Tufts UNIVERSITY CHAPLAINCY

E-NEWS 10.6.21

## A Note from our University Chaplain

Dear friends,

Last week, I scurried with my umbrella and soaked in the change of seasons as late September thunderstorms drenched campus. Amidst this noisy rain, I was reminded of a spring storm in Vermont earlier this year that silently dropped cotton candy snow onto the Green Mountains. That time, I was in no hurry as I walked through the woods beneath a bluebird sky, beside mountain streams--some a soft trickle, others a turbulent torrent of water coursing under melting ice, cascading over boulders and fallen branches, all making their way down to the fields, lakes and plains below. There – and now again -- I thought of Wendell Berry's poem, "Our Real Work" which reads:

*It may be that when we no longer know what to do*
*we have come to our real work,*

*and that when we no longer know which way to go*
*we have come to our real journey.*

*The mind that is not baffled is not employed.*

*The impeded stream is the one that sings.*

I love that final image, especially for this time of the semester when some in our community, especially amidst

the truth of Berry's poetry, for when we take the time to live with our questions, there can be an opening, a breaking-through with creativity and authenticity much richer than we could have imagined. Ultimately, Berry suggests, this leads us into greater service to, and love for, ourselves and the world.

The chaplains and advisors of the University Chaplaincy are here to accompany you, to listen to the song of your life amidst the cacophony. Please join us for upcoming programs and events, or contact any of us directly to schedule a time for tea and conversation.

With gratitude for nature's seasons and all the seasons of our lives,

Reverend Elyse Nelson Winger
University Chaplain

*Poem Source: The Writer's Almanac*

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*Participants from across the Tufts University community participated in the event*

## Launch of the Interfaith Civic Studies Collaboration

On Wednesday, September 29, the University Chaplaincy hosted a launch of the Interfaith Civic Studies Program, a collaboration between between the Jonathan M. Tisch College of Civic Life, Tufts' School of Arts & Sciences Department of Religion, and the Tufts University Chaplaincy funded by a generous grant from the Arthur Vining Davis Foundations (AVDF). The event included presentations and facilitated conversations, and enhanced connections between campus partners in this inaugural year. You can read more about the grant here, and in short summary, "The AVDF grant will contribute to the development of a 6-course sequence in interfaith civic studies at Tufts, provide opportunities for faculty professional development and course design, support a cadre of new 'student interfaith ambassadors' and support a Resident Fellow to facilitate interdisciplinary, interfaith discussions at Tufts.

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## Religious and Philosophical Life Programs

Regular weekly programming has begun for Fall 2021. You can find more information on our website. If you have an idea for how the Tufts University Chaplaincy can better serve you, please connect with program manager Nora Bond.

**Visit Shivalaya Temple with Our Hindu Chaplaincy, HSC, and CAFE**
Friday, October 15, 2:00 p.m. - 5:00 p.m. Departing from the Interfaith Center

Join Tufts Hindu Chaplaincy, HSC, and CAFE to visit our local Hindu temple, Shivalaya Temple of Greater Boston, on Friday, October 15 from 2 p.m. to 5 p.m. We will visit the temple on this auspicious day when we celebrate the triumph of Goddess Durga over demon Mahishasura and the victory of Lord Rama over Ravana. Whether going to Shivalaya Temple is one of many visits or your first time, your presence is welcome. We invite students, faculty, and staff from across the Tufts community to journey with us, as we deepen our understanding of ourselves, each other, and our host communities. You can find visit details, as well as registration in this form. This form closes on Wednesday, October 13 at 12:00am ET.

