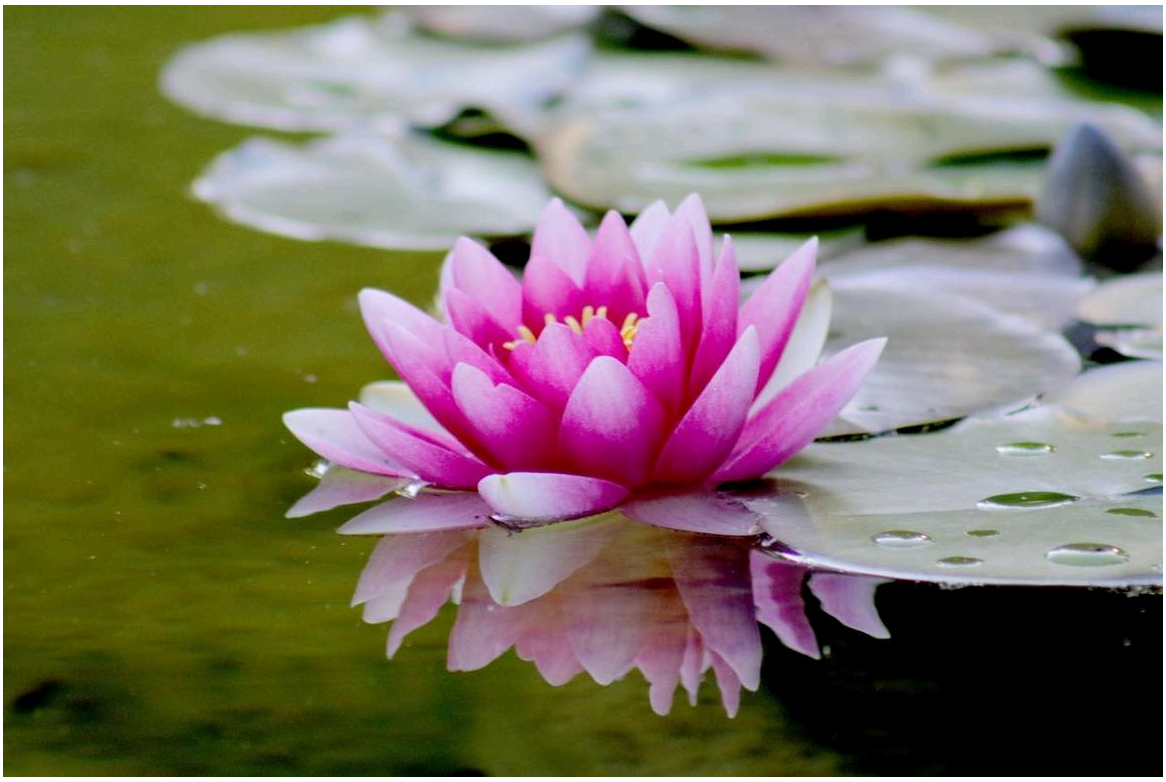
Tufts UNIVERSITY CHAPLAINCY

E-NEWS 2.2.22



A Reflection from our Buddhist Chaplain

I have recently been reflecting on the elements that are common across core human spirituality, in a way that has been inspired by the teaching of the Dalai Lama, most specifically as they appear in his book, *Beyond Religion*, and that he elaborated on during that book tour.

Healthy attachment is essential to human growth. In the West, while the dominant models of development have been based on individuation, so much of growth actually takes place in the context of relationships. We know that the parent-child connection sets the tone for all the relationships that follow within a person's life, as well as (of course) the relationship to one's somato-emotional self. When this parent-child connection has been made in a good way, the individual is free to honor their body, and their needs, and to relate to the needs of others in an open and mutually supportive way. Within this state, the limbic system (primal emotions) and prefrontal cortex (higher reason) are well connected: this is called vertical integration. In Buddhism, this quality of integration is expressed through the mantra *om mani padme hum*, translated as “the jewel is within the lotus, the mind within the heart.” This state of integration is both the way of practicing mindfulness, and the outcome of practicing mindfulness.

Ultimately we can find mindfulness within the mystical traditions of Islam, Judaism, Christianity, Hinduism, and other indigenous religions. The state of integration that comes through mindfulness is the natural state that is the birthright of all human beings.

