



# Tufts

# UNIVERSITY CHAPLAINCY

E-NEWS 2.8.23



## A Greeting From Your Buddhist Chaplain

Dear Tufts Community,

By this time, our January New Year resolutions may be getting worn out. If it helps, let me offer a couple of techniques for jump-starting our spiritual lives.

### 1. Set a Daily Discipline.

In my own experience, something really valuable is having some kind of daily connection to ourselves and our spirit. For me, it's getting up every day and meditating for an hour. But for other people, it may be journaling or prayer, yoga, or tai chi. There's no one way. But that act of showing up for ourselves consistently forges a connection that's unconditional. If we can be unconditionally there for ourselves, we can also be unconditionally there for other people. In the same way, if you wanted to play the piano well, you'd practice every day. You'd play the scales, and sometimes you would feel inspired, and sometimes not. But through consistency and over time, that proficiency would develop, until playing something complex is possible.

### 2. Open Your Heart

As far as I can see, this applies to people of every spiritual persuasion. Begin by feeling loving-kindness for yourself. Then spend a little time generating love, allowing that to arise in your heart and mind, towards someone you care about. Then widen it out to someone who is neutral. Then, open your heart

to a more challenging person. Even if it feels like it's just half-hearted, say all right, and give it your best shot. Then let go, and see what happens. It creates a connection that we can't touch, can't know, can't prove. And yet those connections between us may go further than we realize.

### 3. Practice Forgiveness

Before bed or at the beginning of the day, do an inner review and notice if your energy is still holding onto something. Before I go to bed, I notice where my mind goes. Am I dwelling on something that happened in the morning? I just notice that and set the intention to calm my energy. If there was a misunderstanding, I might envision a bouquet of flowers at the person's door. It doesn't mean condoning whatever might have happened, just releasing it so that we can get on with our lives. The idea is just to travel lightly, and forgiveness is one of the most efficient ways to do that that I've yet found.

With loving-kindness,  
Ji Hyang Padma  
Buddhist Chaplain

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## Upcoming Signature Programs



### **MLK Day of Community Action**

RSVP by Wednesday, February 22, at 11:59 p.m.

Saturday, February 25, from 11:00 a.m. - 5:30 p.m. at Breed Memorial Hall


How can we channel our revolutionary spirits to create change? Join the Interfaith Ambassador Team of the University Chaplaincy for the 2023 MLK Day of Community Action for community building, workshops on MLK's legacy in modern activism, and direct action. Together, we will explore our own roles in the fight for change through the lens of carceral and food justice. Engage in service and advocacy opportunities with Concord Prison Outreach and Ending Hunger New England to address these issues in our very own metro Boston neighborhoods and beyond. Locally sourced lunch and dinner meals will be provided. Registration is required and closes at 11:59 p.m. on Wednesday, February 22. If you already signed up for the original date, you don't need to re-register! But please let University Chaplain [Elyse Nelson Winger](#) know if you can no longer attend.

Register for the Day of Community Action

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## Religious and Philosophical Programs





# Islam in Depth: An Exploration of Islamic Themes and Teachings

All are welcome! Bring a friend!  
Open to students of all  
faiths and backgrounds

Thursdays  
@ 7:30pm

Curtis Musallah  
474 Boston Avenue  
Medford, MA 02155

If you do not have ID card access to Curtis Hall,  
email [najiba.akbar@tufts.edu](mailto:najiba.akbar@tufts.edu)



University Chaplaincy  
Muslim Chaplaincy

## Islam in Depth Halaqa

Thursday, February 9, at 7:30 p.m. at Curtis Musallah (474 Boston Ave)

Join Muslim Chaplain Najiba Akbar for a weekly Halaqa every Thursday in Curtis Hall at 7:30 p.m.  
Open to everyone from all faiths and backgrounds. If you do not have ID card access to Curtis Hall,  
contact [Najiba Akbar](#).



