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Tufts UNIVERSITY CHAPLAINCY

E-NEWS 10.21.20

Sunset on the Charles River

A note from our Africana Spirituality Advisor

Peace be unto you,

With the fall officially settling in and nature beginning to visibly change, I have been savoring opportunities to catch the sun for however long it may choose to be with us in the day. As the height of an incredibly tense election season arises, I'm sure many of you, like me, may be wondering how exactly these changes will impact both ourselves and

those we love, near and far. In this season of change, I offer this practice of looking to the sun for guidance and direction and encouragement to try something differently in your day.

Growing up in Hawaii, the sun was an element that I often felt a connection with. It was constantly inviting me with its bright aura to let my worries wash away and bask in the glory of all that is this day. I hadn't realized how much I took that for granted until moving to Cambridge and experiencing the winter and fall season. Less daylight meant more time for introspection and going inside, both literally and figuratively. I am reminded of the great poet of the Harlem Renaissance Arna Bontemps who comments

"It is not wise to waste the life, against a stubborn will. Yet would we die as some have done, beating a way for the rising sun."

African spiritual traditions believe that communication with the nature is a constant practice. Different elements – the sun, earth, air, water, wind, lightening, thunder -- provide signs and symbols, rituals and rhythms that can deepen our understanding of life and offer sustenance no matter what the internal state or condition of our life may be. On this walk recently, I was reminded of how sweet the undoing, the unlearning, the letting go to become all of what we might become can be if we allow ourselves the pleasure of trying things differently.

Today, wherever you may be Zooming into classes from, whether a kitchen table, bedroom, courtyard, living room or outer place, I invite you to consider one element of your day that you might do differently. Maybe it's taking a different path to your favorite restaurant, calling the loved one who has been on your mind but who you haven't spoken to in a long time, writing a thank you letter to a neighbor, peer or friend who really helped you out recently. It is these small acts of gratitude and affirmation that African spirituality offers up, to honor our ancestors and those who've come before, so that we might have the courage to imagine new possibilities for what lies ahead with hope, perseverance and genuine curiosity.

With warmth,

Azmera Hamouri-Davis
Africana Spirituality Advisor

Check in with a Chaplain

Our chaplains and advisors are here for you, no matter where you are in the world or how you are doing in this time. Click on a chaplain's name below to schedule a time for conversation, meditation, prayer, or to check in about anything else on your heart or mind. You can go to the contact page on our website to find bios and additional information, too.

Elyse Nelson Winger, University Chaplain
Preeta Banerjee, Hindu Advisor
Rev. Dan Bell, Protestant Chaplain
Rabbi Naftali Brawer, Jewish Chaplain
Walker Bristol, Humanist Chaplain
Lynn Cooper, Catholic Chaplain
Azmera Hammouri-Davis, Africana Spirituality Advisor
Abdul-Malik Merchant, Muslim Chaplain
Venerable Priya Sraman, Buddhist Chaplain

#TuftsGivingTuesday: Help Us Build a Brighter World on December 1

This year marks the 115th anniversary of the Tufts University Chaplaincy founding. Join us in celebrating the growth and vitality of our multifaith community through these years as we commemorate our past, celebrate our present, and creatively envision our future. On #TuftsGivingTuesday, we will share stories that highlight our commitment to creating an interdependent, brighter future together--across faiths, traditions, and worldviews. Our main goal is participation and gifts of any size are most welcome! Your generosity to the Friends of Goddard Fund will enhance our dynamic, multifaith programs and increase our capacity to serve all members of the Tufts community. We would be deeply grateful to see your gift on December 1.

Please visit our donation page to give today. If you have any questions, please email University Chaplaincy Program Coordinator Shelby Carpenter.

Religious and Philosophical Life Programs

You can find more information about our weekly gatherings and student group meetings on our website. You can also find the Zoom links for each event there. If you have an idea for how University Chaplaincy programming can better serve you this semester, please contact Program Manager Nora Bond.

