A note from the Muslim Chaplain

As-Salamu 'Alaykm wa RahmatuAllahi wa Barakatuhu —

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As I reflect on our current challenging times, I am struck by the resilience and adaptability of our community. The pandemic has forced us to find new ways to connect, support one another, and find meaning in these difficult times. In the face of uncertainty and change, we have come together to create a virtual space for spiritual practice and reflection. I am deeply moved by the outpouring of commitment and engagement from our community, and I am grateful for the opportunity to serve in this role.

Our chaplains are here for you, no matter where you are in the world or how you are doing in this time. Click on a video below to watch short meditations and reflections led by our chaplains. These videos provide a space for introspection and connection, and they offer a chance to pause and reflect on our experiences during this time.

- [Check-In with a Chaplain](https://www.youtube.com/watch?v=Check_In_with_a_Chaplain)
- [Rabbi Tzvi Dunbar's Reflection](https://www.youtube.com/watch?v=Rabbi_Tzvi_Dunbar's_Reflection)
- [Jenny Peace's Meditation](https://www.youtube.com/watch?v=Jenny_Peace's_Meditation)
- [Counseling and Mental Health Services](https://www.youtube.com/watch?v=Counseling_and_Mental_Health_Services)

These are just a few examples of the many resources available to our community. Whether you are looking for a space to connect with others, a place to reflect on your experiences, or a chance to find peace and comfort, our chaplains and other members of our community are here to support you.

As we move forward, I hope that we can continue to find ways to come together and support one another. In the face of adversity, we can find strength and hope in our connections to one another and to the divine. Together we can face this time with courage, resilience, and faith.

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A note from the Buddhist Chaplain

Introspection is never without difficulty, I am fully aware this invitation is essentially an invitation to be courageous. Whether it's being in the fresh air, hearing the birds and trees, or being subsumed by something incomparably beautiful, these are all parts of the practice. The practice of meditation helps us to become more aware, more present, and more in touch with our own emotions and thoughts. It helps us to be more aware of ourselves and the world around us. We can use this practice to help us to understand our own nature, to understand the nature of our relationship with others, and to understand the nature of the world around us. We can use this practice to help us to experience a sense of wholeness, of being connected to something greater than ourselves. We can use this practice to help us to experience a sense of peace, of being at ease with ourselves, and of being at peace with the world around us.

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A note from the Hindu Chaplain

We are in the sixth lunar month in Southeast Asian cultures; in Tibetan culture, Wesak commemorates only the enlightenment and parinirvana. The dates of this celebration vary significantly among Buddhist cultures and communities. In Buddhist tradition, Wesak is celebrated to mark the birth, enlightenment, and passing away of the Buddha. The program will include meditation, chanting, and Dharma discussion. For more information, please contact Priya Sraman at Priya.Sraman@tufts.edu.

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A note from the Jewish Chaplain

Rosh Hashanah will be observed this year on Thursday, May 7, 2020. Rosh Hashanah is the Jewish New Year and it is a time of reflection and looking forward to the year ahead. The high holidays are a time to give thanks, support one another and send forth those who are in need of help.

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A note from the Christian Chaplain

On Thursday, May 7, 2020, we will begin the practice of fasting for the evening meal. Fasting is a practice that dates back thousands of years and is observed in many different religious traditions. It is a time of reflection and introspection, and it is a chance to make personal and spiritual changes.

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A note from the Muslim Chaplain

Mawlid is an annual celebration of the birth of the Prophet Muhammad (peace be upon him). It is observed on the 12th of Rabi’ul-Awwal, which is the month in which the Prophet was born. It is a time of reflection and remembrance, and it is a time of joy and celebration. During Mawlid, Muslims around the world are about one third into the sacred month of Ramadan. I wish everyone, observing the month, a blessed and prosperous time.

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A note from the Religious and Philosophical Life Programs

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 Religious and Philosophical Life Programs and its E-news.

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A note from the Tufts Digital Collections and Archives

If you're interested in contributing to the Tufts COVID-19 Pandemic Collection at Digital Collections and Archives, please submit your contributions to the COVID-19 Pandemic Collection. This project provides firsthand accounts of life during a pandemic but can also serve as an emotional outlet for the people living through these challenging times. The project is a collaboration between Tufts Digital Collections and Archives and the Office of Religious and Spiritual Life.

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A note from the University Chaplaincy

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Contact the University Chaplaincy at

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A note from the Tufts Admissions Fellows

Tufts Admissions is currently hiring Admissions Fellows for the 2020-2021 academic year. These are paid positions running September through May, and the commitment averages about 10 hours per week. They are hiring fellows in both the Undergraduate and Graduate Programs. This position is ideal for students considering the admissions field, or for students interested in how the admissions office works. Previous experience in the Admissions office is a plus but not required. If you have any questions, please submit your questions to Tufts Admissions Hiring.

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A note from the CMHS Staff Clinicians

Counseling and Mental Health Services is hosting groups for Tufts graduate students currently living on campus or in the greater Boston area. You can join a small group of other students in four weekly meetings via Zoom. This group is facilitated by CMHS Staff Clinicians, Sophie Ricks and Marilyn Downs. For more information, please contact Nora.Bond@tufts.edu.

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A note from the UCIP

Tufts Civic Impact

Are you a graduating senior? The University Civic Impact Program is for you! The University Civic Impact Program is a community engagement program that provides students with the opportunity to work in the community and make a difference. The program is open to all Tufts students and is a great way to get involved in the community and make a difference.

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A note from the Mind-Body Wellness Program

Christina Pastan, D91, DG94, director of Mind-Body Wellness at the Tufts School of Dental Medicine, will lead this workshop. You can go to the Mind-Body Wellness Program's website for more information and to register for this event.

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A note from the UU崇徳

The UU崇徳 is a group of Buddhist students at Tufts University. They are working to develop a community documentation project. Creating documentation of this historic moment not only provides firsthand accounts of life during a pandemic but can also serve as an emotional outlet for the people living through these challenging times. The project is a collaboration between Tufts Digital Collections and Archives and the Office of Religious and Spiritual Life.

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A note from the DC&A

This is a great opportunity to contribute to the Tufts COVID-19 Pandemic Collection at Digital Collections and Archives. This project provides firsthand accounts of life during a pandemic but can also serve as an emotional outlet for the people living through these challenging times. The project is a collaboration between Tufts Digital Collections and Archives and the Office of Religious and Spiritual Life.