# Misa Católica en Español Cantantes

FEB 12, MAR 12, AND ABRIL 9

¡Todos son bienvenidos!  
No es necesaria experiencia previa en canto.  
Todas las misas se llevan a cabo a las 5 p. m. (el ensayo del coro es a las 4 p. m.).  
Póngase en contacto con la Capellana Católica  
Lynn.cooper@tufts.edu con cualquier pregunta.  
Todas las misas se llevan a cabo en la Capilla Goddard



# Spanish Mass Choir

FEB 12, MAR 12, AND APRIL 9

All are welcome!  
No prior singing experience necessary.  
All masses held at 5pm (choir rehearsal is at 4pm).  
Contact Catholic Chaplain  
Lynn.cooper@tufts.edu with any questions.  
All masses held in Goddard Chapel.



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Catholic Chaplaincy

## Spanish Mass Choir

Rehearsals Sundays at 4:00 p.m., Goddard Chapel

All are welcome to join us for Spanish Mass Choir! No prior singing experience is necessary. All masses start at 5:00 p.m. with rehearsal starting at 4:00 p.m. at Goddard Chapel. For more information, contact Catholic Chaplain [Lynn Cooper](mailto:Lynn.cooper@tufts.edu).

# Misa Católica en Español

Confesión 4pm en Español e Inglés

Santa Misa 5pm en Goddard Chapel

Domingo, 12 Febrero, 12 Marzo, y 9 Abril (Pascua)



Cena después.

**Tufts**  
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Catholic Chaplaincy

## Misa Católica en Español/Spanish Mass

12 Febrero, 5:00 p.m., Goddard Chapel

Nuestra primera misa en español del año será esta semana! ¡Todos son bienvenidos! Si te gustaría ayudar a planear o apoyar en cualquier forma, por favor contacta a [Sebastian.Fernandez@tufts.edu](mailto:Sebastian.Fernandez@tufts.edu).

The Interfaith Ambassadors invite you  
to an *Open Mic at Goddard Chapel*! Join  
us for a cozy evening of food, art,  
and music in celebration of

**LOVE**

Thursday 2/16  
from 7-9 pm  
at Goddard Chapel



**SIGN UP  
TO PERFORM**



**Tufts** | University  
UNIVERSITY | Chaplaincy

For inquiries contact... [Ariel.Kayton@Tufts.edu](mailto:Ariel.Kayton@Tufts.edu)

**Grandma Goddard's Golden Spoon: Open Mic Night at Goddard Chapel**

Thursday, February 16, 7:00 p.m. - 9:00 p.m., Goddard Chapel

Come join the Interfaith Ambassadors for a cozy evening of food, art, and music in celebration of LOVE. We invite all members of our community with open arms to our creative stew of song, stories, poetry, and art! Whether on the mic, an audience member, a Goddard regular, or a newcomer to this space, we hope you leave with new connections. We can't wait to see you for a night of musical performances, poetry, and more! [Sign up to attend and/or perform here.](#)

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**Partner Programs**





### **Tisch College Spring Speaker Series**

See dates on Tisch website

Tisch College will bring changemakers to campus and host conversations centered on the theme of citizen activism and the question: what is ours to do at this moment? Hear from civil rights leader Rev. Dr. William J. Barber II, author and Supreme Court reporter Dahlia Lithwick, and many more. [Find more information and register for events here on the Tisch website.](#)



**Asian American Center 40th Anniversary**

Thursday, February 9, 6:00 p.m. at Aidekman Arts Center (40 Talbot Ave)

The Asian American Center is delighted to invite you to visit the Center's 40th Anniversary Exhibition. "Our Histories, Our Futures" explores the rich legacy of the Asian American Center as it continues to grow and transform through several generations of students at Tufts. The exhibition dives into the center's archives to teach us about how it came to be, supplemented by filmed interviews with alumni. The exhibition also features artwork from current students in the Tufts Asian and Asian American communities.

# Environmental Photo Contest

Open to all undergraduate  
students. **Win up to \$150**

Learn more at  
[go.tufts.edu/envirophoto](https://go.tufts.edu/envirophoto)



Submit by  
**Feb. 26**

Presented by Tufts Environmental Studies Program

## **Annual Undergraduate Environmental Photo Contest - Win up to \$150!**

Deadline: Sunday, February 26

The Environmental Studies Program is proud to host the annual Undergraduate Environmental Photo Contest again! Enter for a chance to win prizes (1st place: \$150, 2nd place: \$100, 3rd place: \$50), and an opportunity for your work to be displayed on the Medford Campus for the next academic year.

