



# Tufts

# UNIVERSITY CHAPLAINCY

E-NEWS 5.1.24



## A Reflection from your Catholic Chaplain

Dear Jumbos,

On Sunday night, after we celebrated our second-to-last Mass of the academic year, thirteen Catholic student leaders squeezed into Chaplain Elyse's office to begin the Executive Board transition process. Graduating seniors welcomed the new e-board members into the fold, sharing the practical wisdom they have gleaned during their tenures leading the Catholic Community at Tufts. Over the past few years, these seniors have helped knit our community back into being. We began our time together with a virtual day retreat in 2020, and this past March, they organized a weekend-long retreat for almost forty undergraduate and graduate students. It has been a great gift to walk beside them.

Tonight, at the University Chaplaincy Senior Awards, we will lift up seniors who have provided leadership and care to our many religious and philosophical communities and to the wider interfaith landscape of Tufts. Each of the forty nominations was written with such thoughtfulness, celebrating the unique contributions and gifts of each of these student leaders. We make a point to share those nominations with them so they know how others see them.

During a year that has been so tumultuous and, at times, painful, I have been awed by the deep spirit of care and kindness I have seen—in our interfaith spaces and communities especially. It is in that tradition that I turn to one of the resources in my life that has helped carve a path of empathy and care: poetry. This piece by Catholic poet and activist Denise Levertov has been a friend to me for nearly twenty years. With gratitude, I share it with you today.

### **A Gift by Denise Levertov**

Just when you seem to yourself  
nothing but a flimsy web

of questions, you are given  
the questions of others to hold  
in the emptiness of your hands,  
songbird eggs that can still hatch  
if you keep them warm,  
butterflies opening and closing themselves  
in your cupped palms, trusting you not to injure  
their scintillant fur, their dust.  
You are given the questions of others  
as if they were answers  
to all you ask. Yes, perhaps  
this gift is your answer.

As we head into this finals period and navigate the typical and atypical uncertainties of the end of the semester, how might you take time to express gratitude, care, or kindness to those in your orbit who have inspired you or comforted you during this year?

Warmly,  
Lynn Cooper  
Associate Director, University Chaplaincy and Catholic Chaplain

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# Open Space at Goddard

Reading Days  
3pm-5pm  
Treats, chaplains, and  
space to just be :)

**Reading Days Open Space at Goddard Chapel**

Tuesday, April 30 - Thursday, May 2, 3:00 p.m. - 5:00 p.m. (Goddard Chapel)



## Spotlight: Grace Rotermund, A24 on her ExCollege Class

Senior Grace Rotermund is an important part of the University Chaplaincy community – she is President Emeritus of COFFEE (Community of Faith Exploration and Engagement), and instructor at the ExCollege. We wanted to highlight the interview that the ExCollege did with her about her class EXP-0055: Zoroastrianism: From Ancient Times to Modern Impact. We appreciated her integrated perspective on art, history, culture, and religion, especially as it relates to the ancient and modern Zoroastrian tradition. She writes, “To understand a region’s culture, in my mind, is to look at the religions popular in the area over time and to inspect where their values came from. Zoroastrianism’s long history is full of key details that might explain why other things are how they are today. As for what students may take away, I hope that this class teaches people to look a little deeper at how different cultural aspects influence each other.” Find the full article through the link below.



*Grace Rotermund, A24*

[Read the whole interview with Grace Rotermund](#)

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## Religious and Philosophical Programs

**Our gatherings are open to all members of the Tufts community! Please find more information and more regular weekly programming and events [here on our website](#). If you have any questions, or would like to connect about convening a new gathering, please [reach out to the University Chaplaincy](#).**

# TUFTS UNIVERSITY CHAPLAINCY SENIOR AND YOUNG ALUMNI AWARDS

Nominate a graduating  
student by April 22!



University  
Chaplaincy



Celebrate the leadership of  
graduating students and recent  
alums on  
May 1 at 5:00p.m.  
in the Interfaith Center.

## **University Chaplaincy Awards Night and special Voices for Peace and Light performance!**

Wednesday, May 1, 5:00 p.m. - 6:00 p.m., Interfaith Center (58 Winthrop St.)

