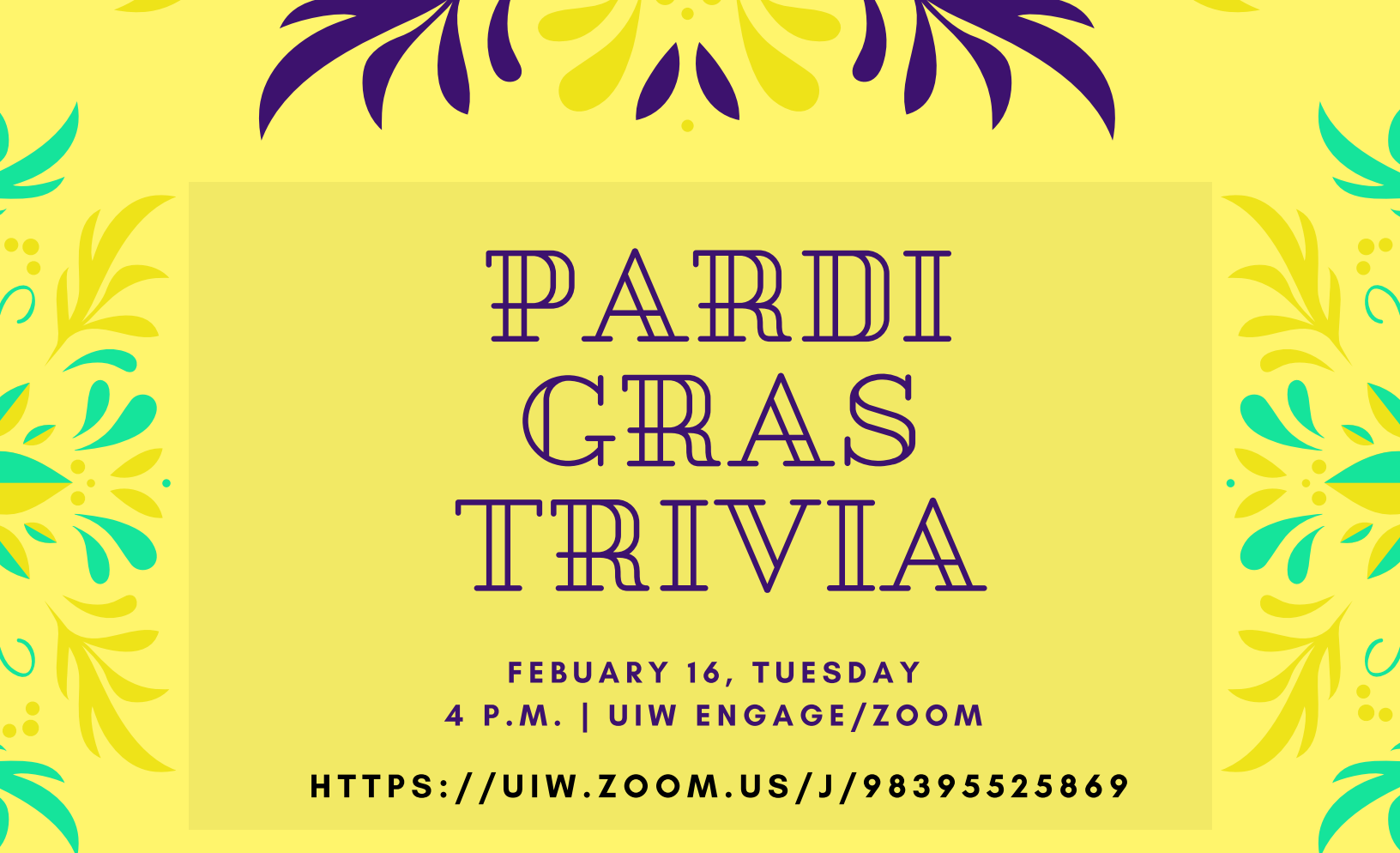


210.805.5866



JO 110





# PARDI GRAS TRIVIA

FEBRUARY 16, TUESDAY  
4 P.M. | UIW ENGAGE/ZOOM

[HTTPS://UIW.ZOOM.US/J/98395525869](https://uiw.zoom.us/j/98395525869)



# LOVE STINKS

Sending ME a little love today.

