

# Good But Not Religious (GBNR)

DECEMBER 2018 - A monthly update on Keith Martin's work as a nonreligious chaplain and educator at U. Waterloo, U. Guelph and online

## ONLINE

[www.GoodButNotReligious.ca](http://www.GoodButNotReligious.ca) has two additions:

“Psychology and the Good Life” outline. An outline of a course by Dr. Laurie Santos at Yale University, exploring the importance of making time for social connections, helping others, gratitude, healthy practices like exercise and sleep, taking time to be in the present moment, and becoming wealthy in time, not money. A link to her talk about the course given at the Aspen Ideas Festival is already on the website.

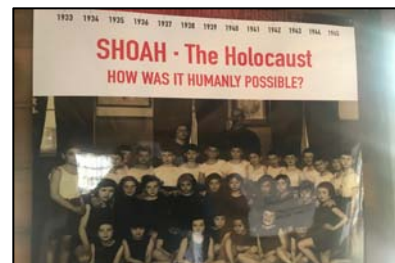
“Alain de Botton: On Love,” a link to a talk by Alain de Botton on real love versus romantic love.

## U. of WATERLOO, U. OF GUELPH



Highlights of Keith's campus work in November were A Taste of Oasis at U. of Guelph with a TED-like talk on “Psychology and the Good Life” by Laurie Santos and two A Taste of Oasis events at U. of Waterloo including “Psychology and the Good Life” and a talk on “How Do We Know What We Know?” by career coach Thomas Rauchenstein from Guelph.

During Holocaust Education week at U. of Guelph Keith was deeply moved by a sobering cattle car exhibit and a Holocaust Survivor Speaker, Elly Gotz. He also attended a 1 in 5 Mental Well-being Awareness Week panel discussion on “Let's Talk Mental Health,” where 5 students and faculty bravely and honestly shared their mental health journeys.



Keith met with 7 students and staff during drop-in hours, and several more at a display table day at UG.

For more information and photos of his work on campus, see [www.facebook.com/SBNRWaterloo](https://www.facebook.com/SBNRWaterloo) and [www.facebook.com/SBNRGuelph](https://www.facebook.com/SBNRGuelph).



Please include Keith's nonreligious chaplaincy in your year-end giving. In September Keith launched a fundraising page at [patreon.com/goodbutnotreligious](https://patreon.com/goodbutnotreligious), a membership platform for artists and creators. If you see value in what he is doing and creating, consider becoming a patron—even at \$1/month. You can also give directly to Spectrum A&E Media, a nonprofit registered charity fostering values that enhance life (P.O. Box 88, Warton, ON N0H 2T0) and receive a tax-deductible receipt.

[www.GoodButNotReligious.ca](http://www.GoodButNotReligious.ca)  
Resources for Being and Doing Good