The submission deadline is February 26, 2023. [Click here](#) to check out the contest guidelines and submission material requirements to submit your work.





# 7th Annual Religion, Law & Diplomacy Conference Fri. 10 Feb 2023 9:00AM - 6:30PM ET

## Conservation, Crisis & Cultural Heritage

**Registration:** [bit.ly/3WL84Ws](https://bit.ly/3WL84Ws)



@ The Fletcher School, Tufts University



Dr. Azza Karam  
Secretary General,  
Religions for Peace



Dr. Mounir Bouchenaki  
Special Advisor to the  
UNESCO Director General



Dr. Sima Samar  
Former Minister of  
Women's Affairs,  
Afghanistan



Mr. Adam Markham  
Acting Director,  
Climate & Energy  
Program at Union for  
Concerned Scientists



Queen Quet  
Marquette L. Goodwine  
Chieftess of the  
Gullah/Geechee Nation



Ms. Aviva Rosenthal  
Director,  
Smithsonian Office of  
International Relations

@fletcherinitiativerld @fletcher\_rld



### Religion, Law, and Diplomacy Conference

Friday, February 10, 9:00 a.m. to 6:30 p.m. at The Fletcher School (160 Packard Ave)

This conference examines the concept of cultural heritage and its connection to religion, while emphasizing the diverse understandings of cultural heritage around the world, particularly those of minority religious or indigenous groups. The conference will engage cultural heritage experts, policymakers, practitioners, students, and scholars to share knowledge, experiences, and recommendations about sustainable and inclusive cultural heritage practices. The conference will focus on issues including legal frameworks for protecting the rights of religious groups, the effects of religious extremism, cultural heritage as a tool for public diplomacy, and the risks that climate change and natural resource extraction pose to sacred sites and practices. [Click here to register](https://bit.ly/3WL84Ws). For any questions send a message to our [instagram account](#).



# ISF 2023 CONGRESSIONAL FELLOWSHIP PROGRAM

- September 2023 - June 2024
- 9-Month Paid Position on Capitol Hill, DC



**DEADLINE:**  
FEBRUARY 13<sup>TH</sup>, 2023  
**APPLY NOW**  
[www.IslamicScholarshipFund.org](http://www.IslamicScholarshipFund.org)

## Islamic Scholarship Fund Fellowship Program

Applications are due Monday, February 13

ISF's Congressional Fellowship Program is now accepting applications for its 9-month paid position working on Capitol Hill. Fellows will receive a stipend of \$30,000 plus benefits. Applications are due February 13. The ISF Congressional Policy Fellowship is a highly selective, nonpartisan program devoted to promoting and encouraging diversity and inclusion on Capitol Hill. Through a 9-month fellowship, fellows will gain real-world experience working on legislative and public policy issues. [Click here for more information.](#)

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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](#).

### Nirvana Day

Wed., Feb. 15, 2023

Tradition: Buddhism

In the northern tradition, it commemorates the parinirvana of the Buddha. In cultures of Southeast Asia, the Buddha's parinirvana is remembered during Wesak. The dates and names of Buddhist celebrations vary significantly among cultures and communities.

### Laylat al-Isra'wa al-Mi'raj (Mi'raj al-Nabiy)

Fri., Feb. 17, 2023

Tradition: Islam

Commemorates the ascension (al-Mi'raj) of the Prophet to heaven following his night journey (al Isra') from Mecca to Jerusalem and his ascent to heaven and return the same night. Begins at sundown.

### **Maha Shivaratri**

Sat., Feb. 18, 2023

Tradition: Hinduism

A feast dedicated to the Hindu deity Shiva. The night before the feast, fasting is observed, texts are recited, songs are sung, and stories told in honor of this God whose cosmic dance creates, preserves, destroys, and recreates the world.

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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.

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.

**Tufts University Chaplaincy | Goddard Chapel, 3 The Green | Medford, MA 02155 US**  
chaplaincy.tufts.edu | chaplaincy@tufts.edu | 617.627.3427



**emma**

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