Celebrate the day after Valentine's Day

February 24 | Time: 5 - 8 P.M.

Location: Side of Natatorium

JOIN US FOR A NIGHT OF FUN WITH MUSIC, DARTS, CRAFTS, A PHOTOBOOTH AND A MOVIE SCREENING !

# South Texas Blood & Tissue Center

## **MARCH 2 & 3**

**10 AM TO 3 PM**

# **BLOOD DRIVE**

**SEC BALLROOM**

**WALK-INS WELCOME**

**Donors will have the opportunity to receive community service hours, UIW t-shirt, gift card and earn donor points to redeem online.**

**Register your service hours at: <https://givepulse/n7ztic>**

**FOR YOUR CONVENIENCE...**

## **Book your appointment now!**

**MARCH 2**

**[https://donor.southtexasblood.org/donor/schedules/drive\\_schedule/128585](https://donor.southtexasblood.org/donor/schedules/drive_schedule/128585)**

**MARCH 3**

**[https://donor.southtexasblood.org/donor/schedules/drive\\_schedule/125083](https://donor.southtexasblood.org/donor/schedules/drive_schedule/125083)**



**For more information, please contact Campus Life at [nagutie1@uiwtx.edu](mailto:nagutie1@uiwtx.edu) or the Ettlting Center at [caloca@uiwtx.edu](mailto:caloca@uiwtx.edu).**

**SAVE THE DATE**

**STARLIGHT MOVIE  
SERIES**

**TUESDAY | MAR 2**  
**TUESDAY | APR 13**

**8 P.M. ON BACK FIELD**  
(BEHIND THE SOFTBALL/BASEBALL FIELD)

**BRING YOUR OWN  
BLANKET!**



**SAVE THE DATE**

**DIVERSI-TEA SPOTLIGHT**

**SPRING 2021**

*MARCH 3, 11 A.M. - 1 P.M.*

*at the UIW Clock Tower*



*Come celebrate diversity, culture and  
the beauty of our community!*

2021 - 2022  
SCHOOL YEAR

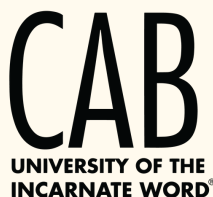
*Campus Activity Board is looking for:*

# CAB BOARD MEMBERS!

If you want to plan FREE fun and engaging events for UIW students, apply today! A stipend is available for board members.

Applications are being accepted on UIW Engage through April 9, 2021. Just follow these simple steps:

[UIW Engage > Campus Activities Board > Forms](#)



FOR MORE INFORMATION, PLEASE CONTACT  
PAULINA ZELAZNA AT  
[ZELAZNA@STUDENT.UIWTX.EDU](mailto:ZELAZNA@STUDENT.UIWTX.EDU)



**2021 – 2022  
SCHOOL YEAR**

**CAMPUS ACTIVITY BOARD IS LOOKING FOR**

# *CABbies*

Help CAB promote and run events. Earn service hours, receive exclusive giveaway prizes, and attend a special event!

**FOR MORE INFORMATION, CONTACT  
KARLA RAMIREZ AT  
[KKMARTIN@STUDENT.UIW.EDU](mailto:KKMARTIN@STUDENT.UIW.EDU)**

**CAB**  
UNIVERSITY OF THE  
INCARNATE WORD®



# Greek Life

University of the Incarnate Word®

The Greek Life here at UIW is a diverse community comprised of local, national, and international Greek organizations. This community offers its members opportunities to expand their undergraduate experience through leadership, academic excellence, service, brotherhood and sisterhood. It's one of the most fulfilling experiences at UIW.  
Go Greek!

