A Greeting From Your Buddhist Chaplain

Dear Tufts Community,

At this point in the year, as we begin to look towards the semester’s end, it is the perfect time to consider whether you wish to fit a spiritual retreat or work-study into your summer plans. Retreat is a practice of purposeful separation, usually involving leaving the physical space of your daily life, taking time to be by yourself or with a group of like-minded individuals to reflect, meditate, and deepen your spiritual practice. It can be a transformative experience that helps refresh and renew your mind and spirit.

If you are considering a retreat, I encourage you to explore the options available to you. There are many retreat centers around the world that offer a variety of programs catered to different spiritual traditions and interests. Some retreats focus on specific themes such as meditation, mindfulness, or yoga, while others provide a more generalized approach to spiritual growth.

Whether you choose to participate in a pre-planned retreat or create your own schedule, the key is to allow yourself the time and space to reflect and recharge. This is an opportunity to step back from the demands of daily life and truly engage with your inner self.

I hope you find this time to be enriching and transformative. If you have any questions or need further guidance on planning your summer activities, please do not hesitate to reach out to me.

Best regards,

[Your Buddhist Chaplain]
By creating space for contemplation, we balance academic knowledge with the “not knowing” of spiritual growth. Knowledge fills the mind with information; spiritual growth creates the space for that information to become wisdom. By dedicating retreat time to creating this space within, we are able to respond to our studies— and all of life— with greater clarity, energy, and resiliency. It is possible to find many retreats— as well as retreat scholarships— that may expand your horizons and provide opportunities for spiritual growth. Let me offer a few tips for your consideration:

1) Retreats involve a stepping outside of our busy lives in order to cultivate our inner life. Retreats set in nature will make it more possible for the nervous system to unwind, so that the full measure of stillness, silence and spaciousness that is the essence of retreat can be experienced.

2) Before going on retreat, take some time to tie up loose ends so that you can be fully present; let your family and friends know you are going away so that they do not worry.

3) On the retreat, give yourself time to decompress. Sometimes boredom, aversion, restlessness or doubt arise. However, if you continue to be present, unexpected epiphanies and moments of beauty will also visit, and you will experience a new level of intimacy with yourself.

Tufts chaplains can offer valuable guidance in selecting the retreat setting that is the best fit for you. Many of us also offer retreats for students within our communities; these will resume next fall. Consider prioritizing restoration for even a short amount of time for yourself in this upcoming season.

Metta and best wishes,
Ji Hyang Padma
Buddhist Chaplain
Nominate a Graduating Senior or Young Alum for an Award
Nominations due by 11:59 p.m. on Monday, April 17

Our Senior & Young Alumni Awards provide an opportunity for our community to nominate and celebrate our graduating seniors and recent alumni, and the awards are themed according to our core mission commitments: pastoral/spiritual care; supporting religious, spiritual, and philosophical communities; engaging spiritual and ethical issues; and multifaith engagement. The Young Alumni award is for a recent graduate (2018-2022) who has provided leadership for current students and the University Chaplaincy through offering support, guidance and engagement.

You are welcome to submit more than one nomination, as well as nominate yourself. You can nominate anonymously or share your name and email. Sharing your information ensures that you will be notified of the final awards decisions and Senior Award Celebration. All nominees will be honored at our celebration, featuring delicious food and mocktails, at the Interfaith Center on Wednesday, April 26, from 6:00 p.m. to 7:00 p.m. Please submit all nominations by 11:59pm on Monday, April 17 through this form. Reach out to University Chaplain Elyse Nelson Winger with any questions.

Nominate a Senior or Young Alum

Upcoming Co-Sponsored Events
Solomont Speaker Series: Bishop William J. Barber II
Thursday, April 13, 5:30 p.m. at Breed Hall (51 Winthrop St.)

Join Tisch College for a lecture and conversation with renowned orator, moral leader, civic rights activist and organizer, Bishop William J. Barber II, on organizing for multiracial democracy. Bishop Barber will discuss our individual and collective power to effect change on issues like systemic racism, poverty, and climate change at a time of historic demographic transition by breaking through divisions and centering solidarity. Generously co-hosted by the University Chaplaincy and the Africana Center with support from the Political Science Department, the Tufts Democrats and the Civic Studies Program. To register for in-person attendance, click here. We strongly encourage in-person attendance, however, the event will be livestreamed. Be advised there is no Q&A or chat feature with the livestream. You can find more information about the event on the Tisch College website.

