



Tufts

UNIVERSITY CHAPLAINCY

E-NEWS 10.5.22



Labyrinth at the Mental Health and Wellbeing Fair, Monday October 3, 2022

Welcome from your Buddhist Chaplain

Dear Jumbo Community,

I have recently been reflecting with students on the connection we share with the elements of nature. In classical Chinese landscape paintings, the images of trees, water and open space usually point back to an inner experience. To actualize this, I took a SMFA Mindful Drawing class out onto the Fens yesterday. We practiced mindfulness meditation in nature, bringing awareness to each step. With each step, we felt the texture of the Earth, the air upon our skin, the warmth of sunlight and the flexing and contracting of our own muscles. We then observed the flow of the Fens creek-- this served as the catalyst for sketches of the tidal rhythm of the cycles of our own lives. As we gazed up at the sky, we felt that spaciousness within our own being. We each completed a sketch of the garden that represented our inner landscape. Then we went inside, and painted with brushes upon newsprint, using clear water. Within

moments, the lines disappeared. The impermanence of the lines freed SMFA art students to create without perfectionism: in the final analysis, there was nothing to attach to.

Just in this way, when we are able to see with fresh eyes, and create something without attachment to the outcome, we gain the freedom to grow into our own authenticity, our own path with heart. Which is then, like everything beautiful, not only ours.

These spiritual practices of connecting to the natural world are core to my values as a Buddhist. From the very beginning, Buddhism has recognized that there is a natural connection between the Earth and a deeply realized person. The historical Buddha, at the moment of his Enlightenment, touched the Earth. Also, Shakyamuni Buddha often delivered his teaching at ancient tree shrines. We continue this tradition by acknowledging our interdependence with trees, and all of nature, by bringing mindfulness to our use of natural resources. As we adopt practices of sustainability, our everyday life becomes wholehearted. A deep congruence happens between our spiritual practice and our everyday life. Through this, we enter into a relationship of reciprocity and balance with each other and the natural world. May we all find time and space in our busy modern life to reconnect with the sacred Earth.

with gratitude,

Ji Hyang Padma

Buddhist Chaplain



This week is Mental Health Awareness week at Tufts. Throughout the week, a series of events and gatherings for mental health and wellbeing. The University Chaplaincy is hosting a dinner (see below for more information) as part of the week of events. Please find more information on the [official website for the week](#).

Religious and Philosophical Programs

A SPECIAL PRESIDENT'S MENTAL
HEALTH AWARENESS WEEK EVENT

SPIRITUALITY, COMMUNITY, AND MENTAL HEALTH: A MULTIFAITH PEOPLE'S SUPPER

Thursday, October 6, 2022

5:30pm - 7:00pm

Rabb Room, Barnum Hall

Join us for a shared meal with
Tufts' chaplains in conversation about
mindfulness, resilience, and wellbeing.

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Spirituality, Community, and Mental Health: A Multifaith People's Supper

Thursday, October 6, 5:30 p.m. - 7:00 p.m., Rabb Room, Barnum Hall

Join Tufts' chaplains for a meal to share stories and engage together in meaningful conversation about traditions and practices that contribute to mindfulness, resilience, and wellbeing. Please [contact the University Chaplaincy](#) with any questions and accessibility needs. If you realize you are unable to attend the event, please let us know 24 hours in advance. [Register for the event here](#) by Wednesday, October 5 at 5pm.

A graphic of a rainbow with curved bands of red, orange, yellow, green, blue, and purple, set against a light pink background.

