A note from the Muslim Chaplain

Dear Tufts Community,

As the year comes to a close, I hope you find time to reflect on the past semester and plan for the upcoming one. To begin our reflection, I would like to offer a few thoughts on the concept of "courage".

Courage is not the absence of fear, but the ability to act in spite of it. In a time of uncertainty and change, we may feel anxious or afraid. However, it is through these moments that we can grow and strengthen our resolve.

What are our emotional and intellectual strengths and where are our growth opportunities? Now, because honest reflection is a key part of growth, I invite you to consider these questions and reflect on how you can contribute to your own and others' well-being.

In closing, I wish you peace and strength as you face the challenges ahead.

Sincerely,

Abdul-Malik Merchant, Muslim Chaplain