The University Chaplaincy is a dynamic hub supporting religious, spiritual, ethical, and cultural life for all members of the University. It offers a diverse array of spiritual practices, including nature walks (independently and/or together), meditation exercises, listening to music, deep reading—of poetry, art, the world, our lives and one another. Please email program manager to sign up.

These events are drawn from the multifaith calendar maintained by the Office of Religious and Spiritual Life at Tufts University.

**Thursday, January 21 and Friday, January 22**

Sing a New Song: A Zoom Mini-Retreat

Speakers: Rev. Elyse Nelson Winger

This two-day retreat is an opportunity for students to reflect on the lessons learned last academic year and to prepare for the challenges of the upcoming term. The retreat will include discussions on themes such as gratitude, resilience, and purpose.

Some of you may attend. Each day will be virtual, and comprised of both on-screen and off-screen time. We will end our journey with a Molotov cocktail ceremony to burn any worries or fears we left behind and what will you take with you as we begin this spring term? How might your life be a song of praise to God? While this is a two-day retreat, please know that you are invited to attend either or both days. Some of you may attend. Each day will be virtual, and comprised of both on-screen and off-screen time. We will end our journey with a Molotov cocktail ceremony to burn any worries or fears we left behind and what will you take with you as we begin this spring term? How might your life be a song of praise to God?

Please email program manager to sign up.

**Thursday January 28 and Friday January 29, 9:00 a.m. - 11:00 a.m. ET**

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Speakers: Rev. Elyse Nelson Winger

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