Register for the In-Person Event
How does white Christian nationalism impact a multifaith and multiracial democracy? The Interfaith Ambassador team, University Chaplaincy, and the Tufts Department of Religion invite you to an event series featuring bestselling author and renowned public scholar, Dr. Anthea Butler.

Dr. Butler will deliver a lecture on her book *White Evangelical Racism: The Politics of Morality in America* and join us for dinner and a discussion on Thursday, April 27. The book asks individuals to consider their role in this larger history, and in Friday's session, we will explore together the contours of American and global nationalisms in the major justice issues of our day.

Register at [go.tufts.edu/unpacking](http://go.tufts.edu/unpacking) or scan the QR code

Anthea Butler is Geraldine R. Segal Professor in American Social Thought, and chair of the department of Religious Studies at the University of Pennsylvania. A historian of African American and American religion, Professor Butler’s research and writing spans African American religion and history, race, politics, Evangelicalism, gender and sexuality, media, and popular culture. You can find more of her writing and public engagement at Antheabutler.com.

*This series is made possible thanks to grant funding from The Arthur Vining Davis Foundations*
The first 25 students to visit the Chaplaincy Office at Goddard Chapel after registering will receive a copy of *White Evangelical Racism: The Politics of Morality in America* prior to the event. This event is funded by the Arthur Vining Davis Foundations and is a part of Tufts University's Religious Diversity and Civic Life Initiative.

Register for Series

## Religious and Philosophical Programs

**Indigeneity in Interfaith Conversations**

**Thursday, April 13, 8:00 p.m. at the Indigenous Center (112 Packard Ave)**

Join Community OF Faith Exploration and Engagement (COFFEE) and the Indigenous Student Organization at Tufts (ISOT) in conversation about intersectionality in Indigenous and interfaith identities. Reconnecting with Indigenous spirituality and unpacking appropriation will be a theme. Together we will create a respectful space for Indigenous and non-Indigenous students of all religions.
Survivors Speak: Stories from Sudan, Rwanda, Bosnia and the Holocaust
Wednesday, April 19, 6:00 p.m. to 8:00 p.m. at Tufts Hillel

Tufts Hillel is pleased to invite you to the annual Keynote Address for the Cummings/Hillel Program for Holocaust & Genocide Education, featuring Jack Trompetter, Bol Riiny, Jasmina Cesic and Consolee Nishimwe. At the reception, guests will have the opportunity to meet the speakers prior to the panel, where they will share their stories of survival and answer questions. Please RSVP for Survivors Speak here. If you would like to bring a guest, please include their name.

Interfaith Iftar during the holy month of Ramadan
Wednesday, April 19, 8:00 p.m. - 9:30 p.m. at Breed Hall

The University Chaplaincy would like to say Ramadan Mubarak to all those observing this month! We would also like to extend an invitation to all students, faculty and staff to this year’s Interfaith Iftar hosted by the University Chaplaincy and the Muslim Students Association, which will be held on April 19 from 8:00 p.m. - 9:30 p.m. in Breed Hall. Please RSVP here if you would like to attend this iftar. For more information about Ramadan at Tufts you can visit the Muslim Chaplaincy’s Ramadan Page.
Join the Orthodox Christian Fellowship (OCF) for Vespers with Fr. Anthony Tandilyan. There will be an evening service and a short sermon, followed by fellowship time. Please reach out to the OCF with any questions.
Living A Meaningful Life: Academics and What Matters To You

Wednesday, April 26, 12-1:15p
INTERFAITH CENTER
58 WINTHROP STREET

Pizza provided

In the age of neoliberal hustle, constant credentialing demands, and endemic flux, how might we make “the art of living” more meaningful and sustainable?

Join Dr. Justin Jiménez, StAAR Center Academic Coach and Faculty Affiliate in the Department of Education, and Anthony Cruz Pantojas, Humanist Chaplain to explore how your academic journey at Tufts can be better aligned with your core values and aspirations. Together, we will center personal stories and clarify the big questions that make us move.