Elyse Nelson Winger

University Chaplain

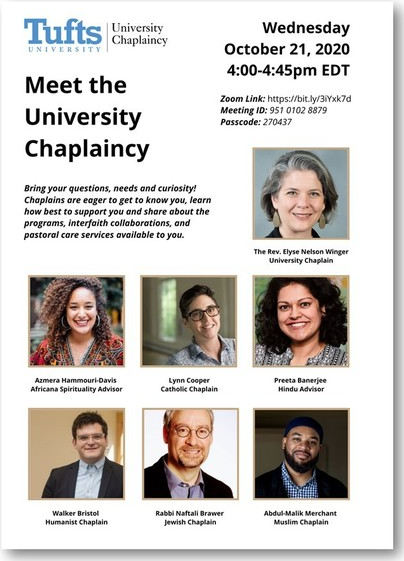
University Chaplaincy Offerings

Virtual Coffee with Chaplain Elyse
Fridays in October, 2:00 p.m. - 3:00 p.m. ET

Join Chaplain Elyse for conversations about your passions, questions, and communities. Bring your favorite coffee or other warm beverage, and connect with Chaplain Elyse, Fridays in October (October 9, October 16, October 23, and October 30). For your more information, you can email University Chaplain Elyse Nelson Winger. All are welcome.

For the Zoom link please visit our website.

Meet the University Chaplaincy: Panel for the Graduate Health Sciences Community



Wednesday, October 21, 4:00 p.m. - 4:45 p.m. ET

If you are a graduate student in the health sciences community please join us for a panel discussion about how the University Chaplaincy can be of service to you. University Chaplain, Rev. Elyse Nelson Winger, and many staff chaplains will be present to answer your questions, hear your concerns, and share about the services available to you as a Tufts community member. We are eager to get to know you better and serve your unique needs as graduate students. Please email Catholic chaplain Lynn Cooper if you have any questions. You can find more information on JumboLife and our Facebook.

Annual Halloween Concert
Friday, October 30, 7:30 p.m. - 8:00 p.m. ET

The annual Halloween Concert is coming to you this year! The thirty-minute concert will feature spooky favorites and some surprises. The video will go live at 7:30 p.m. ET on Friday, October 30th. More event details - including picking up apple cider donuts that day - will be posted on our Instagram and Facebook.

At The Table: Poetry with the University Chaplaincy
Thursday, November 5, 7:00 p.m. - 8:00 p.m. ET

What are you bringing to your dinner table for discussion? Join the University Chaplaincy for poetry and reflection. Chaplain Elyse will read some of her favorite pieces speaking to the themes of this moment in history. You are invited to bring the poems and quotes that are inspiring you, helping you through, and worth sharing around our virtual table. You're welcome to be drinking your favorite warm beverage and enjoying a snack too. Snack packs (vegan and kosher) will be available for pick up that day outside Goddard Chapel on the academic quad. Please email Program Manager Nora Bond with any questions, and look for more details on our Instagram.

Buddhist Chaplaincy Offerings

Tufts Buddhist Mindfulness Sangha Meditation and Reflection
Mondays and Fridays, 12:00 p.m. - 1:00 p.m. ET

This semester, Sangha will meet on Mondays for a discussion and shorter meditation, and on Fridays for a full hour of meditation. Please connect with Buddhist Chaplain The Venerable Priya Sraman for more information. All are welcome.

For Zoom links to any offering listed above, please visit our website.

Priya Sraman, Buddhist Chaplain

Lynn Cooper
Catholic Chaplain

Catholic Chaplaincy Offerings

Catholic Virtual Mass Gathering
Sundays, 5:00 p.m. - 6:00 p.m. ET

The Catholic community will not be offering in-person worship this year, but will be gathering virtually at 5:00 p.m. ET each Sunday to watch and celebrate Mass together. Throughout the course of the semester, they will "visit" the parishes of different members of the Catholic Community at Tufts by watching that week's previously recorded Mass. All are welcome.

Confession by appointment

For more information please connect with Catholic Chaplain Lynn Cooper.

Catholic Spirituality Hour
Wednesdays, 7:00 p.m. - 8:00 p.m. ET

Join us as we gather mid-week to experiment with spiritual practices from the Christian tradition. We will dive into scripture, gaze upon art, write letters, and expand our understanding of what is prayer. All are welcome and as always, come as you are.

Rooting Out Racism: An Online Retreat for White Christian Folks
Author Isabel Wilkerson notes that, "This moment we're in is not just a social crisis and not just a political crisis. It's a spiritual crisis." The Catholic and Protestant Chaplaincies are seeking to address this spiritual crisis by offering Rooting out Racism, a pray-at-your-own-pace online retreat consisting of streaming audio reflections and prayer prompts. It invites white Christians to search their souls, understand how Christianity has contributed to racial inequity, and to commit more deeply to uprooting racism from their hearts and from the world. Click here to register. If you would like to connect with fellow members of the Tufts community who are engaging Rooting Out Racism, please contact Protestant Chaplain Dan Bell, who will then put you in touch with others and can help to organize small group discussion. Please note, there will be a group for students and a parallel group for faculty and staff; all are welcome.

For Zoom links to any offering listed above, please visit our website.