OCTOBER 12

7:30 PM

ALUMNAE LOUNGE

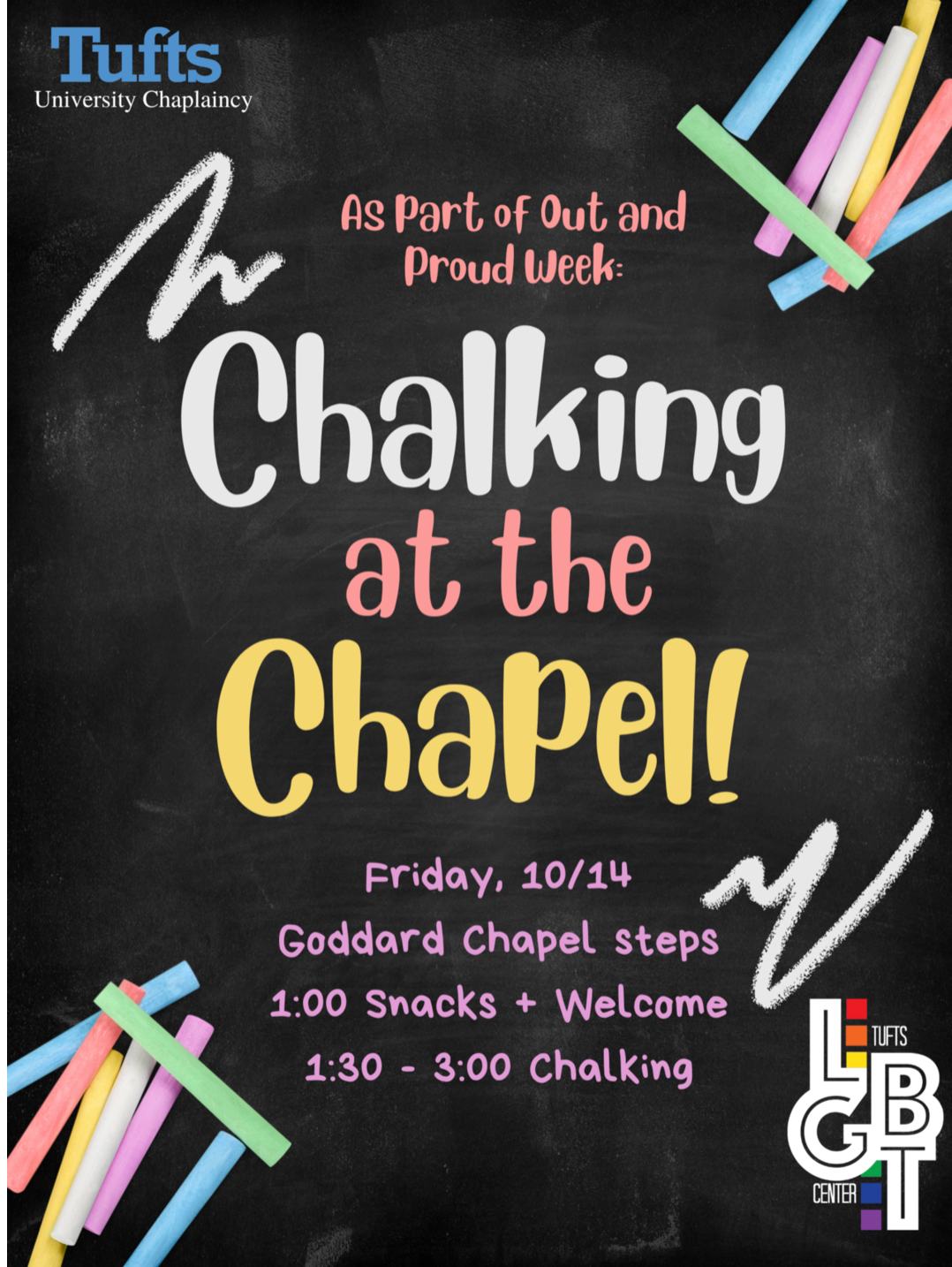
**QUEERNESS
AND FAITH**

JOIN **COFFEE, TRUE COLORS,** AND
THE **LGBT CENTER** FOR
DINNER AND CONVERSATION
ABOUT QUEERNESS AND FAITH.
ALL ARE WELCOME!

Queerness and Faith

Wednesday, October 12, 7:30 p.m. - 9:00 p.m., The Alumnae Lounge

Join the COFFEE Student Interfaith Coalition, True Colors, and the LGBT Center for dinner and conversation about queerness and faith. Folks of all identities and all spiritual and philosophical backgrounds are welcome to join. Chaplains and Counseling and Mental Health Services staff will be present to assist any students who wish to debrief during or after the conversation. Dinner will be provided. The deadline to [RSVP here](#) is Monday, October 10 by 11:59 p.m. ET.



Chalking at the Chapel

Friday, October 14, 1:00 p.m. - 3:00 p.m., Goddard Chapel steps (facing Tisch Roof)

Come join True Colors the LGBT Center and University Chaplaincy's queer interfaith group for an afternoon of chalking just outside of Goddard Chapel. We will gather at 1:00pm for some introductions and sweet snacks, and then at 1:30 will write chalk affirmations on the concrete. We plan to write public affirmations for queer students, especially students of different faith backgrounds. We will also have some supplies to write affirmations inside, if students prefer. All students of all identities are welcome.

Partner Programs



Tufts Goes to Indigenous People's Day March in Boston

Saturday, October 8, 10:00 a.m. - 3:00 p.m., meet at the Indigenous Center (112 Packard Avenue)

Join the Indigenous Students' Organization at Tufts (ISOT) and Students for Justice in Palestine (SJP) for Boston Marches for Indigenous People's Day Saturday, October 8. The group will meet at the Indigenous Center (112 Packard Ave) and travel into Boston together by train. You can [find more information here](#).