This year, the University Chaplaincy hosts its third annual celebration to honor and uplift the wonderful contributions of our seniors and young alumni across all of our religious and philosophical communities, which also features music by the Chaplaincy interfaith ensemble, Voices for Peace and Light. Our Senior & Young Alumni Awards provide an opportunity for our community to nominate and celebrate our graduating seniors and recent alumni, and the awards are themed according to our core mission commitments: pastoral/spiritual care; supporting religious, spiritual, and philosophical communities; education on spiritual and ethical issues; and multifaith engagement. The Young Alumni award is for a recent graduate (2019-2023) who has provided leadership for current students and the University Chaplaincy through offering support, encouragement, guidance and engagement. Please reach out to University Chaplain [Elyse Nelson Winger](#) with any questions.



**the isc presents:**

**take a break from studying with crafts,  
ice cream, dog therapy, legos, and  
friends.**

**come and go as you wish.**

# **Decompression Night**

**when: wednesday, may 1st from 7-9pm**

**where: goddard chapel**

**why: because you deserve a break!**

**all are welcome!**

## **Decompression Night with the Interfaith Student Council**

Wednesday, May 1, 7:00 p.m. - 9:00 p.m., Goddard Chapel

Take a break this reading period and drop by Goddard Chapel for our Decompression Night! Hosted by the Interfaith Student Council (ISC), this drop-in gathering will feature ice cream sundaes, tasty fruits and veggies, Pepper the Comfort Dog, Legos, friendship bracelets, and more. Please email ISC Advisor [Lynn Cooper](#) with any questions.

WEDNESDAY, 5/1, 7:30 - 8:45

INTERFAITH CENTER

BODY  
SCAN  
SESSION  
TO  
DESTRESS

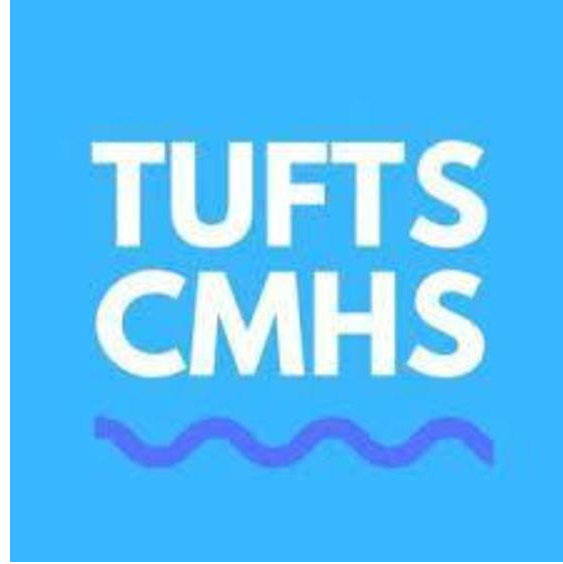
**Body Scan Session to Destress with Tufts Buddhist Mindfulness Sangha**

Wednesday, May 1, 7:30 p.m. - 8:45 p.m., Interfaith Center

Join the Tufts Buddhist Mindfulness Sangha for a much-needed destress session at our final Wednesday gathering of the year! We'll lead you through mindfulness and relaxation activities, including the soothing practice of a body scan. Ever tried a body scan? It's a mindfulness practice designed to bring your attention to bodily sensations, helping you unwind and let go of any tension or stress. Plus, it's a fantastic way to boost self-awareness, ease anxiety, and elevate your overall well-being. Please email Buddhist Chaplain [Ji Hyang Padma](#) with any questions.

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**Partner Programs**



### **Counseling and Mental Health Services Available During Summer**

Counseling and Mental Health Services (CMHS) is open during summer break from 9am-4pm, Monday through Friday (closed 12pm-1pm for lunch). CMHS will also be closed on May 27, June 19, and July 4.

Students Staying in Massachusetts: If you are residing in Massachusetts over the summer, you can work with CMHS for individual therapy and medication management throughout the summer.

Students who will be outside of Massachusetts: CMHS cannot provide counseling to students outside of Massachusetts. However, if you need help finding care off-campus (including in whatever state you're in during the summer), you can still work with our Care Manager. Other non-clinical services, like consultations if you're worried about a friend, are also available to you over the summer.

Graduating Students: Students graduating this May can receive care at CMHS until August 19.

Counselor on Call: The Counselor on Call is available over the summer. If you or someone around you is experiencing a mental health emergency you can call CMHS anytime, even after business hours. Call 617-627-3360 and follow the prompts to reach the Counselor on Call.

