Applications due March 7

Hosted by Counseling and Mental Health Services, this workshop is focused on identifying, managing, and reducing stress during tough times and moments of crisis.

Join Academic Coaches and Skills Consultants on Sundays for a full day of goal-setting and independent work.

On Monday, March 8, Professor Henry Louis Gates Jr. will present a lecture on "The Complex Dynamics of the American Experience." This event will also feature a discussion with Dr. Alondra Nelson, author of "Social Science: A Cultural Approach." The discussion will cover how social science is becoming more interdisciplinary and how it is making important contributions to many fields.

Dr. Gates, the W. E. B. Du Bois Professor of the Humanities at Harvard University, is a renowned scholar and author who has written extensively about African American history and culture. He is also a filmmaker, producer, and host of many television documentaries.

Upcoming Religious Celebrations and Observances

- *Hindu Tradition: Baha'i Nineteen Day Fast*: This event marks the birth of Baha'u'llah, the founder of the Baha'i faith. The Nineteen Day Fast is a period of spiritual preparation and regeneration for the new year ahead.

- *Jewish Tradition: Purim*: A feast dedicated to the Hindu deity Shiva. The night before the feast fasting is observed, texts are recited, songs are sung, and stories are told in honor of this God whose cosmic dance creates, preserves, destroys, and recreates the world.

- *Christian Tradition: Shrove Tuesday*: The Christian liturgical season of Lent begins on Ash Wednesday with the imposition of ashes. Shrove Tuesday, also known as Fat Tuesday, is a time of celebration before the fasting of Lent.

- *Islamic Tradition: Mawlid al-Nabi*: The birthday of the Prophet Muhammad is celebrated by Muslims worldwide. It is a time of reflection and celebration of the birth of the Prophet, who brought Islam to humanity.

- *Buddhist Tradition: Wesak*: This day marks the birth, enlightenment, and death of the Buddha. It is a time of reflection, meditation, and celebration of the teachings of the Buddha.

- *Hindu Tradition: Pongal*: A harvest festival celebrated in South India, Pongal marks the end of winter and the beginning of spring. It is a time of gratitude and thanksgiving for the bounty of the earth.

- *Christian Tradition: Holy Week*: The week leading up to Easter Sunday is marked by various events, including Palm Sunday, Maundy Thursday, Good Friday, and Holy Saturday.

- *Islamic Tradition: Muharram*: The first month of the Islamic calendar, Muharram is a time of reflection and mourning for the martyrdom of Hussein, the grandson of the Prophet Muhammad.

- *Christian Tradition: Easter*: The most important Christian holiday, Easter celebrates the resurrection of Jesus Christ from the dead.

- *Hindu Tradition: Holi*: A festival of colors, Holi is celebrated by throwing colored powders and water on each other in a joyous expression of love and friendship.

- *Jewish Tradition: Passover*: A week-long festival commemorating the liberation of the Israelites from slavery in Egypt.

- *Christian Tradition: Ascension*: This event marks the ascension of Jesus Christ into heaven after his resurrection.

- *Islamic Tradition: Ramadhan*: A month of fasting, prayer, and charity in the Islamic calendar.


Greetings everyone,

Carolina Lopes, A23, member of the Catholic Center at Tufts

Thank you for all the beautiful moments that I was able to share with those you love. And I hope those sounds of home, wherever they are for you and wherever you come to find in the world, are sung, and stories told in honor of this God whose cosmic dance creates, preserves, destroys, and recreates the world.

I hope the days of Spring bring you moments of compassion and connection also. Even as the windy and chilly days remind us of the changing seasons, we are reminded of the beauty and resilience of nature. The rhythm of an MBTA train—each of these is a vibration from an essential part of the community we share, indeed one of the shared experiences of life.

I have been unable to visit my hometown in nearly two years. It has been challenging to see the world change so much while being so far away. However, I have been grateful for the connections I have made here at Tufts and the opportunities to grow and learn.

These days, I think back often to how we marked Spring in my hometown. I moved away more than eleven years ago, after having graduated high school. I am not sure if community members remember the sounds of Spring I experienced. It is not as if I could be there in their place to greet the new sounds I found in the many homes beyond where I was born.

As I reflect on the past year, I am grateful for all the beautiful moments that I was able to share with those you love. I am also thankful for all the beautiful moments that I was able to share with those you love. And I hope those sounds of home, wherever they are for you and wherever you come to find in the world, are sung, and stories told in honor of this God whose cosmic dance creates, preserves, destroys, and recreates the world.

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I was born. The crush of the blanket of leaves in the Fells, the birds that sing with new purpose even downtown, the rushing of the water over rocks. There's so much you can't save by writing down.

To participate, click here.

Mobilizing Hope: Faith-Inspired Activism for a Post Civil Rights Movement Era

On March 15th, we will host a panel discussion on the topic of "Mobilizing Hope: Faith-Inspired Activism for a Post Civil Rights Movement Era." This event will feature a panel of faith leaders and social justice activists who will share their experiences and insights on how faith can be a powerful force for good in the world.

The panelists include:

- Dr. Candyce Burke-Auguste, an expert on social justice issues in the African American community.
- Earl Fluker, Dr. Shively T. J. Smith, and Rabbi Or Rose, three prominent faith leaders who have been involved in anti-racist work within immigrant faith communities.

The panelists will discuss how faith can be used to inspire activism and create change, as well as the challenges and opportunities that come with this approach.

The event will be held at 7:00 p.m. on March 15th. For more information and to register to be an audience member, please visit the event page.