Hi, I’m Emma (she, her). I am a senior Political Science and Hispanic Studies double major and the Program Coordinator at the IWL. This is my first year working at the IWL, but I was a Hynes Scholar (alongside several of my co-workers!) as a sophomore. My goal for this year is to get more Bennies involved with the IWL and hold a wide range of events, so please let us know what types of events you are most interested in. When I am not working you can find me cooking, listening to music, or (safely) spending time with friends.

Upcoming Events

**Elect Her**
December 10th
6-7 PM ON ZOOM

**Cultural Mental Health**
December 11 6-7 PM
on ZOOM

**Intercultural Feminist**
& the connection to racism
December 15th

**Dialogue Group**
December 17th
6-7 PM on ZOOM

Staff Member of the Week

Emma Uecker
"Please enjoy this playlist of women composers that spans across music history, from the spiritual and ethereal works of Hildegard von Bingen to contemporary compositions inspired by social justice and the #MeToo movement. The works of these composers can be challenging; innovative; at times joyous, angry, triumphant, or sorrowful; make you want to dance; and cause you to reflect on the meaning of life. You may hear music that is from famous films and TV shows, music that is familiar, and music that may not sound like what you think music is supposed to sound like. Above all, these works give music and song to the contributions and astonishing capabilities of women composers. 

Listen with the ear of your heart."

Written by Flannery White - Senior
Podcasts to check out

- Encyclopedia Womannica
- Thick & Thin
- Manifestation Babe
- Perfectionism Project
- Do It Scared
- And She Rises
- EmpowerHER
- Don't Blame Me
- Gals on the Go
- I Love You So Much
- Approachable
- Off Campus
- Pretty Basic

Make sure to stay on the lookout for a ton of events AND giveaways.
I Hope You Know You’re Beautiful

I Hope You Know You’re Beautiful.

Spring had a voice it would sound like your laughs.
The Autumn leaves will fall to protect you from the cold ground. The Cold Winter breeze reminds you that though you may feel like your heart has frozen over, the Summer Sun glistens on your skin, providing kisses from something higher. May you fall in love with someone who never gets tired of saving you from your own chaos. May you fall in love with someone who sees you first thing in morning and it is like a million stars in their eyes. May you fall in love with someone whose love is unconditional, unwavering, and unshakable. May that person be you. And if you do not have the means yet to become that, I will be that someone.

I Hope You Know You’re Powerful.

Your voice so strong, your soul so divine that when God who made you, everyone wondered——how could She have let you go? And when you feel you are at your lowest, know that you are on the way up now. The ground will become safe and though every beat of your heart feels like an earthquake know it is your heart’s way of starting a new. You are wonderful. You are strong. You are passionate. You could move mountains if you wanted to. I wish you believed in yourself the way I do. So do not be afraid to be a woman who loves herself. You will always be too much of something; too big, too small, too loud, too soft, too edgy, too much. But do not shrink to make others feel tall. Know that you have the power to conquer the world with just one hand and I will be on your side holding the other.

I Hope You Know You’re Not Alone.

Sisterhood is not about who you’ve known the longest, it is about those who walked in your life and said “I’m here for you” and proved it. Those in this room have seen the good in you and have seen the bad and we are still here. We are patting your back, catching your smile, lending our ears. Even when it is 3 AM and you are too tired to speak, call me, because I too am fluent in silence. I have seen the best of you and the worst of you, and I choose both. I will continue to choose both as long as there is air in my lungs and a fire in my heart.

I Hope You Know You Are Loved.

Poem by Sydney Robinson ’19
Artwork done by Zoe Hout-Link

Check out her Instagram @ZoeMae.Art

www.csbsju/iwl