A Reflection from your Hindu Chaplain

Namaste dear friends,

This week we find ourselves in between the celebrations of Navratri and Diwali. After a few years of Zoom celebrations, returning fully to in-person community puja, dinners, and dancing has been so rejuvenating. This past Friday, Tufts Association of South Asians (TASA), the Hindu Students Association (HSA) and Jumboraas (JRAAS) held a Navratri celebration (pictured above) in Curtis Hall to culminate the nine day observance honoring the victory of Ma Durga over evil as recounted in the Devi Mahatmyam in the Markandeya Purana. In these embodied moments, the experience of our traditions resonates in the movements of every molecule, cell, hair, and muscle.

Dance, in particular, is one of the main embodiments that are treated with much spiritual care in the Hindu faith, the others being singing, poetry, sculpture, architecture, math. Grounded in Sankya philosophy and Ayurveda principles, Hinduism teaches that there are the Pancha Bhuta, five elements that make up everything: Prithvi (Earth); Apah (Water); Agni (Fire); Vayu (Air); and Akasha (Space/Ether). Each element is connected to one of the five senses: nose to Earth, tongue to water, eyes to fire, skin to air, and ears to space/ether.
to space. This bond between our senses and the elements is the foundation of our relationship with the natural world, and dance allows us to engage with the elements that constitute us and the environment around us.

With the coordination of motions and sensations in dance, we can feel the life in each of these elements and understand that these elements are also interconnected and interdependent. It is a beautiful way to honor the truth of our relational world. Do you have an embodied way to be in relationship with the elements and what is greater than yourself? How do you honor our interconnected, interdependent and relational world? I invite you to bring it forward into consideration this week and reach out and share.

Dhanyavaadah and best wishes,
Preeta Banerjee

---

**Upcoming Signature Programs**

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

*Thursday, November 3, 8:00 p.m., Goddard Chapel*

Join the University Chaplaincy, the Latinx Center, and the SMFA for *In Living Memory: A Concert of Stories and Songs*. The evening will feature organ music, performances by Enchanted and sQ!, spoken word offerings on the themes of remembering those who have passed, and a dance performance by Tufts Ballet Folklórico. We will uplift the many religious and cultural holidays this time of year, including Día de los Muertos, Samhain, All Souls Day, and more. We will also be welcoming an installation of an ofrenda from student artists at the SMFA. Students, chaplains, and Latinx Center staff will speak and the event will be followed by sweets and warm drinks outside. Please join us for a night of candlelight, meaningful festivities, and treats!
Finding Balance in Turbulent Times

Friday, October 21, 12:00 p.m., Interfaith Center

The science of Yoga is dedicated to the physical, mental, emotional, social, and spiritual health of humankind. A proper approach to yoga brings good health, tranquility, creativity and inner harmony. The aim of this presentation is to give you lasting tools for stress management and keep your balance during any turbulent times you encounter in your life. All levels welcome! No RSVP necessary.

Swami Mahesh is a wandering yogi from India. He has a degree in Engineering and a Masters in Yoga Philosophy and has over 30 years of experience teaching yoga. As an independent wandering yogi, he travels both nationally and internationally to conduct seminars, workshops and retreats on yoga in various educational, social, and corporate institutions, yoga studios, prisons, and many other facilities. His articulate and engaging teaching technique in an open caring environment creates effective learning of Yoga and spiritual life.
Family and Friends Weekend Open House
Friday, October 21, 3:30 p.m. - 5:00 p.m., Goddard Chapel

Join chaplains for a warm open house on the Friday of Family and Friends weekend. Light refreshments will be served, and chaplains will be present to introduce themselves. No RSVP necessary. Historic Goddard Chapel will be open to visitors throughout the day. Family and friends are welcome at any of our regular events scheduled during the weekend, and you can find a full schedule for the weekend here.
Join the ensemble for Global Music Night with Protestant Evening Worship

Sunday, November 6
7:00 p.m. - 8:00 p.m.
Goddard Chapel

Join the ensemble performing a diverse repertoire for Tufts Global Music Night with the Protestant Chaplaincy!

All instruments and vocalists are welcome. Complete the interest form by Sunday, October 23

This event is in collaboration with GLIDE (Graduate Leadership in Inclusion, Diversity and Equity) and the University Chaplaincy, and is led by M.K. Titiati, a graduate student in Ethnomusicology and a GLIDE Fellow.

Join the ensemble for Global Music Night with Protestant Evening Worship

Complete the interest form by Sunday, October 23

Join the ensemble performing a diverse repertoire for Tufts Global Music Night with the Protestant Chaplaincy! The evening will be held Sunday, November 6 at 7:00 p.m. in Goddard Chapel, and we welcome vocalists and musicians from across Tufts to join. Please email the University Chaplaincy with any questions and complete the interest form here by Sunday, October 23 to be contacted by the organizers. This event is in collaboration with GLIDE (Graduate Leadership in Inclusion, Diversity and Equity) and the University Chaplaincy, and is led by M.K. Titiati, a graduate student in Ethnomusicology and a GLIDE Fellow.
Humanist Hub: Meaning Making for Liberation
Thursday, October 27, 6:00 p.m., Interfaith Center
58 Winthrop St.

Join the Humanist Chaplaincy for a series of dinner conversations exploring identity, meaning-making, and liberation.