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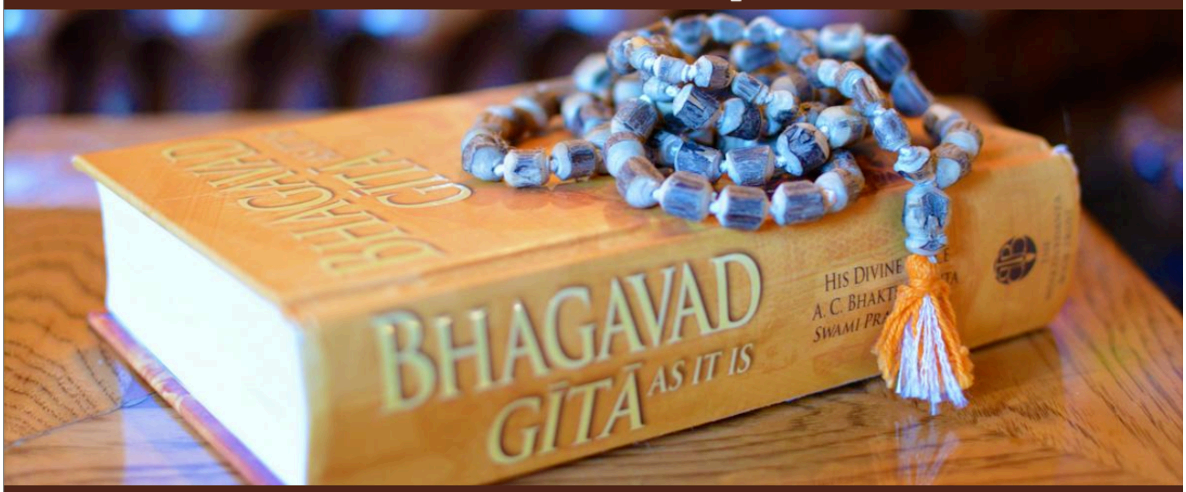
# Bhagavad Gita As It Is

## Biweekly reading and discussion group

***Book, workbook, and meal provided***




The Bhagavad-gita is universally renowned as a jewel of India's spiritual wisdom. As a theological and philosophical classic, the Bhagavad-gita summarizes the conclusions of the Vedas, the ancient scriptures written over 5000 years ago in the Sanskrit language. In every generation, over thousands of years, it has provided unceasing inspiration to thinkers, leaders, and spiritualists alike. Deepening our understanding of the Gita benefits from the company of others where we can discuss and question what we read towards applying the practical aspects in our day-to-day life.

**Oct 1, Oct 15, Oct 29, Nov 12, Dec 10**
**12:00 pm, Meyer Campus Center, Room 012**
**Contact preeta.banerjee@tufts.edu with questions**

Tufts UNIVERSITY | University Chaplaincy
Hindu Chaplaincy

**Bhagavad-gita As It Is, with the Hindu Chaplaincy**
Every other Friday, 12:00 p.m. - 1:00 p.m., Meyer Campus Center

The Bhagavad-gita is universally renowned as a jewel of India's spiritual wisdom. As a theological and philosophical classic, the Bhagavad-gita summarizes the conclusions of the Vedas, the ancient scriptures written over 5000 years ago in the Sanskrit language. In every generation, over thousands of years, it has provided unceasing inspiration to thinkers, leaders, and spiritualists alike. Deepening our understanding of the Gita benefits from the company of others where we can discuss and question what we read towards applying the practical aspects in our day-to-day life. Join Hindu Advisor Preeta Banerjee every other Friday this semester for conversation and learning; no prior knowledge is necessary, and you do not need to attend every session. Please RSVP by emailing Hindu Advisor Preeta Banerjee.

**Sign up for Be-Friend: Interfaith Friendship Project**

This semester-long interfaith friendship project is designed for participants to go deep and to talk about the things that matter: our values, our sense of purpose, and our questions about life. You will learn the skill of active listening while experimenting with shared spiritual practices from different religious and philosophical traditions. Participating undergraduate students, graduate students, staff, faculty, and alumni will be paired in dyads and will commit to spending an hour together each week as well as an extra half hour in private reflection (virtual options are available). Students will be placed with other students, and the same for staff and faculty. Several of our multifaith chaplains have contributed to the program by offering a diverse array of spiritual practices, including nature walks, meditation exercises, listening to music, and deep reading—of poetry, art, the world, our lives and one another. Contact Catholic Chaplain Lynn Cooper if you are interested or have any questions. The program will begin the first week of October.

