



# Tufts

# UNIVERSITY CHAPLAINCY

E-NEWS 10.25.23



## An Invitation from your Catholic Chaplain

Dear Jumbos,

Whenever I see a flash of red maple leaves, I am transported back to Fall 2020. That was, of course, such a challenging time but it was during that semester that we first rolled out Be-Friend, our interfaith friendship program. Be-Frienders are students, faculty, and staff. They commit to spending an hour with their partner each week to think and feel together with spiritual practices written by our multifaith team of chaplains. One week that fall, our then Buddhist Chaplain invited folks to contemplate this passage from Thich Nhat Hanh:

*"About thirty years ago I was looking for an English word to describe our deep interconnection with everything else. I liked the word "togetherness," but I finally came up with the word "interbeing." The verb "to be" can be misleading, because we cannot be by ourselves, alone. "To be" is always to "inter-be." If we combine the prefix "inter" with the verb "to be," we have a new verb, "inter-be." To inter-be and the action of interbeing reflects reality more accurately. We inter-are with one another and with all life. [1]"*

When I reached out to connect with each participant mid-way through the term, I received a moving email by one student whose reflections on this passage continued to reverberate in her daily life. It was she who took this photo of the maple tree above. To her, this single image communicated the spirit of Thich Nhat Hanh's verb inter-being. The tree in its autumnal glow, the walkers in the background, the baby carriage on the left—they reminded her that she was part of something much larger than herself. They reminded her of her 'inter-being' with others and with creation. It was no small thing to experience such a profound moment of deep connection during that time of loneliness and isolation. She shared these insights with her partner and was generous enough to share them with me as well.

Three years on, the echoes and wisdom of this exchange continue to ring out. Just this morning on my walk, scarlet leaves called me into a different posture—a more critical awareness of and reverence for our connectedness to one another, our shared inter-being. It is with love that I pass along the invitation to dwell with these provocations and to maybe even explore them with a friend: Through your own lens, what does inter-being look like today? What does it sound like right now? How might this campus be a place that lifts up and celebrates our inter-being?

With deep care,

Lynn Cooper

Associate Director of the University Chaplaincy and Catholic Chaplain

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[1] Thich Nhat Hanh, "The Insight of Interbeing," The Garrison Institute, October 24, 2023, <https://www.garrisoninstitute.org/blog/insight-of-interbeing/>



# IN LIVING MEMORY: A CONCERT OF STORIES & SONGS

—  
THURSDAY, NOVEMBER 2  
7:00 - 8:00 P.M.  
GODDARD CHAPEL

## **In Living Memory: A Concert of Stories and Songs**

Thursday, November 2, 7:00 p.m., Goddard Chapel

Join students and staff from the University Chaplaincy, the Latinx Center, the LGBT Center, the Indigenous Center, and the SMFA for *In Living Memory: A Concert of Stories and Songs*. The evening will feature music, performances by Public Harmony, sQ!, and Ballet Folklórico, and spoken word offerings on the themes of remembering those who have passed, uplifted by the many religious and spiritual holidays this time of year, including Día de los Muertos, Samhain, All Souls Day, All Saints Day, and more. We will also be showcasing an installation of the Ofrenda Project from student artists at the SMFA. Latinx Center, LGBT Center, and Indigenous Center staff, students, and chaplains will speak, and the event will be followed by cocoa and candy outside. Join us for a night of candlelight, meaningful festivities, and treats! Please email program manager [Nora Bond](#) with any questions or accessibility needs.

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## **Religious and Philosophical Programs**

**Our gatherings are open to all members of the Tufts community! Please find more information and more regular weekly programming and events [here on our website](#). If you have any questions, or would like to connect about convening a new gathering, please [reach out to the University Chaplaincy](#).**

AFRICANA SPIRITUALITY DINNER SERIES

# Afro-Latiné Spirituality

with Anthony Cruz Pantojas and Ymbar Polanco Pino

**OCTOBER 30, 2023 · 5:00 - 6:30 P.M.**  
**THE AFRICANA CENTER, 8 PROFESSORS ROW**



All are welcome for the first gathering of the new Africana Spirituality Dinner Series, co-hosted by the Tufts University Chaplaincy and the Africana Center.