As His Holiness the Dalai Lama has noted, “Before a baby has even opened its eyes, it already knows compassion through its mother's milk. Therefore, the matter of compassion extends well beyond religion: these qualities can be

The practice of reflecting upon a secular ethics based on the values of wholeness/wellness may shine light upon our shared humanity and help to bring our communities together across the divides of faith and culture. May you experience the blessings of kindness and compassion within all of your relations. May we know these blessings of inner and outer peace as a community.

Best wishes,

Ji Hyang Padma
Buddhist Chaplain

[1] Dalai Lama. (2012) *Beyond Religion: Ethics for the Whole World.* Houghton Mifflin Harcourt.

Upcoming Signature Events

Join the University Chaplaincy for the 7th annual

The Rev. Dr. Martin Luther King, Jr. Day of COMMUNITY ACTION

Saturday, February 5, 2022 • 12:30 to 5:30 p.m.
Breed Memorial Hall

Register at the QR code above by Thu., February 3

Reflection, Action, and Community in the Legacy of MLK

- Engage with The Rev. Dr. King's legacy and its importance for our community today
- Support projects for On The Rise women's shelter; Black & Pink, a national prison abolitionist organization; and other local community organizations
- Explore Deepa Iyer's Social Justice Eco-System with fellow Tufts students

All program workshops and community service will happen on Tufts' campus. This program is organized by the Interfaith Ambassadors and University Chaplaincy staff. Contact Shelby.Carpenter@tufts.edu with any questions.

Sponsored by the University Chaplaincy and Arthur Vining Davis Interfaith Civic Studies Grant

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MLK Day of Community Action
Rescheduled: Saturday, February 5, 2022, 12:30 to 5:30 p.m.

"Human progress is neither automatic nor inevitable…Every step toward the goal of justice requires sacrifice, suffering, and struggle; the tireless exertions and passionate concern of dedicated individuals."

Martin Luther King, Jr. in *Stride Toward Freedom: The Montgomery Story*
Chapter XI: Where Do We Go From Here?

How do you put your values into action? Join fellow Tufts students in reflecting and acting on this question during our annual MLK Day of Community Action on Saturday, January 29 at Breed Memorial Hall. This year, we will be partnering with local community organizations to participate in meaningful action. The day will include community building, working on action items with local community organizations, and reflection with a grab-n-go dinner provided.

- Greeting cards for folks who are incarcerated in Massachusetts, and
- Essential kits for women and transgender people who are unhoused at this time

These supplies will support the work of Boston metro organizations Black and Pink MA and On the Rise.

Registration is required and closes at 11:59 P.M. on Thursday, February 3. Spots are limited. For questions, please contact University Chaplaincy program coordinator Shelby Carpenter.

Student Registration for Day of Community Action

Religious and Philosophical Programs

Wonder: A Practice of Transformation for our Tufts Community and Beyond
Monday, February 7, 12:00 p.m. - 1:00 p.m., held virtually and in Lane Hall 100

University Chaplaincy staff and our Interfaith Ambassador team will be hosting a conversation about wonder, as Valarie Kaur describes it in *See No Stranger*. As a core practice for personal and community transformation, wonder has the potential to reshape us, and we will gather next week to discuss and learn together. There is no preparation necessary, and lunch is provided for those who attend in person. Please register here by Friday, February 4 at 12:00 p.m. ET. The in-person gathering will take place in Lane 100. Please let Nora Bond know any accessibility needs you have. The Zoom gathering will take place simultaneously, and you will receive a link on Friday.

Faithful Fridays Text Study
Fridays, 2:00 p.m. - 3:00 p.m., Interfaith Center

Join Muslim Student Association (MSA) for an engaging text study and discussion. No preparation needed. Participants will read a short Islamic text together and then discuss as a group. You can connect with Muslim Chaplain Najiba Akbar with any questions.

