Greetings from the entire University Chaplaincy Team

A Minute Greeting from the University Chaplain

From The Venerable Priya Sraman, Buddhist Chaplain:

From Imam Abdul-Malik Merchant, Muslim Chaplain:

From Azmera Hammouri-Davis, Africana Spirituality Chaplain:

From Walker Bristol, Humanist Chaplain:

From Thomas B. Dawkins, Music Director and Organist of light — inside and out. And may you be blessed with hope and renewal in this new year. Peace.

From Shelby Carpenter, Program Coordinator:

From Rev. Elyse Nelson Winger, Protestant Chaplain:

We will be sending out GrubHub gift cards so each of you can order dinner to be delivered (to pause, take stock of those meaningful and lifegiving elements of the season, and to learn from one another.

While we cannot be together in person this year, we will still gather (virtually) to celebrate this rich and diverse season with music, storytelling, prayer, and poetry.

As you prepare for the holidays, we invite you to reflect on life and its possibilities. May the season of light bring you hope and renewed energy.

Our chaplaincy offers a range of services to support your spiritual needs and well-being, including counseling, prayer, and meditation. If you are seeking a centering practice this month, Tufts Buddhist Chaplain, The Venerable Priya Sraman, offers a short guide. You can find the Zoom link here.

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A Guided Self-Meditation from our Buddhist Chaplain

Thank you for living, being, being alive.

The Winter Solstice, the darkest day of the year on December 21st, is a lovely addition to a reflective winter day any time this month.

A self-guided meditation offers us a moment to look inward and celebrate darkness, while forward looking towards the seasons of light.

The Great Power of Light in our lives can be understood in multiple ways:

- From the perspective of science, light is a form of energy that can be harnessed for various purposes.
- From a spiritual perspective, light is often associated with divinity and enlightenment.
- From a psychological perspective, light can be seen as a symbol of hope and positivity.

In the Quran God says, "God is the Light of the heavens and the earth. God guides whoever He will to His Light; God draws such comparisons for people; other marvels around you, including your fellow humans, your home planet, and your simple aliveness in this life in your year-end charitable giving, please contact any of our staff or give on our website.

We are heartened and grateful for all those who could help us supported our multifaith community on Giving Tuesday 2020. For our second campaign, we received over

Deep peace of the quiet earth.
Deep peace of the running waves,
Deep peace of the dimming of the day.
Deep peace of the rising of the sun.
Deep peace within your being.
Deep peace of the stillness of the night.
Deep peace of the darkness of the night.
Deep peace of the falling snow.

The snow made the world silent of voice.

Amen.

Thank you for being here with us. We hope that you will find moments of peace and renewal in the coming year.