Our first dinner will explore the topic of “Inquiry,” a process of articulating our pressing questions and developing ways we can embody meaningful activism. All are welcome and food is provided.

Please RSVP by Monday, October 24

Please RSVP here by Monday, October 24 at 11:59 p.m. ET. There is limited space.
American Humanist Association Award at Tufts University

Wednesday, November 2, 2022, Breed Memorial Hall

The American Humanist Association (AHA) will present The University Award for Philosophical Diversity to Tufts University on Wednesday, November 2 in Breed Memorial Hall on the Tufts Medford campus. The AHA will present The University Award for Philosophical Diversity to Tufts University. The award ceremony will be held at 11 a.m., followed by a catered lunch at 11:30 a.m. Please help us to plan by completing this RSVP no later than Monday, October 31, 2022.
Unlearning Retreat for BIPOC Students
Saturday, November 5, Interfaith Center

In this Unlearning Retreat, join the Hindu Chaplaincy and Humanist Chaplaincy in a practice of personal and communal freedom-making as we engage in a BIPOC space for healing and exploring our inner world in relation to the external world. We welcome Dr. Kelli Morgan to be with us. She is a Professor of the Practice and the inaugural Director of Curatorial Studies at Tufts University, and a curator, educator, and social justice activist who specializes in American art and visual culture. You can read a feature about Dr. Morgan in TuftsNow here. If you are interested in attending the retreat please sign up to journey together here, as we reorient our personhood and imagine ourselves unearthing the quiet confidence within. Please RSVP by Thursday, November 3 by 7 p.m. ET.
Majors Month
Monday, October 17 - Friday, November 18

This year we partnered with the Office of Undergraduate Education and the Tufts Career Center to offer Majors Month for the first time. This month, from October 17 to November 18, is full of events to help you learn more about majors and minors and make the decisions that work best for you. The University Chaplaincy is here to offer the space to reflect on your own identities and values and hopes for your future - which is why we’re hosting "Majorly Confused? Finding Your Own Wisdom for Choosing a Major" in November. Find more information here, including a full list of events and sign up links.

Resources, Scholarships, and Opportunities
Donations Accepted!
2022 Winter Coat Drive

The FIRST Resource Center and the International Center are co-sponsoring a drive to help Tufts students with their winter clothing needs! Please consider donating new or gently worn winter coats, boots, and accessories to help our students through the New England winter!

Donations are accepted now through Friday, October 28 at the following locations:

FIRST Resource Center
20 Professors Row, 9am – 5pm

International Center
20 Sawyer Avenue, M/W/F, 9am – 5pm

Thank you for your donations!

Questions? Email first@tufts.edu or internationalcenter@tufts.edu

2022 First Center Winter Coat Drive
Donations accepted through Friday, October 28

Please donate new or gently used winter clothing items. Donations are being accepted at the FIRST Resource Center (20 Professors Row) and the International Center (20 Sawyer Ave). You can reach out to the FIRST Resource Center or the International Center if you have any questions.
Jews of Color in Early America
Thursday, October 20, 5:30 p.m., Raytheon Ampitheatre and livestreamed

The Jewish Studies program at the Northeastern University College of Social Sciences and Humanities invites you to the annual Morton E. Ruderman Memorial Lecture Series with Dr. Laura Arnold Leibman. Today multiracial Jews are about 10-25% of the Jewish population in the United States with nearly 87,000 nonwhite, Hispanic, or multiracial Jewish households in the New York area alone. Most people tend to think of multiracial as a fairly recent phenomenon, but in this talk Professor Leibman reveals the early history of multiracial Jews in the United States and Caribbean and explains how their stories got lost in common tellings of Jewish American history. Laura Arnold Leibman is Professor of English and Humanities at Reed College, VP of Program (AJS), and the author of The Art of the Jewish Family: A History of Women in Early New York in Five Objects (Bard Graduate Center, 2020) which won three National Jewish Book Awards. Her latest book Once We Were Slaves (Oxford UP, 2021) is about an early multiracial Jewish family who began their lives enslaved in the Caribbean and became some of the wealthiest Jews in New York. It will be livestreamed here. You can learn more and register 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.

**Installation of Granth Sahib Ji as Guru**  
Thu., Oct. 20, 2022  
Tradition: Sikhism  
This day celebrates Gobind Singh Ji's passing on guruship to Scripture, henceforth known as the Guru Granth Sahib.

**Diwali (Dipavali)**  
Mon., Oct. 24, 2022  
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**  
Tue., Oct. 25, 2022  
Tradition: Jainism  
This "Festival of Lamps" celebrates the attainment of Moksa by Lord Mahavira. A burning lamp symbolizes the "light of knowledge," which dispels the darkness of delusion and ignorance.

**Birth of the Bab**  
Wed., Oct. 26, 2022  
Tradition: Baha'i  
The anniversary of the birth of the Bab, the herald of the new age for Baha'is. the Shrine of the Bab in Haifa, Israel, is part of the World Center of the Baha'i faith.

**Birth of Baha'u'llah**  
Thu., Oct. 27, 2022  
Tradition: Baha'i  
The anniversary of the birth of Baha'u'llah, the founder of the Baha'i faith. Work is suspended on this day.

---

**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.

Tufts University Chaplaincy | Goddard Chapel, 3 The Green | Medford, MA 02155 US  
chaplaincy.tufts.edu | chaplaincy@tufts.edu | 617.627.3427
Subscribe to our email list.