The University Chaplaincy is a dynamic hub supporting religious, spiritual, ethical, and cultural life for all members of the Tufts community. Our programs and services are designed to meet the needs of the diverse community we serve.

Celebrating the creation of plants, the sowing of the winter crop, and the return of herds from pasture.

Tradition: Hinduism

Completed and its first book begun again. The celebration typically includes singing, dancing, and marching with... 

Simchat Torah

Tue., Sep. 28, 2021

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 a conversation with you any time.

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

1. Take a moment to breathe deeply. Notice where the in-breath ends and the out-breath begins. Notice if the breath is flowing smoothly. If not, breathe more slowly, watching the breath as it enters and leaves the body. As we are watching the breath, the breath becomes deeper. As the breath becomes deeper, the body relaxes. As the body relaxes, the mind becomes more calm. This is the beginning of a deep abiding presence.

2. Mindfulness is about coming home to the present moment. Here are some ways we can find that calm abiding in the midst of our everyday lives:

   - For example, we might take a moment to notice our breath, the breath we are breathing now. We might focus on the feeling of the breath in our nostrils as it enters and leaves the body. We might notice the feeling of the breath as it enters the lungs, and the feeling of the breath as it leaves the lungs. We might notice the feeling of the breath as it enters the diaphragm, and the feeling of the breath as it leaves the diaphragm. We might notice the feeling of the breath as it enters the chest, and the feeling of the breath as it leaves the chest. We might notice the feeling of the breath as it enters the abdomen, and the feeling of the breath as it leaves the abdomen. We might notice the feeling of the breath as it enters the upper body, and the feeling of the breath as it leaves the upper body. We might notice the feeling of the breath as it enters the lower body, and the feeling of the breath as it leaves the lower body. We might notice the feeling of the breath as it enters the head, and the feeling of the breath as it leaves the head. We might notice the feeling of the breath as it enters the neck, and the feeling of the breath as it leaves the neck. We might notice the feeling of the breath as it enters the shoulders, and the feeling of the breath as it leaves the shoulders. We might notice the feeling of the breath as it enters the arms, and the feeling of the breath as it leaves the arms. We might notice the feeling of the breath as it enters the hands, and the feeling of the breath as it leaves the hands. We might notice the feeling of the breath as it enters the feet, and the feeling of the breath as it leaves the feet. We might notice the feeling of the breath as it enters the body, and the feeling of the breath as it leaves the body. We might notice the feeling of the breath as it enters the mind, and the feeling of the breath as it leaves the mind. 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