Upcoming Religious Holidays and Festivals

- **Monday, 3.9.2020**
  - Tufts Baha'i Students Association
  - Catholic Community at Tufts: Mass, 5:00 p.m., Goddard Chapel
  - Sacrament of Reconciliation: Before or After Sunday Liturgy

- **Wednesday, 3.11.2020**
  - Muslim Students Association: Jummah Prayer, 1:15 p.m., Interfaith Center
  - Guided Meditation and Tea led by Buddhist Chaplain Priya Sraman, Noon, Goddard Chapel

**Heart-Smile New 8-Week Course**

Join the Tufts Buddhist Chaplaincy and the Tufts Buddhist Mindfulness Sangha for the fourth talk of our Buddhist Mindfulness and Meditation Series: "Stress and Mindfulness in College." 

The series is led by the Rev. Bill Smith, Ph.D., the Buddhist Chaplain at Tufts University. Tufts students and the community are welcome to attend. The course meets on Wednesdays from February 5 to March 25, 2020, from 7:30 to 9:30 p.m. at Goddard Chapel. There is no registration required.

Whether you have never picked up a pair of knitting needles, have a knitting project to finish up, or just want to sip hot tea in a circle of knitters while quizzing the chaplain about theological matters, you are welcome. Bring your own knitting materials or use ours. The workshop allows you to explore various styles of knitting and to build your knitting skills. Anyone interested in learning to knit or improving their skills is encouraged to attend.

**About Us**

The University Chaplaincy is dedicated to supporting the spiritual needs of all members of the Tufts community. We offer programs, events, and resources to foster a sense of community and well-being. Whether you are looking for spiritual grounding, clarifying benefits of immersion in a way that respects the integrity of identities that have been historically marginalized, or simply need someone to talk to, we are here for you.

**Contact**

For more information, please contact the University Chaplaincy at chaplaincy@tufts.edu. We are located at 808 Commonwealth Avenue, Suite 402, Medford, MA 02155. Our office hours are Monday-Friday, 9:00 a.m. to 5:00 p.m.

**Resources**

- **About the University Chaplaincy Enews**
- **Upcoming Religious Holidays and Festivals**
- **Heart-Smile New 8-Week Course**
- **Religious and Philosophical Life Programs**

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