



CalPolyPomona

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Dear Colleagues,

Winter Solstice occurs today at 7:21pm. It marks a change of season and the beginning of winter, when the path the Sun travels has reached its southernmost point. Today is our day of greatest darkness and starting tomorrow we will have one more minute of sun each day.

All over the world, there are [ancient traditions](#) celebrating this cosmic shift as people celebrate, reflect, and plan for the future – viewing the event as both an end and a rebirth. Today is also the end of the fall 2023 semester, and surely you are all resting, celebrating, reflecting, and planning for the future (after some all- important rest). As I round out my six-month anniversary as a Bronco, I feel all of these mixed emotions. I am exhausted and excited, grateful and striving, regretful and hopeful.

In honor of the solstice and the wisdom offered by our College (derived from social science and the humanities), I urge us all to reflect, grow, and leave behind the harms of the last year. I invite everyone to reflect on Solstice Poem by Margaret Atwood:

*This is the solstice, the still point
of the sun, its cusp and midnight,
the year's threshold
and unlocking, where the past
lets go of and becomes the future;
the place of caught breath, the door
of a vanished house left ajar.*

To let go and reconcile, at least within ourselves is helpful. [Psychological science shows us the mental and physical benefits of taking this moment to forgive](#). Notably psychologists remind us that “forgiveness is not the same as justice, nor does it require reconciliation.” Rather, “true forgiveness goes a step further....offering something positive—empathy, compassion, understanding—toward the person who hurt you.”

I look forward to all that we build and accomplish together in the new year. I hope that your time away is restorative and restful.

Kind regards,
Cami

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