Come for a good meal and conversation about Afro-Latiné Lived Traditions with Anthony

Cruz Pantojas, Humanist Chaplain and Ymbar Polanco Pino, Doctoral Student in Civil and Environmental Engineering, Provost Leadership Fellow, and GEM Fellow.



Please RSVP  
by scanning the  
QR code



**Africana Spirituality Dinner Series Presents: Afro-Latiné Spirituality with Ymbar Polanco Pino**  
Monday, October 30, 5:00 p.m. - 6:30 p.m., Africana Center

All are welcome for the first gathering of the new Africana Spirituality Dinner Series, co-hosted by the Tufts University Chaplaincy and the Africana Center. Come for a good meal and conversation about Afro-Latiné Lived Traditions with Anthony Cruz Pantojas, Humanist Chaplain, and Ymbar Polanco Pino, Doctoral Student in Civil and Environmental Engineering, Provost Leadership Fellow, and GEM Fellow. [RSVP requested here](#). Please email Humanist Chaplain [Anthony Cruz Pantojas](#) with any questions.

[RSVP to Afro-Latiné Spirituality Dinner](#)



# Thursday Dinner Shift

## Harvard Sq Homeless Shelter

### 6:45 pm - 9:15 pm.

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**Join fellow Tufts community members to serve our neighbors for a dinner. Contact [Lynn.Cooper@tufts.edu](mailto:Lynn.Cooper@tufts.edu) to sign up. No experience needed, and you can sign up just once. Transport is free.**



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#### **Harvard Square Homeless Shelter Dinner Shift**

Thursday Dinner Shift, 6:45 p.m. - 9:15 p.m., Harvard Square

Starting November 2, the University Chaplaincy will send 3-5 students to help serve dinner at the Harvard Square Homeless Shelter, located in University Lutheran Church 66 Winthrop St Cambridge, MA (in the middle of Harvard Square). The University Chaplaincy will provide a T Pass for transportation on the 96 bus into Harvard Square or the T from Davis. Volunteers travel together and we will send new folks with returners to offer support and guidance. We will have this shift through the spring semester. Please email Associate Director [Lynn Cooper](mailto:Lynn.Cooper@tufts.edu) if you are interested in signing up or learning more. As a volunteer, you decide which weeks you are able to serve. Learn more about [Harvard Square Homeless Shelter here](#).

# MAJORS MONTH

## FEATURING...

### MAJOR DECISIONS

Finding Your Way Through  
the Liberal Arts

TUES. 10/17

### DECOLONIZING YOUR BIBLIOGRAPHY

WEDS. 10/18

### YOU MAJORED IN WHAT!?

Dinner & Trivia with Alumni

THURS. 10/19

### UNDERGRADUATE RESEARCH FAIR

FRI. 10/20

### LET'S TALK:

Family Expectations  
Around Majors

TUES. 10/24

### BEYOND YOUR MAJOR:

Developing an  
Entrepreneurial Mindset

WEDS. 10/25

### HARMONIZING PERSPECTIVES

Examining Music & Culture Across  
Academic Disciplines

FRI. 11/3

### ARTS & SCIENCES MAJORS & MINORS EXPLORATION FAIR

TUES. 11/7

### SPILL THE TEA:

Upperclass Students  
Talk Majors

WEDS. 11/15

### MORE THAN A MAJOR

WEDS. 11/15

### BEYOND YOUR MAJOR:

Developing a Leadership Mindset

THURS. 11/16

## AND MUCH MORE!



Scan to view full event line up

Academic Advising and  
Undergraduate Studies

University Chaplaincy

Tufts Career Center

Tisch Library

Tufts FIRST

TCU Senate

Gordon Institute and Derby  
Center for Entrepreneurship

### Majors Month Is Now!

October 17 - November 16

Whether you are in the School of Arts & Sciences, Engineering, SMFA, or earning a dual degree, there's something this month for you. Check out the line up of events below, and mark your calendar. Attend one, two, or all! Follow [this link to learn more details about each event and register](#). The University Chaplaincy is proud to be a co-sponsor of Majors Month with the Academic Advising and Undergraduate Studies Office, the Career Center, Tisch Library, the FIRST Center, the TCU Senate and the Gordon Institute and Derby Center for Entrepreneurship. Save the date for the University

## Partner Programs

Join Monroe France for the

# Fall Welcome Reception on Oct. 26

Celebrate Tufts' diversity with food, music, and gifts for all.