## Interested in Greek Life?

Follow us to see what our Greeks are doing:



@UIWGREEKLIFE



### Eligibility Requirements:

- Must have earned a minimum of 12 college credit hours at UIW or any accredited college and/or university
- Must have a minimum of a 2.5 cumulative GPA (no exceptions)
- Must not be a first-semester freshman
- Must not currently be part of a dual enrollment course from high school

**COMMUNITY**

# **MESSAGES**

- **COVID-19 REMINDERS**
- **FROM UIW BEHAVIORAL HEALTH SERVICES**
- **FROM THE OFFICE OF STUDENT ADVOCACY AND  
ACCOUNTABILITY**



# COMMUNITY MESSAGES

## COVID-19 Reminders

Members of our campus community are reminded to take precautions to slow the spread of COVID-19. The best way to prevent infection is to take precautions to avoid exposure to this virus, which are similar to the precautions you take to avoid the flu. CDC always recommends these everyday actions to help prevent the spread of respiratory viruses:

Wash your hands often with soap and water for at least 20 seconds. If soap and water are not available, use an alcohol-based hand sanitizer. Avoid touching your eyes, nose, and mouth with unwashed hands. Avoid close contact with people who are sick. Stay home when you are sick. Cover your cough or sneeze with a tissue, then throw the tissue in the trash. Clean and disinfect frequently touched objects and surfaces.

For more information, please visit the [CDC's Coronavirus website](#).

To stay up to date on the City of San Antonio's COVID-19 updates, [click here](#).

We will continue to monitor and update our campus community on the coronavirus outbreak as needed.

[Click here](#) for the latest UIW COVID-19 updates.

If you have any questions about UIW's response to COVID-19, [please fill out this form](#).

# COMMUNITY MESSAGES

## From UIW Behavioral Health Services

UIW Behavioral Health Services continues to offer counseling to students who are **physically in Texas** using Zoom or phone. To initiate counseling, please call us at **(210) 832-5656** between 8 a.m. and 5 p.m. and we will assist you in completing needed paperwork and getting scheduled immediately and seen as quickly as possible. Counseling is offered by appointment, 8 a.m. – 5 p.m., Monday through Friday. Some appointments are offered after 5 p.m. based on clinician availability. At this time, we do not provide services on weekends or holidays, but we are happy to direct you toward any needed weekend resources.

*If you call us and leave a message outside of business hours, please be aware that we will return your call within 24 hours. If you contact us on the weekend or during a holiday, we will return your call the next business day.*

If you are a faculty/administrator/staff member with concerns about classroom issues, in need of resource information, or inquiring about professional development/student presentations, please contact Director of Behavioral Health Services, Dr. Christie Melonson directly at (210) 829-3129 or via email at [melonson@uiwtx.edu](mailto:melonson@uiwtx.edu).

Should you have a serious concern about a particular student with possible mental health issues or if you have observed a behavioral incident, you are encouraged to make an online report and to contact Mr. Matt Carpenter, director of student conduct and community standards at (210) 805-5864.

### ***Here are some tips for managing anxiety at this time:***

- Do things you enjoy, no matter what they are. You could read through the pile of books you've been accumulating or play video games if it keeps your mind from worry mode and makes you happy!
- Virtually hang out with friends. There are tons of apps you can use to hang out with your friends and family. You can have a virtual meetup with Zoom, play games together on Discord, and FaceTime or Skype with your older family members.
- Engage in physical activity and workouts, as well as in activities involving deep breathing, stretching, and meditation. Take a walk around your neighborhood or stream yoga and attempt that pose you've always been wanting to do.
- Engage in spiritual practices and virtual spiritual gatherings. Many churches and other places of worship are live streaming services throughout the week. They are also offering virtual Bible studies and prayer sessions.
- Create routines for yourself and set small goals for what you would like to accomplish daily.
- Remind yourself that this time of quarantine is temporary and we are all doing the best we can!

