



# Tufts

# UNIVERSITY CHAPLAINCY

E-NEWS 3.8.23



## A Greeting From Your Muslim Chaplain

Dear Friends,

As we approach the month of Ramadan, which is a season of fasting, prayer, and charity for Muslims, I have been reflecting on the concept of spiritual nourishment. While many people might look at Ramadan from the outside as a month of deprivation, since it requires abstinence from food and drink for long hours, from the perspective of the faithful it is a time of spiritual feasting. The experience of the fast allows for the emergence of the spirit, in a way that is palpably different than in other times of the year. During a day of fasting, the servant of God is reminded of their reliance on Him in all of their affairs, and this recognition opens the door to a deeper connection and sense of fullness of spirit. With a sensation of physical vulnerability comes a sense of spiritual strength. While food nourishes our physical body, fasting nourishes our spiritual body.

The practice, then, represents a kind of paradox. Less is more. Going hungry leads to feeling full. Taking time away from our worldly activities (and spending it in spiritual reflection) adds to, not subtracts from, our success. Giving from what we have enriches us. By inviting us into this world of spiritual paradox, fasting creates the opportunity for transformation, bringing us out of our life as creatures of habit and into a more intentional state. This break in the flow of our lives allows for new energies and opportunities to emerge. A new way of relating to ourselves, to our bodies, to our perceptions of where our strength and power truly comes from.

As you enter these next weeks, I invite you to reflect on opportunities that might arise for you to break

the flow of habit and open up to new possibilities. Where might you feel called to invite in a new practice or lay one down to rest for a while? What paradoxes might you embrace?

Wishing everyone a month of nourishment of the mind, body and spirit.

Peace and Blessings,

Najiba

Muslim Chaplain

Photo credit: <https://www.muslimaid.org/media-centre/blog/ramadan-facts/>

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## Religious and Philosophical Programs

Helena Sohofan

### BECOMING A MUDANG

MARCH 8, 7:30 - 8:45  
INTERFAITH CENTER

*MUDANG* IS THE KOREAN  
TERM FOR A RITUAL  
SPECIALIST, OR A KOREAN  
SHAMAN



HELENA WILL BE  
HOLDING A *KUT*  
CEREMONY WITH  
IMPROVISED MUSIC AND  
DANCE PERFORMANCE TO  
CALL IN HELPFUL SPIRITS

SHE WILL SHARE ABOUT  
HOW HER PERSONAL  
SPIRITUAL JOURNEY HAS  
LED HER TO THIS PATH  
OF PSYCHOLOGY AND  
INDIGENOUS WISDOM



## Becoming a Mudang with Helena Soholm

Wednesday, March 8, from 7:30 p.m. - 8:45 p.m. at the Interfaith Center (58 Winthrop St)

Please join the Buddhist Chaplaincy and the Tufts Buddhist Mindfulness Sangha for a Kut ceremony with Helena Soholm. Helena will share about how her personal spiritual journey has led her to this path of psychology and indigenous wisdom. Anyone and everyone is welcome to join. Please contact Buddhist Chaplain [Ji Hyang Padma](#) with any questions, or for more information about, this gathering.

The Tufts Humanist Chaplaincy  
Invites you to...

# Dinner and Conversation

Come discuss Interfaith America's recent  
podcast: "How do we live together when  
we profoundly disagree?" With words by  
scholar and attorney john a. powell.

Monday, March 13th  
7-8:30pm  
At the Tufts Interfaith Center  
58 Winthrop Street



**Tufts** UNIVERSITY  
University  
Chaplaincy



# NOCHE LATINA

MARCH 11TH, 2023  
FROM 8PM - 11PM AT 51 WINTHROP

TICKETS NOW FOR SALE!  
SCAN THE FOLLOWING QR CODE OR COPY AND  
PASTE THE LINK BELOW ON YOUR BROWSER



[https://secure.touchnet.net/C21525\\_ustores/web/product\\_detail.jsp?PRODUCTID=2217&FROMQRCODE=true](https://secure.touchnet.net/C21525_ustores/web/product_detail.jsp?PRODUCTID=2217&FROMQRCODE=true)

## **Noche Latina Culture Night**

Saturday, March 11, from 8:00 p.m. - 11:00 p.m. at Breed Memorial Hall (51 Winthrop St)

Fletcher invites you to a Noche Latina culture night. Culture nights are student-led annual events where the Fletcher community celebrates and appreciates its cultural diversity. Tickets are \$12 if bought in advance for Tufts community (students/alumni/faculty/staff) and \$15 if bought at the door for Tufts community and for non-Tufts community (either in advance or at the door). You can [purchase your tickets here](#).

