Dear Tufts Community,

Tufts is an academic institution with a strong commitment to fostering spiritual and ethical issues in society and the world. We strive to promote multifaith engagement and support religious, spiritual, ethical, and cultural life for all members of the Tufts community. We provide pastoral care, support religious and philosophical communities, and educate about various traditions.

### Multifaith Calendar

#### Sukkot

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

The Eighth Day (Shemini 'Atzeret) is considered both the end of Sukkot and a distinct festival.

#### Simchat Torah

- **Celebration of the Torah cycle and the coming of the Torah for the coming year.**
- **Mon., Oct. 11 – Sun., Oct. 17, 2021**
- **Tradition:** Judaism

#### Chayei Sarah

- **Mon., Oct. 11, 2021**
- **Celebration of the life and death of Sarah, the matriarch.**
- **Tradition:** Judaism

#### Halloween

- **Mon., Oct. 11 – Tues., Oct. 19, 2021**
- **Celebration of the season of all saints, marked by dressing up and trick-or-treating.**
- **Tradition:** Western Christian

#### Bond of the Week: Meditation

- **Mon., Oct. 11 – Fri., Oct. 15, 2021**
- **Class Type:** Lecture
- **Contact:** Jessica Mitzner Scully

Here are some ways we can find that calm abiding in the midst of our everyday lives:

1. **Ground and center, to provide a place of calm abiding.**
2. **Find time to meditate.** I have suggested to them the practice of breathing deeply in the midst of their work.
3. **When we make contact with these patterns through the breath, we free up stored energy for our own becoming.**
4. **Pause and stay with the direct experience of the lungs. Then, breathing through the lower belly. As we are doing so, noticing what physical sensations arise:**

#### Meditation Instructions

1. **Notice the body and give a benediction to the body.**
2. **Practice grounding yourself in your body:**
3. **Take three deep breaths:**
4. **Inhale to a count of four, exhale to a count of eight.** When you are taught to count, you can count, or you can just watch the breath. In both mindfulness practice and in somatic approaches to trauma, the breath is a powerful tool. We can use it to slow things down, to calm things down, and to ground us in our body. Perhaps you are feeling powerful emotions right now. Anxiety, powerlessness, grief, fear. There is no way to escape experiencing these emotions, but we can use the breath to slow things down.
5. **Notice whatever emotion arises as well—letting that be as it is.** Dropping the storyline and staying with the direct experience of the body.
6. **Watch the breath as it rises and rises and rises and rises:**
7. **Watch the breath as it falls and falls and falls and falls:**

#### Tufts Table: Cross-Race Talk: What is Required of Us?

- **Tufts Table is about establishing connections, sharing perspectives, and discussing significant issues.** It is an open forum for students who wish to engage in discussion on topics that they feel are important to the Tufts community, address humanitarian problems, develop and practice new skills, gain business and leadership experience, and build community. The Tufts Table: Cross-Race Talk aims to provide a platform for students to engage with diverse perspectives and have meaningful conversations.

#### Women’s Center Graduate Assistant Job Opportunity

- **Applications are being accepted for the position of Graduate Assistant at the Women’s Center.** The Graduate Assistant at the Women’s Center will play an integral role in contributing to the ongoing mission and operations of the Women’s Center.
- **Priority application deadline:** Friday, October 8

#### Jummah Prayer and Lunch

- **Join the Division of Student Diversity and Inclusion (DSDI) for their first division-wide event.** They will be hosting a Jummah Prayer and Lunch on Friday, October 1, 1:15 p.m. - 2:15 p.m.

#### BE FRIEND: Be Friends during the Holidays

- **An event organized by the University Chaplaincy, Tufts University Student Union, and the Tufts Interfaith Council.**

### Website Resources, Scholarships and Opportunities

- **Visit the Tufts University website for more information and to get involved.**

Thank you for your dedication and support.

Sincerely,

Jessica Mitzner Scully