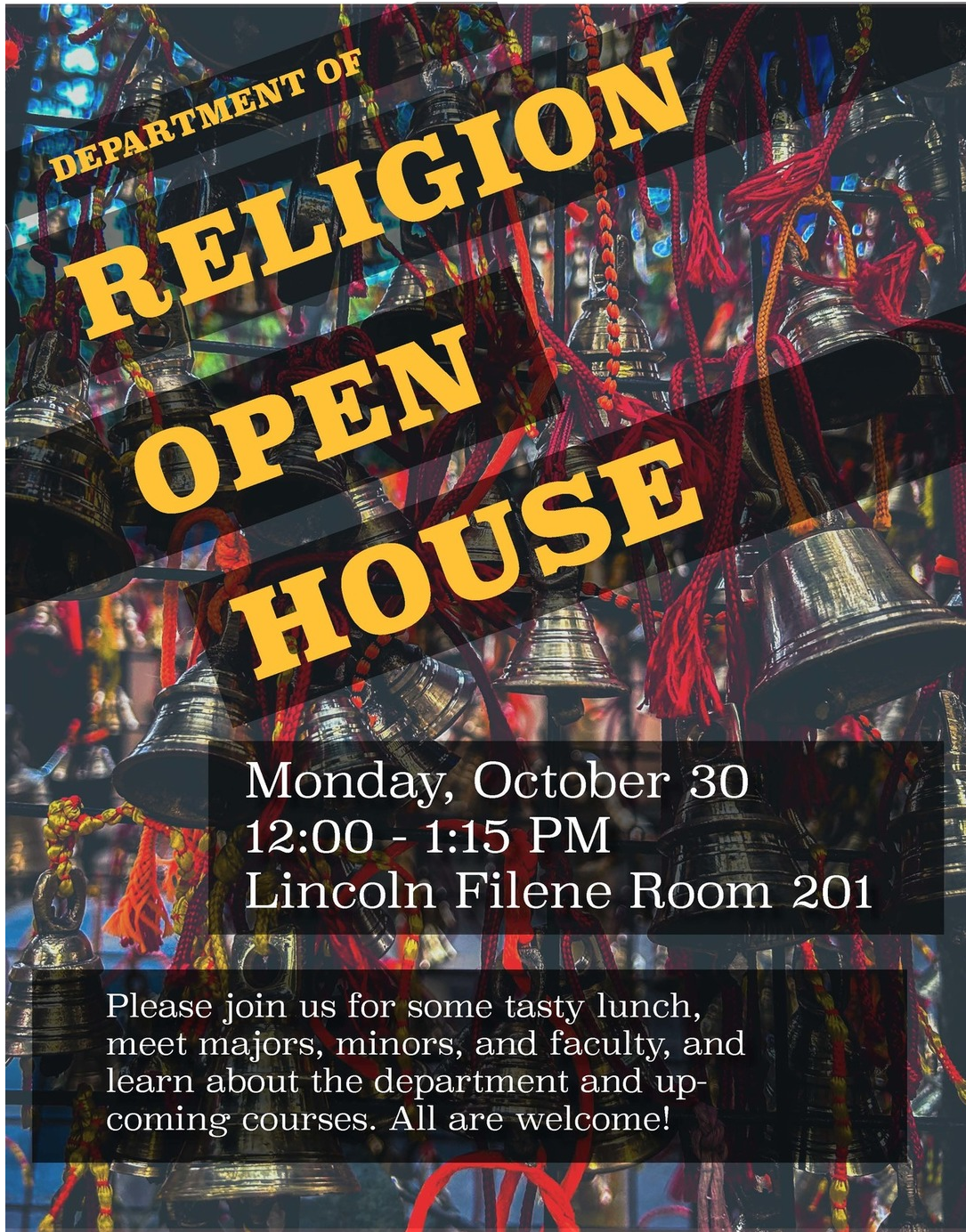
**RSVP TODAY**



### **DEIJ Fall Welcome Reception**

Thursday, October 26, 2023, 4:00 p.m. ET, Joyce Cummings Center Atrium and livestreamed

Preview the university's DEIJ strategy, vision, and key priorities for the year ahead – all of which have been informed by community input and feedback. Celebrate Tufts' diversity with food, music, and gifts for all attendees. You can [RSVP to the event here](#).



