



# Tufts

# UNIVERSITY CHAPLAINCY

E-NEWS 2.16.23



**A Greeting From Your Protestant Chaplain**

Dear Tufts Community,

At the time of this writing, the death toll of the 7.8 magnitude earthquake in Turkey and Syria has surpassed 35,000 people. That number is staggering, as is the tens of thousands lost to armed conflict, and the more than 5,000 lives taken by gun violence in the U.S. just this year so far. Hearing overwhelming numbers like these makes me feel almost numb to the reality of so many lives lost. The constant cycle of bad news, and the “doomscrolling” it often elicits, can add to this sense of numbness.

Health professionals say our bodies respond to trauma by going into “fight, flight, or freeze” mode. Often, I find myself in the “freeze” category, hearing the information in my head but not really processing it, much less absorbing it in my heart. If you can relate to this on any level, then I invite you to consider those two other responses we can have to overwhelmingly difficult news.

“Fight mode” looks like taking a proactive approach to dealing with news in order to process it better. Talk to someone. (All of us in the University Chaplaincy are here for you to help process hard—and happy—news. Please contact us anytime to meet.). Consider donating to charities that are helping victims and their families, being careful to check the validity of aid organizations before supporting them. Perhaps listen to an interview of someone deeply affected by a tragedy, getting to know that person’s story on a human level beyond the numbers. Reflect on that story in meditation, prayer, or as part of a journaling practice. These are all ways we can stay engaged.

Finally, “flight mode” is also important. Give yourself permission to step away from the newsfeeds. Try to be present to your life in this moment, here and now, and give thanks for what you have. I realize this might sound naïve or simply impossible with so much swirling around us. It may even strike you as insensitive or selfish. But I think it is actually about nurturing self-compassion. After all, if we cannot care for ourselves, then how will we care for others, much less the suffering world around us?

I take comfort recalling that, in my tradition, even Jesus, God-in-the-flesh, had to step away from the troubles of the world, from time to time, to reconnect with the Divine. I pray that we too will know when we need to engage, when we have to stay still, and when we must step away, so that we can live a truly compassionate life.

With care,

Dan

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## Upcoming Signature Programs

# An Evening with **Ofelia Zepeda**

**A Conversation on Poetry,  
Language, and Justice**

**TUESDAY  
MARCH 7, 2023**

**5:30 P.M. – 7:00 P.M.  
BREED MEMORIAL HALL**

**This year we will welcome Tufts  
Honorary Degree recipient Dr.  
Ofelia Zepeda as our Russell  
Lecture Speaker.**

Ofelia Zepeda (Tohono O'odham) is the director of the American Indian Language Development Institute at University of Arizona and the Regents' Professor of Linguistics and affiliate faculty in American Indian Studies at the University of Arizona. She will welcome people to a conversation on how poetry, language, and justice transform each other.

**All are welcome.**



RSVP for the  
Lecture here:



Join Dr. Zepeda for a

**Workshop on Story-Telling**

**Wednesday, March 8, 11:00 a.m. - 1:00 p.m.**

Sign up via the same registration form

**Tufts**  
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Indigenous  
Center

**Tufts**  
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University  
Chaplaincy

## **Russell Lecture on Spiritual Life**

Tuesday, March 7, from 5:30 p.m. - 7:00 p.m. at Breed Memorial Hall

The Russell Lecture on Spiritual Life is the oldest endowed lectureship at Tufts, and is meant to offer a spiritual perspective on this historical moment. This year we are honored to host Dr. Ofelia Zepeda, 2021 Tufts Honorary Degree recipient and director of the American Indian Language Development Institute at University of Arizona and the Regents' Professor of Linguistics and affiliate faculty in American Indian Studies at the University of Arizona. She teaches Tohono O'odham language courses and survey courses on American Indian languages, and her research areas include language variation, language policy, and issues of endangered languages. She is a published poet who has authored and edited numbers volumes of poetry. She will speak about how language shapes our spiritual worlds and

futures, and how poetry contributes to revitalizing Indigenous languages. Please also join for a workshop on Wednesday, March 8 from 11:00 a.m. – 1:00 p.m. with Dr. Zepeda, when she will share how we can learn from poetry, and how it humanizes stories, experiences, and the injustices of our time. Find more information on our website, and please contact Tufts Chaplaincy with any questions and access needs. You can register for the lecture and workshop [here](#).

### **"Our Language, Our Strength" Open Mic Night with the Tufts Indigenous Center and University Chaplaincy**

Tuesday, February 28, from 7:30 p.m. - 9:00 p.m. at the Indigenous Center (112 Packard Ave)

Come join the Tufts Indigenous Center and the University Chaplaincy for an evening in honor of "Our Language, Our Strength" in advance of our Russell Lecture event. We invite all members of our community to share song, stories, and poetry! Please join us for a night of food, celebration, and recognition of language, our cultures and communities by registering [here](#) by Monday, Feb 27.