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## Partner Programs

GUEST SPEAKER: DR. MAYS IMAD

# BEARING WITNESS AS AN ACT OF LOVE, RESISTANCE, AND HEALING

Friday, October 8th, 2021

10:00 - 11:30am :: Zoom

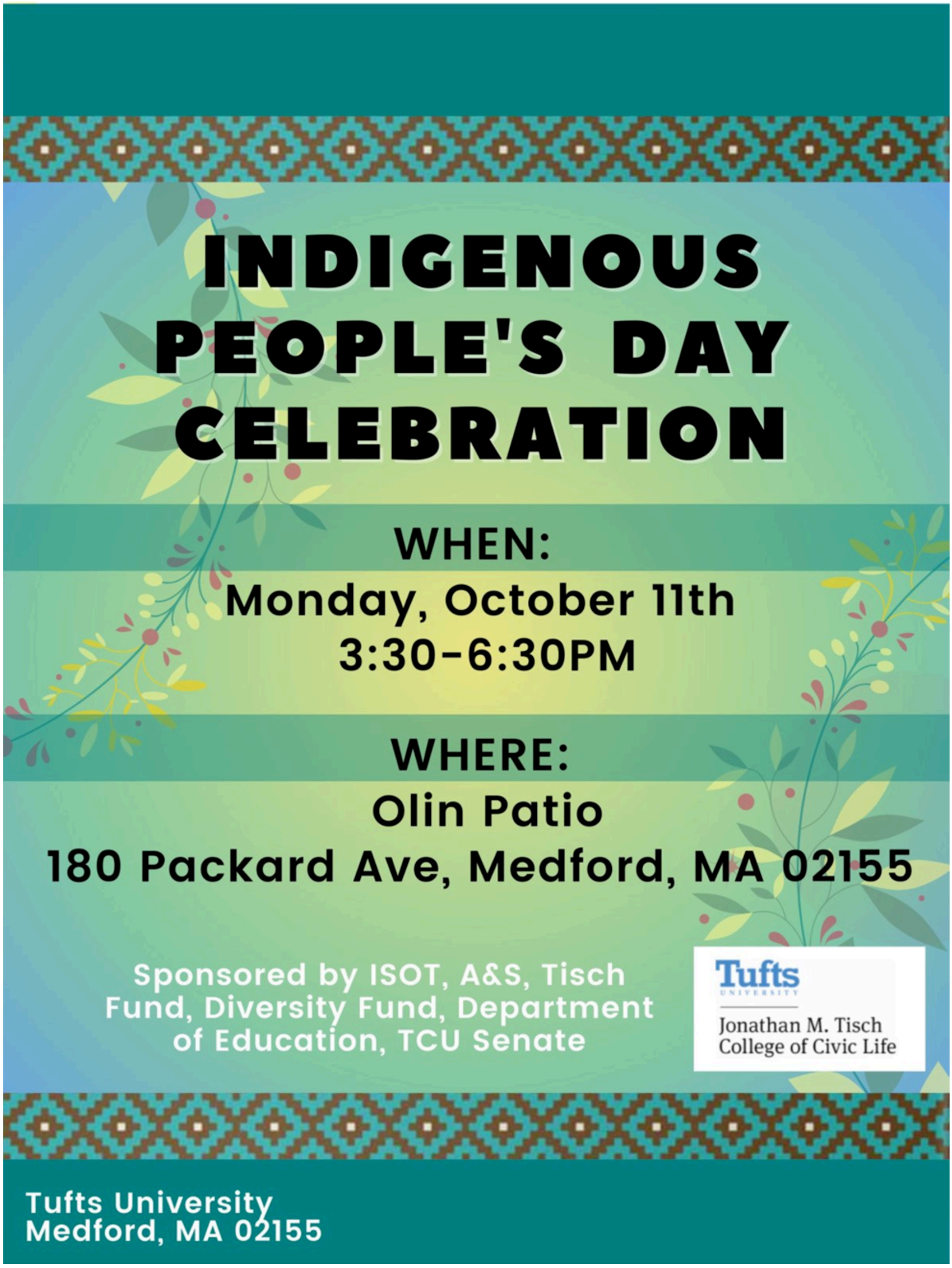
In this interactive session, we will consider the notion of psychological trauma-why it happens and how it impacts our body and brain. We will examine the connections between stress and trauma and how stress can become traumatic when not managed. We will examine neuroscience of traumatic stress and its impact on our ability to engage, connect, and learn. We will reflect on the questions of how we will welcome our students and colleagues to our institutions and classrooms this fall and beyond? What can we, educators, possibly do to help attend to their mental health and ameliorate their exhaustion and distress, while at the same time, intentionally engaging in self-care? We will consider the imperative of self-care while caring for others. Last, we will examine the principles, notable misconceptions, and practical examples of trauma-informed care, and reflect on the connections between trauma-informed education, healing, and restorative justice.

Mays Imad is a neuroscientist and professor of Pathophysiology and Biomedical ethics at Pima Community College, the founding coordinator of Pima Community College's the Teaching and Learning Center (TLC), and a Gardner Institute Fellow. Dr. Imad is an AAC&U Senior Fellow within the Office of Undergraduate STEM Education. Dr. Imad's current research focuses on stress, self-awareness, advocacy, and classroom community, and how these impact student learning and success. Through her teaching and research she seeks to provide her students with transformative opportunities that are grounded in the aesthetics of learning, truth-seeking, justice, and self-realization.