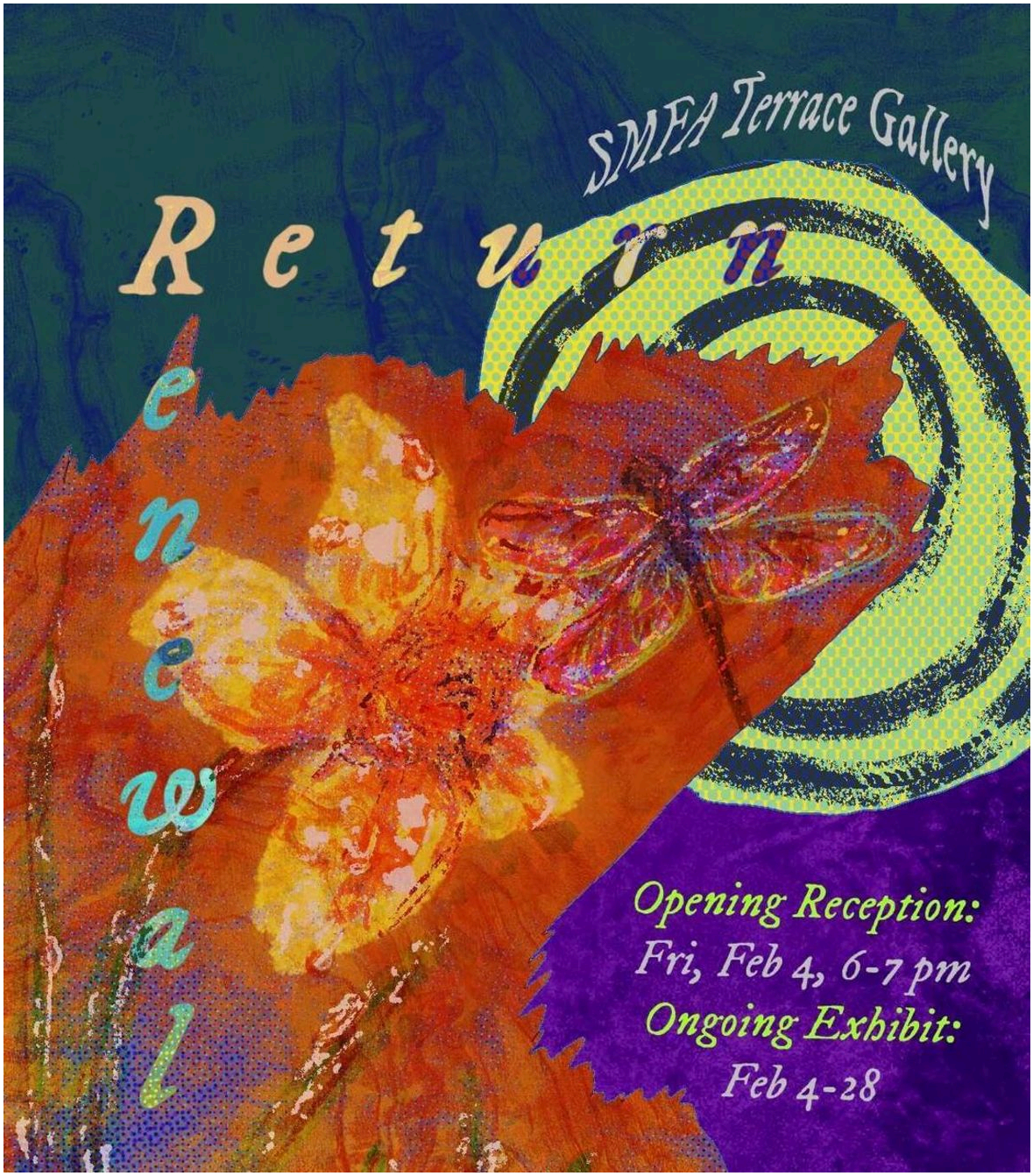
Kalyānamitta: A Good Friend Show
Proposals due Wednesday, February 16, by 11:59 p.m. ET

Friendship is the foundation for us to care more about each other. This show, hosted by the School of the Museum of Fine Arts (SMFA) and the University Chaplaincy, invites us to pay attention to our relationships with other people, animals, and the world and use art to reflect and express our friendships with other beings. This call is rooted in Four Jātaka Stories from the Theravada Buddhist tradition. Choose one that resonates with you, and respond in any art medium. Your artwork will be the centerpiece of an interfaith collaboration in March and April at SMFA and Medford campuses. We will celebrate your art-work in conversation with the stories. You can connect with Assistant Director of Student Affairs Sarah Valente with any questions, and find the submission form here.

Partner Programs

Black Legacy Month
Month of February 2022

Take a look at some amazing upcoming programs for Black Legacy Month, brought to you by the Africana Center, Latinx Center, and their affiliated student organizations. See the Africana Center site here for more.