Tufts University Department of History of Art and Architecture Presents

# MEDIATING MYTH

Image and Object as Critical Intercessor



Keynote Speaker:  
Art Historian/ Scholar Jennie Hirsh

Please join our hybrid Graduate Symposium at the Tufts  
Alumnae Lounge or via Zoom on March 10th, 2023

For registration and further scheduling information,  
visit our website [sites.tufts.edu/mediatingmyth](https://sites.tufts.edu/mediatingmyth)

**Mediating Myth: Image and Object as Critical Intercessor**

Friday, March 10, from 9:00 a.m to 4:00 p.m. at Alumni Lounge or via Zoom

The 2023 Graduate Student Symposium of the Department of the History of Art and Architecture at Tufts University will convene to examine and broaden the concept of “myth,” and analyze how art and material culture inflect, perpetuate, and materialize myths. This is an expansive topic, as it includes traditional notions of storytelling and world-building, power plays like propaganda and/or ideology, and the ways in which marginalized or subversive groups can generate community strength through shared histories. To register, please visit [sites.tufts.edu/mediatingmyth](https://sites.tufts.edu/mediatingmyth).

Sponsored by the Center for the Humanities at Tufts, Department of History, Department of Religion, International Relations Program, Civic Studies, and Global Tufts Month. With support from the New England & Maritimes Region of the American Academy of Religion



# RELIGION & US EMPIRE

**MARCH 15 | 12-1:15 PM**

Sophia Gordon Multipurpose Room  
15 Talbot Avenue, Medford, MA



**TISA WENGER**  
YALE

**Tufts**  
UNIVERSITY

PANELISTS



READ THE INTRO OF  
THE BOOK



**SYLVESTER A. JOHNSON**  
VIRGINIA TECH



**NICHOLAS  
ANDERSEN**  
CHAT FELLOW



**CATIE  
PETERS**  
CHAT FELLOW



**SASHA  
SABHERWAL**  
CHAT FELLOW



**HANNAH  
WAITS**  
CHAT AFFILIATE

The United States has arguably always been an empire, and one with intimate ties to religion. Yet the relation between these social formations is anything but simple. Grasping the full force of their entanglement, past and present, requires a thorough rethinking of our notions of US empire and religion alike. Where and when do these formations converge? In what ways has US empire engendered new forms of religious life and thought? How have the cultural logics of religion facilitated processes of empire-building, as well as counter-imperial resistance? This panel discussion coincides with the recent release of Wenger and Johnson's new edited volume, *Religion and US Empire: Critical New Histories*, in August 2022.

## Religion and US Empire

Wednesday, March 15, from 12:00 p.m to 1:15 p.m. at Sophia Gordon Multipurpose Room

The Center for the Humanities at Tufts (CHAT) is hosting a panel on Religion and US Empire on Wednesday, March 15th from 12-1:15pm in Sophia Gordon Multipurpose Room. All are welcome.

## 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](#).

### Great Lent

Ongoing through 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.

### **Nineteen Day Fast**

Ongoing through Sun., Mar. 19, 2023

Tradition: Baha'i

A designated 19-day period of fasting each year immediately before the Bahá'í New Year. The fasting is seen as a period of spiritual preparation and regeneration for the new year ahead.

### **Ghambar Hamaspathmaedem**

Thu., Mar. 16 – Mon., Mar. 20, 2023

Tradition: Zoroastrianism

Celebrates the creation of human beings and honors the souls of the deceased.

### **Naw Ruz**

Mon., Mar. 20, 2023

Tradition: Baha'i

The seventh greatest festival, "New Day" is the first day of the Zoroastrian/Persian and Baha'i New Year. It falls on the spring equinox and symbolizes the renewal of the world after the winter. For Zoroastrians, Naw Ruz also celebrates the creation of fire that is symbolic of Asha, or righteousness. It is also the day on which Zarathustra received his revelation.

### **Ostara**

Mon., Mar. 20, 2023

Tradition: Wicca/Paganism

Vernal Equinox, celebrating the equivalence of light and dark and the arrival of Spring.

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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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