**Click here to register.**

**Bearing Witness as an Act of Love, Resistance, and Healing with Dr. Mays Imad**
Friday, October 8, 10:00 a.m. ET, held virtually

Join the Center for the Enhancement of Learning and Teaching in this virtual learning session. Participants will briefly consider the neuroscience of toxic stress and its impact on our ability to engage, connect, and learn. How will we welcome our students and colleagues to our institutions and classrooms this fall? What can we, educators, possibly do to help attend to their mental health and ameliorate their exhaustion and distress, while at the same time, intentionally engaging in self-care? We will examine the principles and practical examples of trauma-informed approaches and reflect on the connections between trauma-informed education, healing, and restorative justice. All Tufts community members can register for the event here.




**Indigenous People's Day Celebration at Tufts**
Monday, October 11, 3:30 p.m. - 6:30 p.m.

The Indigenous Students' Organization at Tufts (ISOT) are excited to announce our event for the Indigenous People's Day. This Monday, October 11 between 3:30pm and 6:30pm on the Residential Quad by the Olin Patio, they welcome you to celebrate. Join them as they host the 2021 Indigenous People's Day Celebration at Tufts to honor and celebrate the land and peoples, which Tufts occupies, and to continue forming close relationships with Indigenous communities in the Medford, Somerville, and Greater Boston areas. Featuring keynote speaker Mahtowin Munro from the United American Indians of New England, with performances by the Nettukkusqk Singers. Join for a day of cultural celebration and visibility for Indigenous peoples everywhere. Co-sponsored by TCU Senate, Tufts Diversity Fund, A&S, Education Department, and Tisch College. For more information, find the

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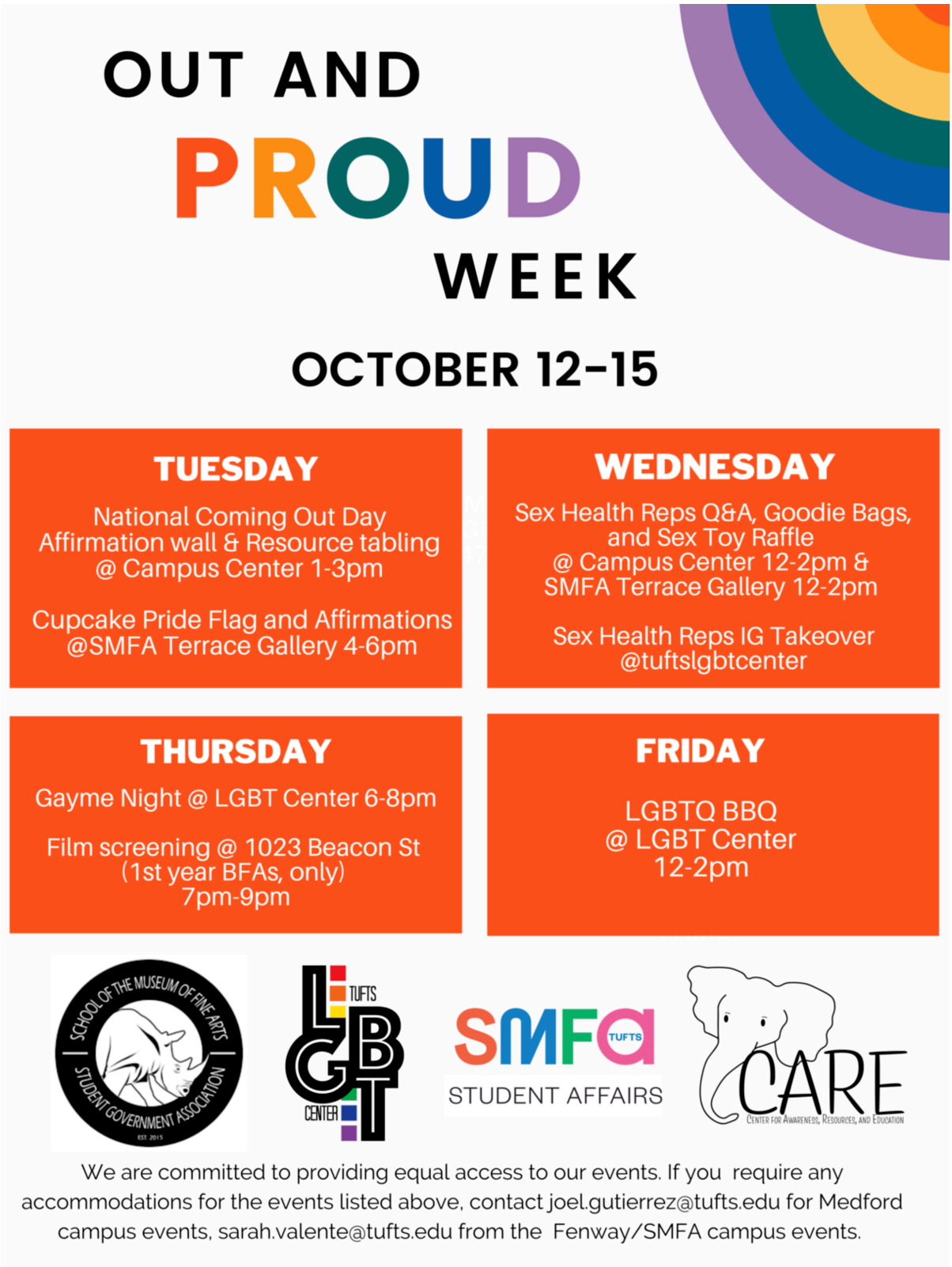