Return and Renewal Art Show
Opening Reception: Friday, February 4, 6:00 p.m. - 7:00 p.m. SMFA Terrace Gallery
Ongoing Exhibit: February 4 - February 28, SMFA Terrace Gallery

The Asian American Center (AAC) and School of the Museum of Fine Arts Student Government Association are excited to announce the "Return and Renewal" Art Show, which will be on display at the SMFA Terrace Gallery from February 4 - February 28. Featuring Asian and Asian American student artists, "Return and Renewal" showcases a range of feelings from nostalgia, comfort, and restoration, to opportunity, new beginnings, and sparkles of hope. You are invited to experience featured artists as they share their narratives with the community during our opening reception at the SMFA on Friday, February 4, 6 – 7 PM. Attendees will also receive goodie bags. The SMFA is located at 230 The Fenway, Boston, MA 02115. For information on the SMFA shuttle from the Medford campus, see here.

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Udall Foundation Scholarship
Application Deadline: Monday, February 14

The Udall Foundation awards scholarships to college sophomores and juniors for leadership, public service, and commitment to issues related to Native American nations or to the environment. If you have demonstrated leadership in the field of environmental justice or tribal policy, the Udall Scholarship can connect you to a vital network of like-minded leaders and activists. The scholarship awards $7000 toward your undergraduate tuition, and winners also participate in a week-long Summer Orientation where they meet and collaborate with each other and Udall alumni. The program website offers a wealth of information and application tips. The deadline to apply through Tufts is February 14, 2022. If you are interested in applying, please reach out to Anne Moore to set up an appointment. To learn more, visit the Udall Foundation website here.

Religion Science and Diplomacy
Friday, February 11, 9:45 a.m. - 5:00 p.m.

Join Fletcher Initiative on Law and Diplomacy for a day full of talks from leaders across the globe working in various fields related to religion, science, and diplomacy. Increased engagement between religious & scientific communities can play a key role in shaping the possibilities for peace, sustainability and diplomacy in the 21st century. Both fields contribute to a better understanding of the world's most pressing issues, including pandemics and public health, climate change and environmental stewardship, and nuclear proliferation and the spread of weapons of mass destruction. The solutions to these issues and others, all require the intersection of religion, science, and diplomacy. Religious communities possess historical experience, intellectual and ethical resources, and operational capacity that can either collaborate with or oppose scientific advances; likewise, scientific communities are either open to engagement with faith-based actors or subscribe to conventional narratives about the intrinsic incompatibilities of religion and science. The goal of this conference is to facilitate conversation regarding the nature of the tensions and

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can generate create research, effective action and decisive changes for the good of the world. You can register for the event here.

Ripple Conference 2022: Sustained Interfaith
Friday, February 18 - Saturday, February 19, held in-person and virtually

The goal of the Ripple Conference at Elon University is to empower and inspire interfaith student leaders. The Ripple Conference offers time to learn, engage, reflect, and share. Participants will learn about other traditions, including religious, spiritual, and secular worldviews, and engage in social justice and interfaith dialogue. In smaller community groups, student leaders will share their own perspectives and process the conference experience. Other events within the conference will offer time to share music, stories, and delicious local food. To register and find out more about the conference, click here.

Upcoming Religious Celebrations and Observances

These events are drawn from the multifaith calendar maintained by the Office of Religious and Spiritual Life at Harvard Divinity School. To see more upcoming religious holidays and festivals, please follow the link to the Harvard Divinity School calendar.

Vasant Panchami (Sri Pancami)
Sat., Feb. 5, 2022
Tradition: Hinduism
One of many festivals to honor the advent of spring, this day is celebrated particularly in North India, where it is associated with Saraswati, the goddess of learning; however, it also retains connection with the goddess Lakshmi.

Nirvana Day
Tue., Feb. 15, 2022 or Tue., Feb 8, 2022
Tradition: Buddhism
In the northern tradition, it commemorates the parinirvana of the Buddha. In cultures of Southeast Asia, the buddha's parinirvana is remembered during Wesak. The dates and names of Buddhist celebrations vary significantly among cultures and communities.

Support the University Chaplaincy

Supporting dynamic programs at Tufts University in religious, spiritual, ethical, and cultural life is easy and vital to our work. To donate, please click on the button below. Thank you for your generosity.

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ABOUT US

The University Chaplaincy is a dynamic hub supporting religious, spiritual, ethical, and cultural life for all members of the Tufts community. We provide pastoral care, support religious and philosophical communities, educate about spiritual and ethical issues in society and the world, and promote multifaith engagement.

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