Hindu Chaplaincy Offerings

Amar Chitra Katha (ACK) Reading Group
Friday, October 23, 6:00 p.m. - 7:00 p.m. ET
Friday, November 13, 6:00 p.m. - 7:00 p.m. ET

ACK is an Indian publisher of graphic novels based on biographies, religious figures and cultural stories, founded in 1967 by Anant Pai. Largely a response to supporting children in learning about their heritage, the series also has equally engaged older readers in important conversations about social equity and gender dynamics.

We will open with observances and then deeply discuss the comic of the day. We will close our space after 30 to 45 minutes to eat our meals together. For more information about the monthly readings, and to RSVP, please email Hindu Advisor Preeta Banerjee.

Preeta Banerjee, Hindu Advisor

This program is in partnership with the Tufts Hindu Students Council (HSC), a religious student organization that is built around a common interest in the Hindu faith. HSC is open to anyone and everyone who wants a safe space to discuss Hindu traditions and ideologies.

Walker Bristol, Humanist Chaplain

Humanist Chaplaincy Offerings

Weekly Gathering
Fridays, 5:00 p.m. - 6:00 p.m. ET

Join the Humanist Community at Tufts for their weekly moment of connection and reflection by candlelight. Each week, they explore questions of philosophy, language, art, and meaning, drawn together by a shared concern for the goodness of humanity and our shared natural world. For more information, contact Humanist Chaplain Walker Bristol. All are welcome.

For the Zoom link to the offering listed above, please visit our website.

Jewish Chaplaincy Offerings

Weekly Shabbat Virtual Offerings
Fridays, 6:00 p.m. - 7:30 p.m. ET

Join Tufts Hillel for Shabbat Dinner To-Go meals, now with both a meat and vegan option. Pre-ordering is mandatory. If seats are available when you pick-up, you are welcome to stay and eat at Hillel. For questions please email Hillel, and to find more information about Shabbat this semester visit the Hillel Calendar. You can find more weekly offerings and events on the Hillel website.

Being and Becoming Podcast
New episodes on Fridays

Check out the new Tufts Hillel podcast, Being & Becoming, featuring Rabbi Naftali Brawer. In each episode he shares Jewish spiritual inspiration for everyday living. Listen to Being & Becoming on Spotify.

Naftali Brawer
Jewish Chaplain
Executive Director of Tufts Hillel

Abdul-Malik Merchant
Muslim Chaplain

Muslim Chaplaincy Offerings

Islam at Sea Level: Foundational, Practical Islamic Theology
Thursdays, 8:30 p.m. - 9:30 p.m. ET

Exploring foundational Islamic theology through a practical lens using a short 18th century poem. Though the class will be intentionally catering to the Muslim community, attendance is completely open to everyone. For more information, contact Muslim Chaplain Abdul-Malik Merchant.

For the Zoom link to the offering listed above, please visit our website.

Protestant Chaplaincy Offerings

Protestant Evening Worship (PEW)
Sundays, 7:00 p.m. - 8:00 p.m. ET

Join the Protestant student community and Protestant Chaplain Dan Bell for worship through prayer, song, sermon, and reflection over Zoom. While we cannot be together in person right now, Christ is still present among us and the Spirit draws us together as God's people. After the service, everyone is welcome to stay and hang out. All are welcome, no matter who you are or where you find yourself in your journey of life and faith. You can also always email Dan or visit his Calendly to set up a time to meet.

Dan Bell, Protestant Chaplain

"O Wisdom:" A Seven-Week Series to Prepare Our Hearts for Advent
Thursdays, 8:00 p.m. - 9:00 p.m. ET, October 8 through November 18

The season of Advent often passes us by without much notice. It arrives between Thanksgiving and Christmas, an often exhausting time. The end of the semester, finals, and the holidays loom. This may be all the more true now amid so much heightened stress and uncertainty. For these reasons and more, we are gathering to prepare our hearts for Advent well in advance of the season. All are welcome to join Protestant Chaplain Dan Bell for a study of the "O Antiphons," ancient words traditionally sung during Advent to invoke thanks and praise, lament and longing, restoration and return. They are names for Jesus that Christians find in the Book of Isaiah and are well-known from the classic hymn "O Come, O Come, Emmanuel." A book to guide our conversations is freely available, in print and Kindle editions. Please email Protestant Chaplain Dan Bell to learn more.

