**A note from the Muslim Chaplain**

As we approach the month of Ramadan, the Holy Month of Fasting, let us consider the spiritual and emotional needs of the community. This month is celebrated with family and friends, and those who are physically able do not eat or drink from the first sign of dawn until sunset in honor of the first revelations to the Prophet Muhammad. The evening meal is a moment of communal gathering and celebration. It is a time to reflect on the spiritual and social bonds that we share.

**Practicing for Ramadan**

This month is a time to reflect on our own spiritual journey and to seek deeper connections with our community and our faith. It is a time to consider our own actions and intentions, and to seek ways in which we can be of service to others. Whether you are participating in the month or not, this is a time for reflection and growth.

**Check-in with a Chaplain**

The University Chaplaincy is here to support you in any way we can. Please reach out to a chaplain if you have any questions or concerns. We are here to listen, to provide guidance, and to offer support. Whether you are seeking spiritual guidance or emotional support, our chaplains are here for you.

**Support the University Chaplaincy**

Please consider making a donation to support the work of the University Chaplaincy. Your generosity helps us to continue to provide spiritual and emotional support to the Harvard community.

**Wesak**

Wesak is the Buddhist holiday that celebrates the birth, enlightenment, and death of the Buddha. It is a time to reflect on the teachings of the Buddha and to seek ways to bring those teachings into our daily lives.

**Harvard Divinity School**

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 Multifaith Calendar.

**COVID-19 Documentation Project**

This project provides firsthand accounts of life during a pandemic and can also serve as an emotional outlet for the people living through it. To that end, DC&A invites you to keep a journal or create other documentation of what is happening in your life.

**Volunteers Needed**

The Office of Religious and Spiritual Life is looking for volunteers to help with various tasks. Previous experience in the Admissions office is a plus but not required. If you have any questions, please email Program Manager Nora Bond.

**Counseling and Mental Health Services**

Counseling and Mental Health Services is hosting groups for Tufts graduate students currently living on campus or remote. These groups are open to all graduate students and provide a safe space to connect with peers, share experiences, and learn from each other.

**Virtual Drop-in Meditation**

Every Thursday at 12:30 p.m. ET through May 28, Rabbi Naftali Brawer, Jewish Chaplain, will lead a virtual meditation. This is a great opportunity to connect with others and to find peace and quiet in these challenging times.

**Virtual Yoga**

Join Walking the Middle Path for a virtual yoga session on Tuesdays at 6:00 p.m. ET. This is a great opportunity to stretch and explore the practice of yoga in a virtual space.

**Celebrating Practices**

Check out the Catholic Chaplaincy’s Instagram account. This account will be a place to collect and reflect on videos and images related to Catholic practices.

**Check-In with a Chaplain**

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 chaplain to learn more about their practice and to schedule a check-in.

**Ramadan**

The Holy Month of Ramadan is the month of fasting during which Muslims who are physically able do not eat or drink from the first sign of dawn until sunset.