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The gist of what to know this week



40 Days Into 2021

Dear Colleagues,

In reflecting on the year to date, it occurred to me — quite by accident — that we are 40 days into 2021. The number 40 has deep significance in Christianity. Before his temptation, Jesus fasted "forty days and forty nights" in the Judean desert (Matthew 4:2, Mark 1:13, Luke 4:2). Forty days was the period from the resurrection of Jesus to the ascension of Jesus (Acts 1:3).

With Ash Wednesday on February 17, we enter the season of Lent. For Roman Catholics, Lent starts on Ash Wednesday and ends on Holy Thursday, just prior to Easter. The Lenten fast excludes Sundays and continues through Good Friday and Holy Saturday which totals 40 days.

And just like that, 40 days have eclipsed since January 1.

Time gets away from all of us. But I know that when I am in focus and give 15 minutes near the end of each day to the Ignatian Examen reflection steps below, I

minutes near the end of each day to the Ignatian *Examen* reflection steps below, I grow deeply in my awareness and gratitude for God's presence and how I can shape tomorrow from today.

Ask God for light.

I want to look at my day with God's eyes, not merely my own.

Give thanks.

The day I have just lived is a gift from God. Be grateful for it.

Review the day.

I carefully look back on the day just completed, being guided by the Holy Spirit.

Face your shortcomings.

I face up to what is wrong — in my life and in me.

Look toward the day to come.

I ask where I need God in the day to come.

Gratefully and with a warm heart,

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





Join a conversation with powerhouse leaders

The Anderson College of Business and Computing and Corporate Cowgirl Up team up this week to present the Women's Leadership Series. The first event of 2021 will feature a conversation with three powerhouse technology executives who have successfully maneuvered C-level government and corporate positions.

Join the virtual panel at 6:30 p.m. Thursday.

Learn more and register





Good Trouble Conversations explore faith and justice

In the next Good Trouble Conversation, the Regis University Office of Mission will join the Office of Diversity, Equity and Inclusive Excellence to ask, "What does faith have to do with justice?" Join the virtual discussion at noon Friday.

How to participate



Tony Ortega's recent work earns critical praise

The reviews are in: Fine and Performing Arts Professor Tony Ortega's work "brings color and a sense of community" to the Denver Botanic Gardens' new galleries, according to The Denver Post.

Raíces y ramas, Ortega's exhibit currently on display at the gardens, explores the Chicano experience in U.S. culture, highlighting the role of place and landscape in connecting community. Ortega's work will be featured at the gardens' York Street Location, 1007 York St., through Feb. 28.

Read the review





Pharmacy alumni lead on the COVID-19 front lines

Almost one year into the pandemic, Regis alumni are still hard at work on the COVID-19 pandemic front lines.

Four recent School of Pharmacy alumni are making an impact across the spectrum of patient care, from leading a health system's vaccine rollout to caring for patients in an intensive care unit.

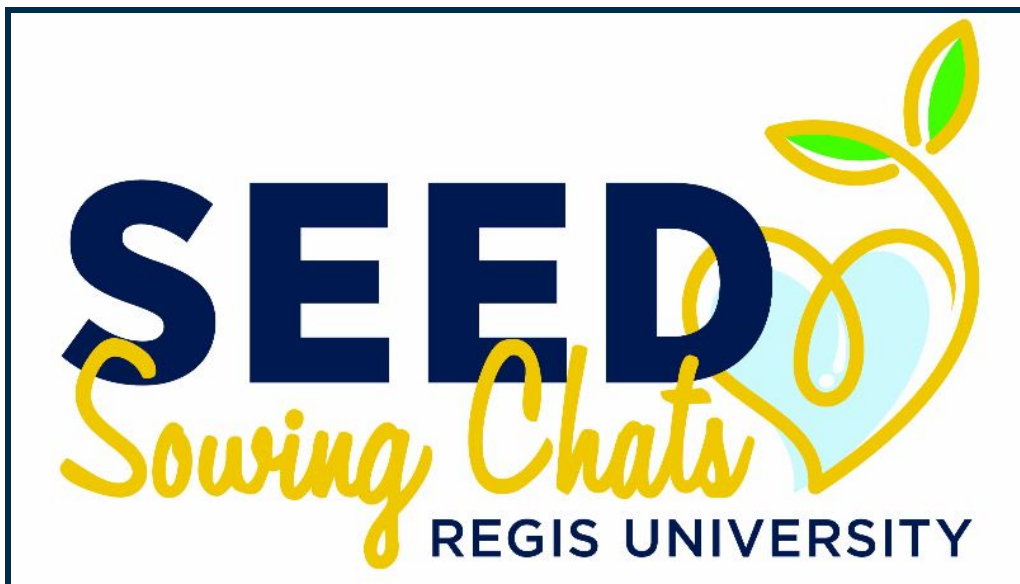
Read about their roles



Make time for Conversations in Care

Plan ahead for the next Conversations in Care event, scheduled for 5:30 p.m. Feb. 23. Assistant Dean Betsy Hall of the Division of Counseling and Family Therapy will discuss strategies to tend to our deeper spiritual, emotional and physical wellbeing to minimize depression, anxiety, fear and loneliness during trying times.

[Learn more](#)



Join the next SEED Sowing Chat

Register for the next SEED Sowing Chat and engage with different ways to create a sustainable world. The next chat, scheduled for 2 p.m. Feb. 25, will feature Citibank's Head of Sustainable Investing Harlin Singh, who develops and oversees sustainable investment strategies for the company.

[Register here](#)

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