Rooting Out Racism: An Online Retreat for White Christian Folks
Author Isabel Wilkerson notes that, "This moment we're in is not just a social crisis and not just a political crisis. It's a spiritual crisis." The Catholic and Protestant Chaplaincies are seeking to address this spiritual crisis by offering Rooting out Racism, a pray-at-your-own-pace online retreat consisting of streaming audio reflections and prayer prompts. It invites white Christians to search their souls, understand how Christianity has contributed to racial inequity, and to commit more deeply to uprooting racism from their hearts and from the world. Click here to register. If you would like to connect with fellow members of the Tufts community who are engaging Rooting Out Racism, please contact Protestant Chaplain Dan Bell, who will then put you in touch with others and can help to organize small group discussions. Please note, there will be a group for students and a parallel group for faculty and staff; all are welcome.

For Zoom links to any offering listed above, please visit our website.

The Breakfast Club: Faculty/Staff bible Study and Prayer Group
Wednesdays, 8:00 a.m. - 8:50 a.m. ET

You are warmly invited to "The Breakfast Club," a contemplative Bible study group for faculty and staff led by Tufts' Protestant Chaplain, the Reverend Dan Bell. We gather every Wednesday morning over Zoom to read Scripture, check in, and pray together. All are welcome, regardless of faith background, and various Christian traditions are represented. Feel free to have your breakfast as we meet, and step away when you need to. If you have questions or would like to learn more, please email Protestant Chaplain Dan Bell to learn more. Zoom information is here.

Partner Programs

Ableism, Access & Inclusion at Tufts with Learning Specialist Kate Pillette
Wednesday, October 21, 12:00 p.m. - 1:00 p.m. ET

What do we mean when we talk about disability as diversity? Join learning specialist Kate Pillette for an interactive workshop on understanding and recognizing ableism, how to talk about disability, and the steps you can take to make Tufts a more inclusive community for persons with disabilities. Register here today.

Koru Mindfulness Half-day Retreat

Saturday, October 24, 9:30 a.m. - 1:00 p.m. ET

This retreat is free and open to the entire Tufts community, hosted by Tufts Department of Health Promotion and Prevention. Participants will be guided through a variety of meditation practices (sitting, gentle stretching, body scan, eating, walking). Just three and a half hours of extended practice can make a noticeable difference in levels of stress and anxiety. If your meditation practice has fallen off in the last few weeks or months, this is a wonderful way to reconnect. Please register here and contact Director of Department of Health Promotion and Prevention Ian Wong with any questions. The Zoom link will be sent out to registered participants on Friday, October 23 with preparation instructions for the day.

Spatial Toolkits of White Supremacy
Monday, October 26, 4:30 p.m. ET

Tufts Institute for the Environment is kicking off its Special Speaker Series with an event called *Spatial Toolkits of White Supremacy*, with faculty speakers Julian Agyeman and Moon Duchin and moderator Kerri Greenidge, Monday, October 26th at 4:30pm via zoom. Learn how space-based policy, from urban planning to redistricting, has entrenched racial disenfranchisement, and ideas for envisioning a more just future. Register here today.

Fletcher Student Book Chat: *10% Happier* by Dan Harris
Friday, October 30, 12:30 p.m. - 1:30 p.m. ET

Read *10% Happier: How I Tamed the Voice in My Head, Reduced Stress Without Losing My Edge, and Found Self-Help That Actually Works--A True Story* by Dan Harris and join Student Accessibility & Academic Resource Specialist, Mary Ellen Vigeant, for a discussion on the book. Co-sponsored by the Fletcher Office of Student Affairs. Book copies available for the first 30 students who register on myFletcher. Contact Mary Ellen Vigeant with any questions.

Tisch College Election 2020 Initiatives

JumboVote is a nonpartisan, student-led organization at Tufts University dedicated to promoting civic engagement and voter turnout. JumboVote wants to ensure all our Tufts community members are ready to participate in democracy this fall, wherever they are and however they plan to vote. JumboVote has an updated website and up-to-date resources to help students make a voting plan, check their registration status, and know state-by-state absentee voting deadlines and processes. Through Tufts TurboVote, all member of the Tufts community—students, staff, and faculty—can register to vote, receive election reminders, and more. Remember, students can register to vote in Massachusetts or in their home state, and the Massachusetts deadline to register to vote is Saturday, October 24. The Massachusetts deadline to request an absentee ballot is Wednesday, October 28, but the state is encouraging voters to submit applications no later than October 20. Early voting runs Saturday, October 17 through Friday, October 30. Find more election-related news, research, and resources on the new Tufts Votes 2020 website.

Resources, Scholarships, and Opportunies

Get Hired at Tufts Dining

Looking for flexible work on campus? Tufts Dining is hiring students. You get free food, flexible hours, and it's a great resume builder. Please email tuftsstudentcoordinator@gmail.com if you are interested! They will get back to you within 24 hours.

