



# Tufts

# UNIVERSITY CHAPLAINCY

E-NEWS 4.27.22



## A Reflection from our Muslim Chaplain

Dear Friends,

Life is full of seasons that seem to come with different kinds of scenery and weather, just like nature's seasons. A wise person once reminded me to embrace each one in its own right, with the knowledge that none will last forever and that each one brings something unique to our lives. The current season in the Islamic calendar is a special one that calls for the practice of restraint, patience and perseverance. Ramadan, the month of fasting for Muslims, requires of us a little something extra - something that we don't always quite believe we have until we are put to the test. Each year, I look forward to this season with a mix of nervousness and excitement, wondering what gifts it will bring amidst the physical struggles that come with sacrificing food and sleep. And each year, the unexpected gifts come. And then they keep coming....and coming.

The first gift I noticed this year is the opportunity to appreciate stillness, for with the slowing of metabolism during the fast also comes the slowing of life's pace, which is usually fairly impossible to achieve. Finally, somehow, we are able to make space for the opportunity to do less, not more (or at least less in the worldly realm and a little bit more in the other-worldly realm). It is an opportunity to place a temporary spoke in the ever-turning hamster wheel of life, where we feel compelled to constantly chase after our goals at an increasingly fast pace. Another gift is the chance to appreciate silence, in the middle of the night or in the middle of the afternoon - whenever one has the opportunity to find a few moments for prayer and meditation. Somehow the fast creates a stronger urge to seek out these moments, perhaps because we are turning away from our physical selves and turning towards our spiritual selves. A third gift is the ability to appreciate the simple things, such as the feeling of biting into a medjool date and taking a sip of water after going without food for the entire day. This first bite of food after the fast feels unexpectedly

satiating, and brings with it the recognition that less is more, and what we have is enough. The last gift of the season I will mention, which has been the most powerful for me as a chaplain this year, is the gift of companionship. The fast is not performed as a solitary act, but rather as a communal one, and this knowledge makes all the difference, even if one finds themselves breaking fast alone on some days. It's the shared journey of the season, and the shared rhythms across time and space, that forge a deeper sense of connection with others.

May all of you find beauty and benefit in whatever season of life you are experiencing right now. And to those who observe Ramadan at Tufts, wishing you a blessed end of the month of fasting and a joyful Eid celebration next Monday. You can [find all the information about Ramadan at Tufts here](#).

Warmly,  
Najiba Akbar  
Muslim Chaplain

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## Chaplain Spotlight



### Muslim Chaplain Najiba Akbar featured in article about Ramadan on campuses

Read the Share America article about the work of chaplains on campuses across the country to prepare for and guide students through the Islamic holy month of Ramadan. In the article, Najiba shares that during this month her priority is to offer students, “a safe space to wonder, to ask questions, to imagine who and what [they] want to be in this world.” [You can read the full article here](#).

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## Upcoming Signature Programs

# Kalyānamitta: A Good Friend

Opening Wednesday, April 27, 6:30-7:00 PM on the Medford Campus  
Interfaith Center, 58 Winthrop St



