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## Take Care of One Another

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Wed 11/4/2020 4:41 PM  
[president@sacredheart.edu](mailto:president@sacredheart.edu)  
**Take Care of One Another.**

Dear students, faculty and staff,

We are living in anxious times: A pandemic. Financial crisis. Racial, social and political divisions. And, now election uncertainties on a national level. The collective impact of all these stressors impacts each one of us. How could they not? But, as is so often the case, challenging times present opportunities. And it is during times like these when we have opportunities to be our best selves and live our mission. Sacred Heart has always been a special community; that's the reason most of us are here.

I want to encourage each of you to reach out to one another—family, friends, students, staff, faculty - and check in. Our Catholic and liberal arts traditions have equipped us with the tools necessary for rational and civil discourse, listening to one another, valuing the inherent dignity and worth of every human being and the commitment to justice for the common good.

Unsettling times like these have a different impact on everyone, so check in on others and make sure they are doing okay. No matter our individual preferences and differences, this is our SHU family, and we are all in this together.

Be sure to take care of yourself as well. Anyone who needs support should contact the counseling center (203-371-7955) or campus ministry (646-748-6808). This is a time to care for ourselves and others.

Thank you.

John J. Petillo, Ph.D.  
President