DEPARTMENT OF  
**RELIGION**  
**OPEN**  
**HOUSE**

Monday, October 30  
12:00 - 1:15 PM  
Lincoln Filene Room 201

Please join us for some tasty lunch,  
meet majors, minors, and faculty, and  
learn about the department and up-  
coming courses. All are welcome!

**Department of Religion Open House**

Monday, October 30, 12:00 p.m. - 1:15 p.m., Lincoln Filene Room 201

ALL are welcome to join our Department of Religion faculty and students for conversation and a meal. You will learn more about the department, upcoming spring course offerings, and majoring or minoring in religion. Lunch will be served at this event.





Solomont Speaker Series: Congressman Maxwell Frost

Monday, October 30, 12:00 p.m. - 1:00 p.m., Distler Performance Hall, Granoff Music Center

Join Tisch College's Solomont Speaker Series to meet the first Gen Z member of Congress, Rep. Maxwell Frost (D-FL10)! A survivor of gun violence and the former National Organizing Director for March for Our Lives, Congressman Frost has been fighting against gun violence since he was 15 years old, helping to pass major gun legislation that's saved lives. He is a longtime activist and organizer and has fought for abortion rights, helped win a campaign to restore voting rights to more than 1.6 million people with felony convictions, and led a voter turnout program that drove record youth turnout. You can [find out more about the event here](#) and register below.

[Register to Attend Frost Event](#)

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**Resources, Scholarships, and Opportunities**



# Managing socio-political stress

Tips for managing when world events are stressful

**Tufts** UNIVERSITY | Counseling & Mental Health Service



## See CMHS slides about managing socio-political stress

Many in our Tufts community are deeply affected by the war in Israel and Gaza. [Click here for the ways that Counseling and Mental Health Services have suggested](#) for caring for yourself during this difficult time. Counseling and Mental Health Services and the University Chaplaincy are here for all students. You can contact CMHS below, or always complete the [contact a chaplain form](#) to be connected to a chaplain within 48 business hours.

Find more about CMHS Counseling

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## 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](#).

### Reformation Day

Tue., Oct. 31, 2023

Tradition: Christianity, Protestant

Commemorates the beginning of the Protestant Reformation of Christianity with Martin Luther's challenge to the Roman church in the sixteenth century C.E.

### Samhain

Tue., Oct. 31, 2023

Tradition: Wicca, Paganism

The New Year and the final harvest festival, celebrating the last gifts of the Earth before winter and the return of the spirits of the dead.

### All Saints Day

Wed., Nov. 1, 2023

Tradition: Christianity-Protestant, Christianity-Roman Catholic

Christian celebration of the lives of all the saints, especially those not having a special day; Orthodox churches observe the day in mid-summer.

### All Souls Day

Thu., Nov. 2, 2023

Tradition: Christianity-Roman Catholic

Catholic Christian observance in memory of all the faithful who are deceased. In some Latin cultures, this day is known as "The Day of the Dead."

### Diwali (Dipavali)

Sun., Nov. 12, 2023

Tradition: Hinduism

Perhaps the most popular of all Hindu festivals, also known as the Festival of Lights, it is dedicated to the goddess Kali in Bengal and to Lakshmi, the goddess of wealth, in the rest of India. As with several other festivals, Diwali is associated with one of the stories about the destruction of evil by Vishnu in one of his many manifestations.

### Diwali/Mahavir Nirvana

Sun., Nov. 12, 2023

Tradition: Jainism

This "Festival of Lamps" celebrates the attainment of Moksha by Lord Mahavira. A burning lamp symbolizes the "light of knowledge," which dispels the darkness of delusion and ignorance.

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## 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.

Give Today

## 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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