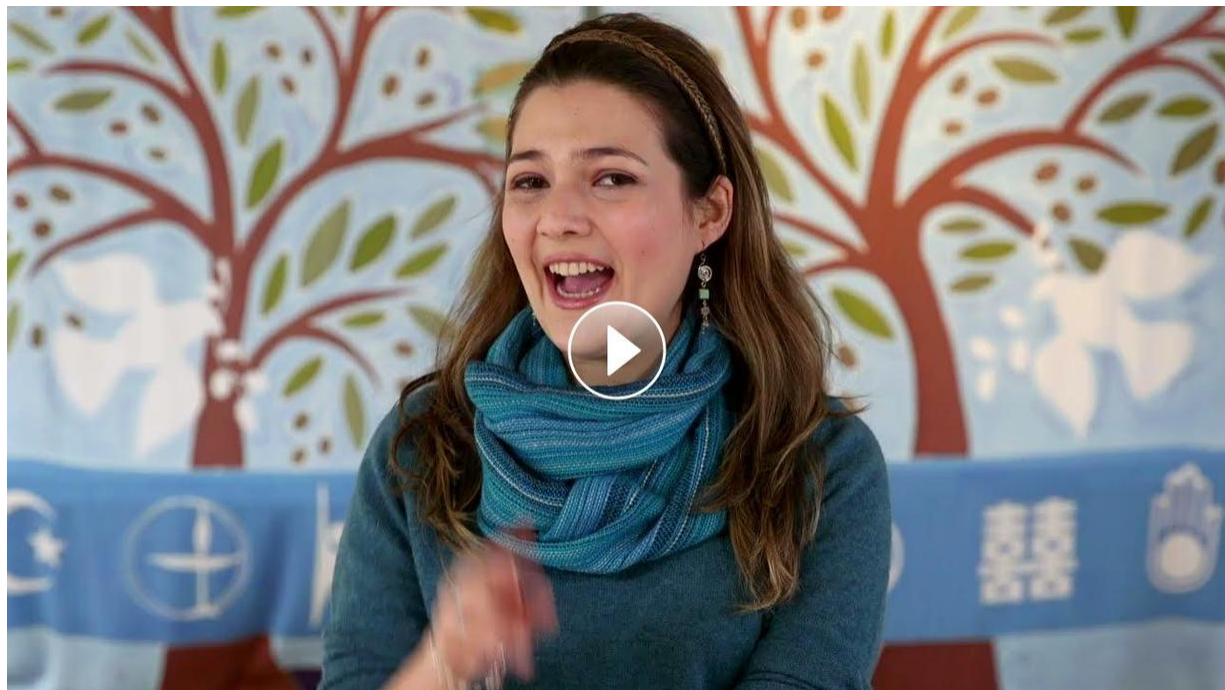
Come celebrate friendship and the artwork of Kiara Reagan '22, Kat Guzman '26, and Muri Mascarenhas '25. Inspired by Jātaka Stories from the Theravada Buddhist tradition, these student artists have drawn from their own lives and the richness of friendship stories from the Buddha. A project conceived by Venerable Mahayaye Vineetha of the University Chaplaincy and in collaboration with SMFA and Project Connect of CMHS.



## **Kalyānamitta (A Good Friend) Medford Opening**

Wednesday, April 27, 6:30 p.m. - 7:00 p.m. at the Interfaith Center

Come celebrate friendship and experience the original artwork of Kiara Reagan, A22, Kat Guzman, A26, and Muri Mascarenhas, A25. Each of these artists has created pieces inspired by the Jātaka stories of friendship from the Pāli canon. This program grew out of a partnership between the University Chaplaincy, Project Connect at Counseling and Mental Health Services, and the School of the Museum of Fine Arts. A big thank you to Venerable Vineetha Mahayaye, our Field Education student from Harvard Divinity School, who dreamed this project into being. You can find the installation in the staircase corridor of the Interfaith Center through the end of classes.



## **The Baccalaureate Ceremony for the Class of 2022**

Saturday, May 21, 3:00 p.m., Gantcher Family Sports and Convocation Center

The University Chaplaincy is thrilled to welcome the Class of 2022 and their families to the in-person Baccalaureate Ceremony at Gantcher Family Sports and Convocation Center on Saturday, May 21, 2022 at 3pm. The multifaith ceremony will include: Words of Welcome and Greetings of Peace from University Chaplain Reverend Elyse Nelson Winger; senior interviews by video; the Wendell Phillips Address by René LaPointe Jameson, E2; an instrumental music performances by both a string quartet and jazz ensemble; President Anthony P. Monaco's address to the Class of 2022; and multifaith words of blessing and sending from Tufts University chaplains. Congratulations to our graduating Jumbos! You can [find more information about the event here](#).

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## Religious and Philosophical Programs



### Final Week of Programs at the University Chaplaincy

April 25 - May 1

Join us for any gathering listed [here](#), in this last week of programs, and you can always learn more about our events by [following us here, on Instagram](#).



### **Spring Has Flung Bagel Brunch**

Sunday, May 1, 11:00 a.m., Granoff Family Hillel Center

Join for Tufts Hillel Spring Bagel Brunch featuring local bagels. No need to RSVP just mark your calendar so you don't forget.

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## **Partner Programs**

# **Ask-a-Counselor**



## Ask-a-Counselor Appointments are Available

"Ask-a-Counselor" appointments are free, confidential, and informal 15-minute phone consultations with a Tufts Counseling and Mental Health Services counselor. These appointments are best for students who aren't sure about therapy and want to know what it's like to speak with a counselor, students who have a specific question about Counseling and Mental Health Services, students who want a counselor's perspective on how therapy could be helpful for them, or students who want a counselor's perspective on a specific issue. [Book an Ask-a-Counselor appointment online here](#) or call 617-627-3360. Ask-a-Counselor isn't a substitute for traditional therapy or for students who need urgent care.