### ***Helpful Behavioral Health Resources:***

- [Taking Care of your Behavioral Health from SAMSHA](#)
- [Stress and Coping from the CDC](#)
- [National Suicide Prevention Lifeline: 1 \(800\) 273-8255 \(24 hours a day\)](#)
- [Family Violence Prevention Services Domestic Violence Hotline: \(210\) 733-8810 \(24 hours a day\)](#)
- SAMHSA's National Helpline for mental health or substance abuse concerns: 1-800-662-HELP (4357)

***If you are a student and feel that you are having a behavioral health emergency outside of clinic hours, please do the following:***

- If you live on campus, please notify Campus Police, dorm staff or an administrator
- For students living off campus, call 911 or go to the nearest Emergency Room or Behavioral Health Hospital.

# COMMUNITY MESSAGES

from the Office of Student Advocacy and  
Accountability

Hello Cardinals,

As we start a new semester here at the University of the Incarnate Word, our hope is that each and every one of you will take advantage of the countless opportunities afforded to you as a Cardinal. Whether you are a new student, preparing for graduation, or somewhere in between, you are charged with ownership of the choices you make every day of your collegiate experience. Our hope is that you will make responsible choices that will promote your success and positively impact the UIW community and beyond. To assist you in your decision-making processes, we would like to equip you with both your rights and responsibilities as a Cardinal. You can find copies of the [UIW 2020-21 Student Handbook](#) and [the Behavioral Misconduct Procedures](#) on the Student Advocacy and Accountability website. These two documents outline various policies and procedures that affect students. I highly recommend you take the time to become familiar with these and bookmark them for future reference.

Additionally, as part of your experience, we strongly believe that student engagement can promote your overall success, and you may consider involvement in one of the many student organizations here at UIW. In accordance with Texas state law, we have included information about hazing and its prevention. Please visit the [Hazing Policy and Report page](#) of the OSAA website for our University Statement on Hazing. Also available on that page is the full University policy regarding hazing and reporting options if you experience or hear about hazing. We have also attached a copy of our January 2021 Hazing Report, which provides information on hazing investigations from the past three years.

Furthermore, we hope you will take ownership of your role as a Cardinal and adopt the values of the institution as your very own: Faith, Innovation, Service, Truth and Education. As a Cardinal, if you see something of concern, take action. You can report any incident or concern using our [online reporting forms](#).

Lastly, know that we are here to help you every step of the way. If you are unsure of what office can help meet your needs, feel free to reach out to our [Office of Campus Life](#). Join an organization, make new friends, attend a game, utilize campus resources and be engaged in campus activities and make the most of your time at UIW. Know that all UIW administrators, faculty and staff are rooting for you!

Again, we wish you the best as you embark on a successful semester at UIW.

Praised be the Incarnate Word!

Sincerely,

Matthew Carpenter  
Director, Office of Student Advocacy and Accountability

and

Dr. Christopher Summerlin  
Dean of Campus Life

# Campus Engagement

[campusengagement@uiwtx.edu](mailto:campusengagement@uiwtx.edu)

210-829-6034

FOLLOW US ON SOCIAL MEDIA CHANNELS FOR DAILY UPDATES



@UIWCAMPUSENGAGEMENT

## UIW GREEK LIFE

INTERESTED IN GREEK LIFE? FOLLOW US TO SEE WHAT OUR GREEKS ARE DOING



@UIWGREEKLIFE

## UIW CAMPUS ACTIVITIES BOARD

STAY CONNECTED AND FOLLOW US ON OUR SOCIAL MEDIA PLATFORMS



@CABUIW

## UIW STUDENT GOVERNMENT ASSOCIATION

CATCH UP WITH SOME ONLINE ACTIVITIES BETWEEN YOUR CLASSES



@UIWSGA

