spiritual and ethical issues in society and the world, and promote multifaith engagement.

The University Chaplaincy is a dynamic hub supporting religious, spiritual, ethical, and cultural life for all members of

Tradition: Zoroastrianism

Tue., Oct. 12 – Sat., Oct. 16, 2021

Ghambar Ayathrem

A nine-night (nav-rat) celebration of nine auspicious forms of Shakti/Devi (feminine divine power/the Goddess).

Navaratri

(Rejoicing of the Law) Joyous festival in which the annual cycle of the reading of the Torah in the synagogue is

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

And of course, please reach out. The chaplains are all here to offer real connection and hold space, and I welcome

4.

the faces of the people around us.

that arises there as workable, we gain a kind of inner freedom, so that it becomes possible to see that wholeness in

freely or if it is constricted in any area. Where there is a pattern of constriction, see if you can breathe through this

experience. See if you can notice where the in-breath ends and the out-breath begins. Notice if the breath is flowing

noticing whatever emotion arises as well—letting that be as it is. Dropping the storyline and staying with the direct

whether there is warmth or coolness within the breath, pulse, pressure, tingling—noticing any sensation. And

Mindfulness then helps them to be more relaxed and focused in the midst of their activity.

relaxes. I have taught mindfulness at hospitals, and health care professionals commonly express doubts regarding

each day, I am committing to sit a meditation retreat within the context of everyday life. This means becoming a bit

This month, an Ango period begins at the Zen Center I practice with. The literal meaning of Ango, a Japanese Zen

national justice minister for the United Church of Christ. If you prefer, you can

Celebration, and Resolve on Sunday, October 3 at

Massachusetts Interfaith Power & Light is convening Love. Earth. Justice: A Multifaith Service of Prayer,

Sunday, October 3, 3:00 p.m. - 4:30 p.m.

(she/her), the Assistant Director of the Women’s Center. The priority deadline for applications is Friday, October 8,

will report to and work directly with the Assistant Director of the Women’s Center. The position is currently planned

Founded in 1972, the Tufts Women’s Center is a community and educational space open to people of all genders

volunteers and many of the customers, C4H provides opportunities to be involved in a fun and dedicated

of baking challah together and practicing tikkun olam (repair of the world) in an inclusive environment. For all the

The Tufts Chapter of Challah for Hunger (C4H) gathers on a regular basis to continue the centuries-old tradition

Join Tufts Challah for Hunger

block party at Fletcher Field this Friday, with snacks and games. DSDI invites you warmly, hopes you can come by

Friday, October 1, 3:00 p.m. - 5:00 pm

Division of Student Diversity and Inclusion Block Party

Join the Muslim Student Association this Friday for Jummah prayer at the Interfaith Center with Abubakr Fakhry.

Jummah Prayer and Lunch

Tufts University Chaplaincy is a dynamic hub supporting religious, spiritual, ethical, and cultural life for all members of Tufts University. The Chaplaincy offers spiritual and ethical counseling, interfaith initiatives, and cultural events that promote understanding and respect among diverse groups. The chaplains are here to offer real connection and hold space, providing a safe and inclusive environment for all students, faculty, and staff to explore their faith and spirituality.

Ghambar Ayathrem

Ghambar Ayathrem is a nine-night celebration of nine auspicious forms of Shakti/Devi in Zoroastrian tradition. This festival takes place from Tuesday, October 12, to Saturday, October 16, 2021.

Navaratri

Navaratri is a joyful festival in which the annual cycle of the reading of the Torah in the synagogue is observed. The eighth day, Shemini ‘Atzeret, is considered both the end of Sukkot and a distinct festival.

Mindfulness and Somatic Approaches to Trauma

Mindfulness practices, such as breathing exercises and body awareness, can help individuals relax and soften areas affected by trauma. By focusing on the present moment and observing physical sensations and emotions without judgment, individuals can gain a kind of inner freedom.

Ango, a Japanese Zen Practice

Ango is a practice that helps individuals be more relaxed and focused in the midst of their activity. By committing to sit a meditation retreat within the context of everyday life, participants can strengthen their awareness of their body and emotions.

Tufts Women’s Center

The Tufts Women’s Center is a community and educational space open to people of all genders. The center provides resources and programming to support the needs of the Tufts community.

Tufts Challah for Hunger (C4H)

C4H is a group that gathers on a regular basis to bake challah together and practice tikkun olam in an inclusive environment. C4H provides opportunities for community, addresses humanitarian problems, and develops and practices new skills.

Division of Student Diversity and Inclusion (DSDI)

DSDI is a program that promotes diversity, equity, and inclusion on campus. The division organizes events such as block parties, cultural celebrations, and services of prayer and reflection.

Muslim Student Association

The Muslim Student Association promotes the Islamic faith and provides a supportive community for Muslim students at Tufts University.

Old South Church

Old South Church is a historic church located in Boston, Massachusetts. The church offers various programs and activities throughout the year, including cultural events and religious services.