**Confronting the Climate Crisis:  
Global Solutions, Local Action**  
*Ed Markey and Gina McCarthy*


**Friday, April 29<sup>th</sup> @ 1:00pm**  
*Tufts University, Medford/Somerville Campus*

**Join Senator Markey for a Massachusetts Climate Summit with Keynote Speaker White House National Climate Advisor Gina McCarthy**

*Hear from experts and leaders in the climate movement in discussions on:*

**Clean Energy & Job Creation**

**Movement Building & Organizing for Climate Action**

**ED MARKEY**  **Tufts**  
UNITED STATES SENATOR FOR MASSACHUSETTS UNIVERSITY

### Confronting the Climate Crisis: Global Solutions, Local Action with Ed Markey and Gina McCarthy

Friday, April 29, 1:00 p.m., ASEAN Auditorium in the Cabot Center

This Friday at Tufts University, join a Massachusetts Climate Summit with Senator Edward J. Markey, The White House National Climate Advisor Gina McCarthy, AG81, The Fletcher School at Tufts University Dean Rachel Kyte, Center for International Environment & Resource Policy, The Fletcher School Co-Director Kelly Sims

## Resources, Scholarships, and Opportunities



**WE'RE HIRING  
STUDENT  
INTERNS**

**GRAPHIC DESIGN AND  
COMMUNICATIONS INTERN - ROLLING  
UNTIL MAY 1ST**

### Hiring Graphic Design and Communications Intern for Tufts Sustainability Team

We're looking for an undergraduate or graduate student who is a talented communicator and has a strong interest in sustainability to join our team this summer. This part-time summer position is great for someone staying on or near the Medford Campus with potential to extend into the 2022-2023 school year. [Apply using this link](#) by May 1st to be considered.

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## Upcoming Religious Celebrations and Observances

These events are drawn from the multifaith calendar maintained by the Office of Religious and Spiritual Life at Harvard Divinity School. To see more upcoming religious holidays and festivals, please follow the link to the [Harvard Divinity School calendar](#).

### Ramadan

Fri., Apr. 1 – Sun., May 1, 2022

Tradition: Islam

The Holy Month of Ramadan is the month of fasting during which Muslims who are physically able do not eat or drink from the first sign of dawn until sunset in honor of the first revelations to the Prophet Muhammad. The evening meal is celebrated with family.

### **Ridvan**

Wed., Apr. 20 – Sun., May 1, 2022

Tradition: Baha'i

Commemorates the 12 days that Baha'u'llah spent in the Garden of Ridvan in the last days of his exile in Baghdad, during which time he proclaimed himself as the one announced by Bab. Work is suspended for the first, ninth, and twelfth days.

### **Laylat al-Qadr**

Wed., Apr. 27, 2022

Tradition: Islam

The Night of Power or Destiny commemorates the first revelation of the Qur'an (the Islamic scriptures) to Prophet Muhammad in 610 CE.

### **Yom Hashoah (Holocaust Remembrance Day)**

Wed., Apr. 27, 2022

Tradition: Judaism

Memorializes the six million Jews who died as victims of the Nazis during World War II and emphasizes respect for human dignity. Its observance is not limited to Jews. Begins at sundown.

### **Beltane**

Sat., Apr. 30, 2022

Tradition: Wicca/Paganism

The final fertility festival, celebrating the Earth's fecundity and anticipating the power of the sun and the Earth in summer.

### **Ghambar Maidyozarem**

Sat., Apr. 30 – Wed., May 4, 2022

Tradition: Zoroastrianism

Celebrates the creation of the sky and harvesting of the winter crop.

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## Support the University Chaplaincy

Supporting dynamic programs at Tufts University in religious, spiritual, ethical, and cultural life is easy and vital to our work. To donate, please click on the button below. Thank you for your generosity.

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## ABOUT US

The University Chaplaincy is a dynamic hub supporting religious, spiritual, ethical, and cultural life for all members of the Tufts community. We provide pastoral care, support religious and philosophical communities, educate about spiritual and ethical issues in society and the world, and promote multifaith engagement.

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