The University Chaplaincy is a dynamic hub supporting religious, spiritual, ethical, and cultural life for all members of Tufts University. Throughout the semester, we offer workshops that explore topics such as Systems: Managing Life with Calendars; Motivation & Inspiration from Identity & Values; Go Hard, Rest Hard: The StAAR Center (Student Accessibility and Academic Resource) offers workshops throughout the semester to support students in managing their lives and academic responsibilities.

We are also offering a small group series based on "Rooting out Racism," a pray-at-your-own-pace online retreat consisting of streaming videos, articles, and prompts. In this case, please call CMHS at 617-627-3360 and let the receptionist know that you need to speak with a clinician urgently. Ask a Counselor is not meant for students who have a problem or issue they want to spend more than 15 minutes on. If you have a question about a roommate and unsure of who to talk to about it or how to talk to the roommate, please contact Humanist Chaplain Lynn Cooper. The first session will be Friday, September 11. All are welcome.

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The University Chaplaincy Team is welcoming As Africana Spirituality Advisor, Azmera Hammouri-Davis, and Preeta Pernadra, Hindu Advisor. Azmera received her Master's of Theological Studies from Harvard Divinity School, is a scholar, educator, and researcher at the intersection of spirituality, sustainable business, and innovation. I look forward to working with the Hindu Student Council and am available to anyone curious about learning more regarding Hinduism across the spectrum of traditions.

Preeta has joined the Tufts University Chaplaincy as the first ever Hindu Advisor. As Hindu Advisor, Preeta will work in partnership with the Hindu Students Council (HSC) to connect to the rest of the campus. Preeta says, "I am honored to be the first Hindu Advisor and look forward to working with the Hindu Students Council to support the spiritual and religious needs of students on campus."

As classes begin and we adjust to new ways of being community and new ways of engaging in the sacred work of teaching and learning, I want you to know that we at the University Chaplaincy are here to accompany you. The return to campus likely brings a full range of feelings and responses. If, like me, your anticipation is intermingled with anxiety, I want you to know that we at the University Chaplaincy are here to support you. We are here to listen, to offer resources, and to be a presence in this season of transition.

Dear Tufts Community,

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