A Saint for All Saints: A Conversation on the Life and Legacy of the Rev. Dr. Pauli Murray
Sunday, November 1, 4:00 p.m. ET

The Rev. Dr. Pauli Murray fiercely challenged social, political, and religious powers in the quest for equality for people of color, women, and the LGBTQ community. She was also the first Black woman ordained in The Episcopal Church. Pauli Murray's legacy continues to speak to us in healing our broken world today. Join Emmanuel Church Boston in lifting up Pauli Murray as one of the foremost voices today in racial, gender, and social justice. This virtual

conversation will include a moderated panel and reflections on the enduring relevance of Pauli Murray. Learn more on the Emmanuel Church website and register here today.

Roman Catholic Archdiocese of Boston's Twelfth Annual Justice Convocation
Sunday, November 7, 10:00 a.m - 12:30 p.m. ET

Interested in the ongoing conversation on Christianity and racial justice? Want to engage local racial justice efforts? Register now for the Roman Catholic Archdiocese of Boston's Twelfth Annual Justice Convocation, happening virtually on November 7, 10:00 a.m. -12:30 p.m. ET. We will celebrate the Eucharist with Seán Cardinal O'Malley; learn from our keynote speakers, Rev. Oscar Pratt, pastor of Saint Katherine Drexel Parish in Roxbury, MA, and Dr. Jeannine Hill-Fletcher, Professor of Theology at Fordham University; engage resources for change; and discern where the Holy Spirit is calling us. Find more information on the Archdiocese of Boston's Social Justice Ministry website and on this flier.

Liberation Lunches with NYU Global Spiritual Life
First Wednesdays of the month, 12:00 p.m. - 1:00 p.m. ET, October - December 2020

This virtual event is free to and open to the public. Join NYU Global Spiritual life on the first Wednesday of each month at 12:00 p.m. ET for a 45-minute discussion exploring spiritual hygiene, community care, our current world climate, and being of service. Each session is led every month by Black spiritual teachers from different faith/spiritual traditions; the sessions will include a short teaching and meditation practice. Liberation Lunches are scheduled for October 7, November 5, and December 2, all for 12:00 p.m. ET for an hour. Please follow this link to register.

Wisdom Dharma Chats

Each Wisdom Dharma Chat takes you on a fascinating exploration of Buddhism and meditation as guests share stories and discuss life-changing practices, timeless philosophies, and new ways to think and live. The Chats are a live video version of the Wisdom Podcast and are followed by a Q&A session in which you can ask your own questions. On Wednesday, November 4 at 7 p.m. ET, special guest Henry Shukman will join. Henry Shukman (Ryu'un-ken) is a teacher in the Sanbo Zen school, based in Kamakura, Japan, and is a Guiding Teacher at Mountain Cloud Zen Center in Santa Fe, New Mexico. He writes regularly for Tricycle, The New York Times, and other publications, and his most recent book is the memoir One Blade of Grass. You can register for the event here.

Upcoming Religious Holidays and Festivals

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.

Dusserah (Vijaya Dashami)
Sunday, October 25
Tradition: Hinduism

Mawlid an-Nabi
Wednesday, October 28
Tradition: Islam
The birthday of the Prophet Muhammed. Begins at sundown.

Reformation Day
Saturday, October 31
Tradition: Christianity-Protestant
Commemorates the beginning of the Protestant Reformation of Christianity with Martin Luther's challenge to the Roman church in the sixteenth century C.E.

Samhain
Saturday, October 31
Tradition: Wicca/Paganism
The New Year and the final harvest festival, celebrating the last gifts of the Earth before winter and the return of the spirits of the dead.

All Saints Day
Sunday, November 1
Tradition: Christianity-Protestant, Christianity-Roman Catholic
Christian celebration of the lives of all the saints, especially those not having a special day; Orthodox churches observe the day in mid-summer.

All Souls Day
Monday, November 2
Tradition: Christianity-Roman Catholic
Catholic Christian observance in memory of all the faithful who are deceased. In some Latin cultures, this day is known as "The Day of the Dead."

Diwali (Dipavali)
Saturday, November 14
Tradition: Hinduism
Perhaps the most popular of all Hindu festivals, also known as the Festival of Lights, it is dedicated to the goddess Kali in Bengal and to Lakshmi, the goddess of wealth, in the rest of India. As with several other festivals, Diwali is associated with one of the stories about the destruction of evil by Vishnu in one of his many manifestations.

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.

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