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## **Resources and Opportunities**



## *The Episcopal Chaplaincy at Harvard*



Apply to  
be the next

**KELLOGG FELLOW!**

- Are you interested in using creativity and the arts to answer questions about the evolution of the church?
- Are you able to take on weekly responsibilities in liturgy and worship, communications, and community life?

**Read the full job description here:**

**Send your resume and a cover letter to:**

[rita@harvardepiscopalians.org](mailto:rita@harvardepiscopalians.org)



### **Apply to be the next Kellogg Fellow with the Episcopal Chaplaincy at Harvard**

Apply by May 15

The Kellogg Fellow is a unique opportunity to learn how to steward innovative imaginative ministry. Working with students, young adults, and others in the community, the Kellogg Fellow serves as an assistant to the chaplain at the Harvard Episcopal Chaplaincy. A person who is interested in using creativity/the arts to ask questions about church evolution would be a good fit. The work includes basic administration, weekly responsibilities in liturgy and worship, community life, and communications. It can also include theater, pilgrimage, music, and visual arts, guided by the passions of the Kellogg Fellow and community. Read the full job description and find more information below.

[Find more about the Kellogg Fellowship](#)

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## **Upcoming Religious Celebrations and Observances**

To see more upcoming religious holidays and festivals, including information about seeking religious accommodations at Tufts, please follow the link to the [Tufts Multifaith Calendar](#).

### **Great Lent**

Mon., Mar. 18 – Sat., May 4, 2024

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.

### **Ghambar Maidyozarem**

Tue., Apr. 30 – Sat., May 4, 2024

Tradition: Zoroastrianism

Celebrates the creation of the sky and harvesting of the winter crop.

### **Great Lent**

Ongoing through Sat., May 4, 2024

Tradition: Christianity-Orthodox

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### **Holy Thursday/Maundy Thursday**

Thu., May 2, 2024

Tradition: Christianity-Orthodox

Commemorates the institution of the Lord's Supper/the Eucharist by Jesus prior to his arrest and execution. "Maundy" is derived from the Latin text of John 13:34, in which Jesus gives a mandatum novum ("new commandment"). The date observed by Protestants and Roman Catholics differs from the date observed by Orthodox Christians.

### **Holy Friday**

Fri., May 3, 2024

Tradition: Christianity-Orthodox

The day that commemorates the Passion of Jesus Christ, i.e., his death by crucifixion. It is the Orthodox equivalent of "Good Friday."

### **Easter Sunday (Pascha)**

Sun., May 5, 2024

Tradition: Christianity-Orthodox

Celebrates the resurrection from death of Jesus Christ. It is the oldest and most important festival in the Christian year and initiates the 50-day period culminating in Pentecost. Protestant and Roman Catholic Christians often observe Easter on a different date than Orthodox Christians.

### **Yom Hashoah (Holocaust Remembrance Day)**

Sun., May 5, 2024

Tradition: Judaism

Memorializes the six million Jews who died as victims of the Nazis during World War II and emphasizes respect for human dignity. Its observance is not limited to Jews. Begins at sundown.

### **Ascension of Jesus**

Thu., May 9, 2024

Tradition: Christianity-Protestant, Christianity-Roman Catholic

The celebration of Jesus' ascension into heaven and enthronement as universal sovereign. It comes 40 days after Easter. The date observed by Protestants and Roman Catholics is often different from the date observed by Orthodox Christians.

## Wesak (Buddha Day)

Wed., May 15, 2024

Tradition: Buddhism

The commemoration of Buddha's birth, enlightenment, and parinirvana, celebrated on the day of the full moon of the sixth lunar month in Southeast Asian cultures; in Tibetan culture, Wesak commemorates only the the enlightenment and parinirvana. The dates of this celebration vary significantly among Buddhist cultures and communities.

## Pentecost

Sun., May 19, 2024

Tradition: Christianity-Protestant, Christianity-Roman Catholic

(Or Whitsunday.) The commemoration of the coming of the Holy Spirit upon the disciples of Jesus following his ascension, Pentecost is considered the "birthday" of the Christian church (Acts 2:1-11). It comes 50 days after Easter (Pascha, Orthodox Easter). Roman Catholic and Protestant Christians often observe Pentecost on a different date from Orthodox Christians.

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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.

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## 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 spiritual 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  
chaplaincy.tufts.edu | chaplaincy@tufts.edu | 617.627.3427



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