### **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

## Religious and Philosophical Programs



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.](#)



**Apply to be a Pre-Orientation Leader!**

Apply here starting 01.18.2023:



Contact [preorientation@tufts.edu](mailto:preorientation@tufts.edu) with questions!

### Be a 2023 CAFE Peer Leader!

Apply by February 16 at 11:59 p.m. (extensions are possible)

Interested in becoming a Pre-Orientation leader (PL) with CAFE this year? CAFE is the University Chaplaincy's Pre-Orientation program, welcoming incoming students of all identities to learn about Tufts and the local community, build strong relationships, and develop skills for connection. As a PL, you get to be an integral part of a first year's experiences of Tufts. You will work in a team with other returning students, and gain experience with project management, leadership, and community-building. [Apply here to be a PL](#), and email [cafe@tufts.edu](mailto:cafe@tufts.edu) with any questions!

# Catholic Community Retreat to Cape Cod

Friday, Feb 17-Sunday, Feb 19  
Craigville Retreat Center  
Barnstable, Ma.

All are welcome as we take a step back, to rest, reflect and renew at the sea shore. We will journal, bake bread, go for walks and grow in faith with this beautiful community. Transportation and meals provided. Time for study included. Cost covered by CCT. Email [catholic.tuftse@gmail.com](mailto:catholic.tuftse@gmail.com) to sign up or learn more.

## **Catholic Community Retreat to Cape Cod**

Friday to Sunday, February 17 to 19, at Craigville Retreat Center (Barnstable, MA)

Our annual trip to Craigville Retreat Center is coming up this weekend! We are finalizing our numbers so please reach out if you are interested in learning more or signing up! We will leave from the Campus Center Friday afternoon, returning Sunday afternoon. The cost is covered; you just need to bring an open heart. We will pray, reflect, create, cook and take walks down to the beach. All are welcome! Email [here](mailto:catholic.tuftse@gmail.com) to sign up or learn more.

# Ash Wednesday Ecumenical Services

Liturgy of the Word with Imposition of Ashes

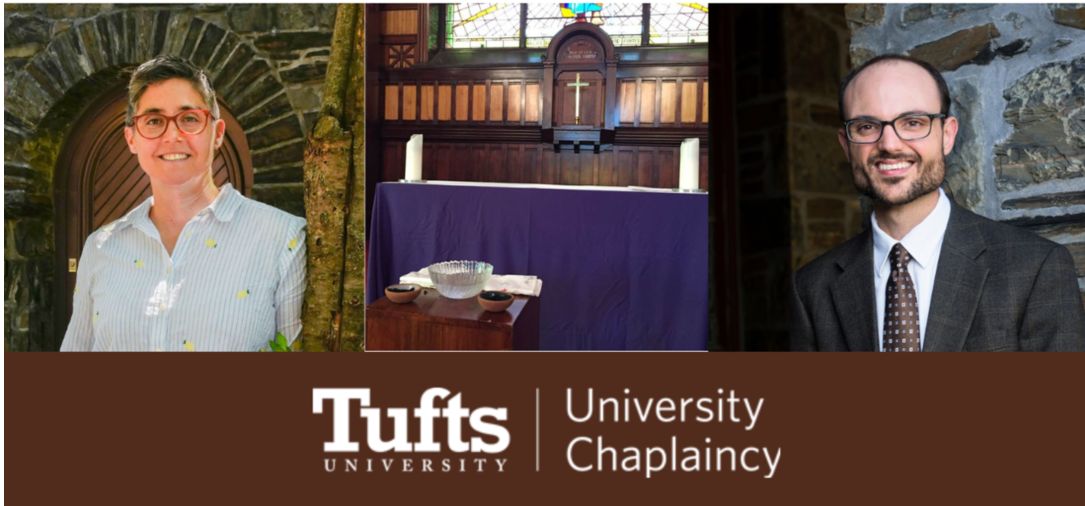
Wednesday, February 22, 2023

12:00pm and 5:10pm, Goddard Chapel

On Ash Wednesday, many mark the beginning of Lent by honoring the ancient call to be rooted in our truest selves through prayer, reflection, and acts of discipline. It is a call to journey through the wilderness as we move towards the Cross and the Empty Tomb.

All are welcome to join in this time of prayer, singing, and reflection hosted by Catholic Chaplain Lynn Cooper and Protestant Chaplain Dan Bell.

For questions or more information, contact  
[chaplaincy@tufts.edu](mailto:chaplaincy@tufts.edu).



## **Ash Wednesday Ecumenical Services**

Wednesday, February 22, 12:00 p.m. and 5:10 p.m. at Goddard Chapel

Join the Tufts ecumenical Christian community for Liturgy of the Word with Imposition of Ashes, led by Catholic Chaplain Lynn Cooper and Protestant Chaplain Dan Bell. All are welcome. Please email [Tufts Chaplaincy](mailto:TuftsChaplaincy) with any questions.





