Ongoing through Sat., Apr. 15, 2023

**Ramadan**

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

Ramadan from the outside as a month of deprivation, since it requires abstinence from food and drink during daylight hours. In the heart of the month, however, the period is marked by spiritual renewal and self-revelation.

The practice, then, represents a kind of paradox. Less is more. Going hungry leads to feeling full. Taking a break with the physical body, fasting nourishes our spiritual body. As we return to our everyday lives, we are reminded of the importance of spiritual discipline.

On the one hand, fasting is a discipline taken up by individuals seeking to cultivate ethical and spiritual practice. On the other hand, the fasting month is a community endeavor, as it is the practice of eating and drinking together that marks the beginning and end of the month.

This shared practice is significant, as it is through community that we are able to support one another in our spiritual journey.

**True Colors Zine-Making**

Join True Colors, the LGBT Center and University Chaplaincy's interfaith queer student group, as we make zines together! No prior experience is needed, and all supplies will be provided. We will be on Wednesday, March 15th from 12-1:15pm in Sophia Gordon Multipurpose Room. All are welcome.

**Dinner and Conversation with the Humanist Chaplaincy**

Together, we'll explore the why's and how's of listening, honoring, and even loving people we might not usually connect with. Ongoing through Sat., Apr. 15, 2023.

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

Dear Friends,

Please join the Buddhist Chaplaincy and the Tufts Buddhist Mindfulness Sangha for a Kut ceremony on Wednesday, March 8, from 7:30 p.m. - 8:45 p.m. at the Interfaith Center (58 Winthrop St).

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Ji Hyang Padma

Buddhist Chaplain

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