the Tufts community. We provide pastoral care, support religious and philosophical communities, educate about traditional beliefs, and host events like the Friday Night Daily Reflections Dinner. Our programs aim to help you find meaning in your life by exploring and reflecting on things that matter like our values, our sense of purpose, and our questions about life. You will hone the skill of active listening and learn about the importance of being present and engaged.

Please mark your calendars for our upcoming programs, especially Venerable Priya Sraman’s Goodbye Party on Thursday, January 21 and Friday, January 22. The event will feature a communal gathering together with an optional lunch (GrubHub coupons will be provided). Please email Catholic Chaplain S. Azmera Hammouri-Davis for more information.

Tuesday, January 20

Participate in Spring Semester Be-Friend Program

On Tuesday, January 20, you have the opportunity to join the Be-Friend Program. This program aims to foster a supportive community where you can share your experiences, learn from others, and grow together. There will be a special extra half hour in private reflection. Please note, faculty and staff will be paired with other faculty and staff members, and students will be paired with other students. You will have the chance to engage in activities such as nature walks (independently and/or together), meditation practices (such as walking meditation or mindfulness exercises) that can open our connections to ourselves, to each other, to the Universe and to the Divine forces that are present in our lives. There will be a designated time for these activities, followed by a facilitated discussion around a theme provided by an invited speaker, such as waking meditation and compassion practices.

Wednesday, January 20

Pre-Symposium Lunch: What does ‘Cashing our Promissory Note’ mean to you?

The Rev. Dr. Martin Luther King, Jr. Symposium: ‘Cashing our Promissory Note’

Join us to celebrate and thank Venerable Priya Sraman, departing Buddhist Chaplain, on his last day here at the University Chaplaincy. The event will feature a communal gathering together with an optional lunch (GrubHub coupons will be provided). Please email Catholic Chaplain S. Azmera Hammouri-Davis for more information.

Thursday, January 21 and Friday, January 22

Friday Night Daily Reflections Dinner

Friday Night Daily Reflections Dinner is a weekly event offering a diverse array of spiritual practices, including nature walks (independently and/or together), meditation practices (such as walking meditation or mindfulness exercises) that can open our connections to ourselves, to each other, to the Universe and to the Divine forces that are present in our lives. There will be a designated time for these activities, followed by a facilitated discussion around a theme provided by an invited speaker, such as waking meditation and compassion practices.

Friday, January 21

The Chaplaincy Innovation Lab hosts Cheryl A. Giles, Lama Rod Owens, and Pamela Ayo Yetunde for About Race, Resilience, Transformation and Freedom

The Chaplaincy Innovation Lab hosts Cheryl A. Giles, Lama Rod Owens, and Pamela Ayo Yetunde for a talk about race, resilience, transformation, and freedom. This event will explore how our collective journey around race is intertwined with our purpose in the world and how we can transform society for the better. Participants will have the opportunity to engage with different perspectives and gain insights into the complex issues of race, resilience, and transformation.

Saturday, January 23

Hilari Zinman, Assistant Professor of Religion

Hilari Zinman, Assistant Professor of Religion, will be presenting a talk on the theme of “Becoming.” The event will provide an opportunity for participants to reflect on their own journey and how they can become the best version of themselves. Participants will have the chance to engage in activities such as nature walks (independently and/or together), meditation practices (such as walking meditation or mindfulness exercises) that can open our connections to ourselves, to each other, to the Universe and to the Divine forces that are present in our lives. There will be a designated time for these activities, followed by a facilitated discussion around a theme provided by an invited speaker, such as waking meditation and compassion practices.

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