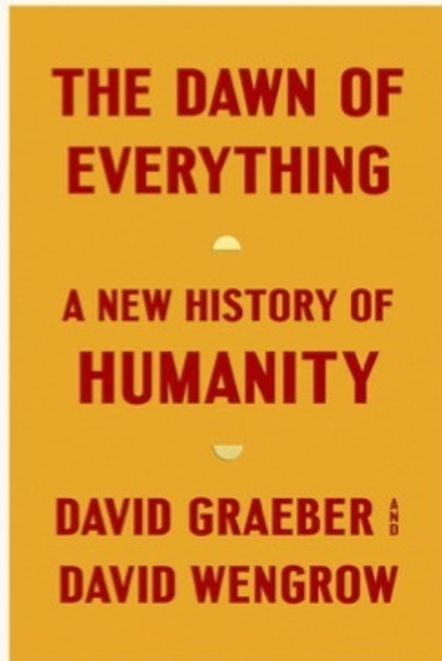
Tufts Indigenous People's Day Celebration

Monday, October 10, 1:00 p.m. - 5:00 p.m., Olin Patio (180 Packard Avenue)

The Indigenous Students Organization at Tufts (ISOT) is excited to announce that this year they will be holding their annual Indigenous Peoples' Day celebration. There will be speakers, performers, and food. You can [follow ISOT on Instagram for more information](#).

A New Dawn?

Join us for a day of roundtable discussions on implications for the Social Sciences and Humanities of *The Dawn of Everything: A New History of Humanity*



Friday, Oct. 14, 2022
Cabot Center 703
160 Packard Avenue
10:00 am - 4:30 pm



KEYNOTE SPEAKER
Prof. William Arnal

Department of Gender, Religion, and
Critical Studies
University of Regina, Saskatchewan

Open to all members of the Tufts community

Schedule & free registration:
<https://anewdawn.eventbrite.com>.
Or scan QR code:



For more information and
(limited) copies of the book,
email: Ken.Garden@tufts.edu



This workshop is presented by the Department of Religion as part of the Religious Diversity and Civic Life initiative, funded by the Arthur Vining Davis Foundations.

A New Dawn? Community Discussion

Friday, October 14, 10:00 a.m. - 4:30 p.m., Cabot Center 703

In 2021, the anthropologist David Graeber and the archeologist David Wengrow published *The Dawn of Everything: A New History of Humanity*. This 700-page book gives a new account of human history that dispenses with idées fixes such as the Agrarian Revolution and the idea that cities and complex societies require and produce the coercive state and social stratification. Rather than placing impersonal forces at the center of history, Graeber and Wengrow privilege the free exercise of human ingenuity in structuring the social world. The result is a rethinking of the origins of what we call civilization that is as fresh and eye-opening as *Guns, Germs, and Steel* was twenty years ago. Join for a day of roundtable discussions on implications for the Social Sciences and Humanities of this book. For more information and (limited) copies of the book, please contact Associate Professor of Religion [Ken Garden](#). Registration is requested but tickets are not required to attend this event. You can [register and find more information here](#).

[Resources, Scholarships, and Opportunities](#)

RECRUITING VOLUNTEERS!

ADVOCATES FOR QUALITY AGING

- Help make a difference in an elders life
- Teach weekly in home technology lessons to the elderly population
- Work in collaboration with Mystic Valley Elder Services to develop program structure and guidelines

Email

advocatesforqualityaging@gmail.com
if interested!



Advocates for Quality Aging is Recruiting Volunteers

Advocates for Quality Aging (AQA) promotes a better quality of life for older adults. They are a part of the Leonard Carmichael Society here at Tufts. Not only are they involved with raising awareness for geriatric health, but they also hold activities and meetings to bond with local senior citizens in the Medford community. AQA holds weekly book club meetings with seniors in the Medford community both in person and virtually. They publish monthly newsletters and Senior Shoutouts to feature the stories of seniors in the Medford community and issues in geriatric health. Join for speaker events on health care, fundraisers for the Alzheimer's Association, and general bonding with people young and old! You can connect with [AQA by email](mailto:advocatesforqualityaging@gmail.com) for more information or to sign up. You can also [find more information on the AQA website](#).

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](#).

Mawlid an-Nabi

Fri., Oct. 7, 2022

Tradition: Islam

The birthday of the Prophet Muhammed. Begins at sundown.

Sukkot

Sun., Oct. 9 – Sun., Oct. 16, 2022

Tradition: Judaism

Also known as Feast of Booths. An eight-day Jewish festival of booths (or tabernacles) and the fall harvest. The name refers to the booths (sukkot) used by Israelites during desert wanderings and constructed in the fields during

the harvest season. It is a time of thanksgiving for God's presence in creation and among the Jewish people. The Eighth Day (Shmini 'Atzeret) is considered both the end of Sukkot and a distinct festival.

Shemini Atzeret

Sun., Oct. 16 – Tue., Oct. 18, 2022

Tradition: Judaism

Simchat Torah

Mon., Oct. 17, 2022

Tradition: Judaism

(Rejoicing of the Law) Joyous festival in which the annual cycle of the reading of the Torah in the synagogue is completed and its first book begun again. The celebration typically includes singing, dancing, and marching with Torah scrolls.

Installation of Granth Sahib Ji as Guru

Thu., Oct. 20, 2022

Tradition: Sikhism

This day celebrates Gobind Singh Ji's passing on guruship to Scripture, henceforth known as the Guru Granth Sahib.

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.

Give Today

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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