### **Cummings/ Hillel Genocide Education Experience**

*Travel with us to Boston and learn about various genocides, listen to survivors, and learn from fellow students. Meals will be provided and all are welcome*

#### **Cummings/Hillel Genocide Education Experience**

Sunday to Monday, February 19 to 20, at Tufts Hillel

Save the date for the Cummings/Hillel Boston Trip over Presidents' Day Weekend! Join fellows Jumbos as we travel to Boston and surrounding towns to learn about various genocides, listen to survivors and experts, and learn from fellow students to build community. Meals will be provided and students will return to Tufts at night. All are welcome! [Sign up here.](#)

# Engineering Dean's Lecture Series Tufts Engineers Week

## Eduardo Hochschild

*Chairman, Hochschild Mining*

Friday, February 24

1:30 p.m.

Joyce Cummings Center Room 160

*Learn more:*

*[go.tufts.edu/hochschild](http://go.tufts.edu/hochschild)*



School of  
Engineering

### **Engineering Dean's Lecture Series**

Friday, February 24, at 1:30 p.m. at Joyce Cummings Center Room 160

All are invited to the Engineering Dean's Lecture by Eduardo Hochschild. He will discuss his career, community responsibility, and engineering the cleanest mines possible. Please [register here](#).

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**Resources, Scholarships, and Opportunities**

# TUFTS STUDENTS OF TURKEY ARE ACCEPTING CASH DONATIONS NOW AT THE CAMPUS CENTER.

We will be here between 11:00 am and 5:00 pm Mon-  
Thursday (2/13-2/16)



## **Tufts Students of Turkey Fundraiser and Bake Sale**

Wednesday, February 15 , including a Bake Sale on Thursday, February 16, from 11:00 a.m. - 5:00 p.m. at the Campus Center

Come to the Campus Center today and tomorrow to support Tufts Students of Turkey's efforts to support earthquake relief in both Turkey and Syria. For more information about these events, please visit [Tufts Students of Turkey on Instagram](#).

# Blood Drive

**American Red Cross**  
*Give blood.* Help save lives.



**Thursday, Feb. 23\*** & **Wednesday, Mar. 1**

12:00pm-5:00pm  
\*Tufts Monday Schedule

12:00pm-5:00pm



Schedule an appointment  
Click or Scan



@Tufts Hillel  
220 Packard Ave.



## **American Red Cross Blood Drive**

Thursday, February 23 & Wednesday, March 1, 12:00 p.m. to 5:00 p.m. at Tufts Hillel (220 Packard Ave)

Give blood and help save lives! Come to Tufts Hillel on Thursday, Feb. 23 (Tufts Monday schedule) or Wednesday, March 1 from 12-5 pm to donate blood through the American Red Cross. [Sign up to donate here](#). Please reach out to [Mariel Priven](#) with any questions.

Multi-year, 1-to-1 tutoring to empower underserved youth in Dorchester and Roxbury



**EVkids** Tutoring for School.  
Mentoring for Life.

### **EVkids Volunteer Tutoring Opportunity Drive**

[Ask here for times and availability](#)

EVkids empowers underserved Boston youth with the skills and confidence needed to realize their potential. Through our academic tutoring program, tutors are university students who form 1-to-1, multi-year relationships with their tutees, grades 4-12. We ask our tutors to commit to the values of service, community, and reflection to foster a more just and equitable world. Tutoring pairs will meet virtually or in-person at four sites in Roxbury and Dorchester. Fill out our Tutor Interest Form to receive the web-based application sent to your email; Federal Work Study positions available. Questions? Send a message to 617-862-9411 or [email us here](#).

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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.

### **Sri Ramakrishna Jayanti**

Tue., Feb. 21, 2023

Tradition: Hinduism

Celebrates the birthday of Sri Ramakrishna, teacher of Swami Vivekananda.

### **Ash Wednesday**

Wed., Feb. 22, 2023

Tradition: Christianity-Protestant, Christianity-Roman Catholic

A special day of repentance observed by Protestant and Roman Catholic Christians to mark the beginning of Lent, the 40-day period (excluding Sundays) of prayer, repentance, and self-denial preceding Easter. The name derives from the practice of marking of the faithful with ashes to signify penitence.

### **Great Lent**

Mon., Feb. 27 – Sat., Apr. 15, 2023

Tradition: Christianity-Orthodox

In Orthodox churches, the first day of Lent marks the beginning of the Great Fast, the final six weeks of a 10-week period leading up to Holy Week and Easter (Pascha). In the churches that follow the Gregorian calendar, Lent is a six-week observance (40 days excluding Sundays) beginning with Ash Wednesday and culminating in Holy Week. It is a time of repentance and sacrifice in preparation for Easter

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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**  
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**emma**

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