**Save the Date: Out and Proud Week with the LGBT Center**
Tuesday, October 12 - Friday, October 15

To celebrate National Coming Out Day this year, the LGBT Center will be hosting a week full of events, resources, and joy! Check out their website and follow them on Instagram for more for more details.

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## Resources, Scholarships and Opportunities

**A Better Future for Israelis and Palestinians: Affirming the Sacredness of all Human Life**
Conversation Series, Thursdays (see dates above), 7:30 p.m. - 9:00 p.m. ET, held virtually

Join the Islamic Council of New England, the Boston Workers Circle: Center for Jewish Culture & Social Justice for a four part conversation series entitled, "A Better Future for Israelis and Palestinians: Affirming the Sacredeness of all Human Life." The moderated conversations are open to all, and you can register on this website for the virtual event.

**2021 Parliament of the World's Religions**
Saturday, October 16 - Monday, 18, 2021 CT, held virtually

The 2021 Parliament of the World's Religions will be the eighth convening and the first time that it will be hosted virtually.  Recognized as the birthplace of the modern interfaith movement, the 1893 Parliament made history with its groundbreaking interreligious dialogues among leaders of Eastern and Western religious traditions, fostering understanding, cooperation and social harmony. The 8th Parliament of the World's Religions, hosted for the first time virtually, will bring together people of faith from around the world in an instant. The virtual Parliament is a safe way to gather the world's global interfaith movement and celebrate the enduring spirit and work of religious and spiritual communities striving toward a more just, peaceful, and sustainable world. You can find more information on their website, and register here.

**Medford Health Department Hiring Bilingual Facilitators and Notetakes**
Applications now open

Medford Department of Prevention and Outreach is presently organizing a community project where they hope to engage diverse members of the Medford community in conversations to advance their knowledge on how identity impacts access to behavioral health care. They are seeking facilitators and note-takers to host these conversations who are culturally and linguistically diverse with capacities in English (BIPOC), Arabic, Portuguese, Spanish, and or Haitian Creole. They will provide those hired for the jobs with stipends. You can view the full job description here, and you can apply here.

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.

**Navaratri**
Thu., Oct. 7 – Fri., Oct. 15, 2021
Tradition: Hinduism
A nine-night (nav-rat) celebration of nine auspicious forms of Shakti/Devi (feminine divine power/the Goddess).

**Ghambar Ayathrem**
Tue., Oct. 12 – Sat., Oct. 16, 2021
Tradition: Zoroastrianism
Celebrates the creation of plants, the sowing of the winter crop, and the return of herds from pasture.

**Dusserah (Vijaya Dashami)**
Sat., Oct. 16, 2021
Tradition: Hinduism
Celebrates the end of Navaratri every year. It is observed on the tenth day in the Hindu calendar month of Ashvin, the seventh month of the Hindu Luni-Solar Calendar,

**Mawlid an-Nabi**
Mon., Oct. 18, 2021
Tradition: Islam
The birthday of the Prophet Muhammed. Begins at sundown.

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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 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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