Living A Meaningful Life: Academics and What Matters To You
Wednesday, April 26, 12:00 p.m. at the Interfaith Center

In the age of neoliberal hustle, constant credentialing demands, and endemic flux, how might we make “the art of living” more meaningful and sustainable? Join Dr. Justin Jiménez, StAAR Center Academic Couch and Humanist Chaplain Anthony Cruz Pantojas to explore how your academic journey at Tufts can be better aligned with your core values and aspirations. Together, we will center personal stories and clarify the big questions that make us move. Pizza is provided, please email Humanist Chaplain Anthony Cruz Pantojas with any questions.

Partner Programs
EXP-0008-F: Humanism for Everyday Life (In-Person; 3 credits, Letter-graded)
Wednesdays, 6:30 p.m. - 9:00 p.m.

How did Humanism develop? What are the values that inhere a Humanist community? This seminar is an introduction to Humanism, a dynamic tradition, philosophy, and lifestance. Students in this course will read diverse texts that address genealogies of Humanist thought, the human condition, and the possibilities and challenges of realizing a Humanism for all. We will examine Humanist orientations from marginalized voices and subjectivities. Throughout the course, we will address questions such as: What does it mean to be? How might a Humanist orientation respond to obligations to self, other, and the world, especially during this time of “post-truth.” Humanist Chaplain Anthony Cruz Pantojas (they/he) will be leading the class; they have a background in inter-religious education and pastoral/spiritual care. Their queer Afro-Boricua identity also deeply informs their engagement with ethics and relationality. They are pursuing a PhD in Cultural Studies at Universidad Ana G. Méndez- Gurabo, Puerto Rico, with research interests in Caribbean epistemologies and decolonial thought.

Resources, Scholarships, and Opportunities
In collaboration with Tufts Bikes, Tufts Mountain Club, and The Green Fund, 'Bos To Bikers aims to bridge the gap between those who know how to bike and those who have not yet had the chance to learn. Whether it be due to financial or environmental barriers or general lack of opportunity, we help anyone (including SMFA students) in the community learn how to ride a bike! Bikes, helmets, and safety gear are provided. Click here to sign up.
FIRST Resource Center Weekly Community Hours
Wednesdays and Thursdays, 4:00 p.m. to 5:00 p.m. at the FIRST Center (20 Professors Row)

Come to the FIRST Resource Center during our weekly community hours and speak with Director Chris Campbell and Associate Director Daniela Pozos! Office hours are for any questions you have about life at Tufts as a first gen student.

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.

Great Lent
Ongoing through Sat., Apr. 15, 2023
Tradition: Christianity-Orthodox
In Orthodox churches, the first day of Lent marks the beginning of the Great Fast, the final six weeks of a 10-week period leading up to Holy Week and Easter (Pascha). In the churches that follow the Gregorian calendar, Lent is a six-week observance (40 days excluding Sundays) beginning with Ash Wednesday and culminating in Holy Week. It is a time of repentance and sacrifice in preparation for Easter.

Ramadan
Wed., Mar. 22 – Fri., Apr. 21, 2023
Tradition: Islam
The Holy Month of Ramadan is the month of fasting during which Muslims who are physically able do not eat or drink from the first sign of dawn until sunset in honor of the first revelations to the Prophet Muhammad. The evening meal is celebrated with family and in community.
Holy Thursday/Maundy Thursday
Thu., Apr. 13, 2023
Tradition: Christianity-Orthodox
Commemorates the institution of the Lord’s Supper/the Eucharist by Jesus prior to his arrest and execution. “Maundy” is derived from the Latin text of John 13:34, in which Jesus gives a mandatum novum (“new commandment”). The date observed by Protestants and Roman Catholics differs from the date observed by Orthodox Christians.

Holy Friday
Fri., Apr. 14, 2023
Tradition: Christianity-Orthodox
The day that commemorates the Passion of Jesus Christ, i.e., his death by crucifixion. It is the Orthodox equivalent of “Good Friday.”

Vaisakhi
Fri., Apr. 14, 2023
Tradition: Sikhism and Hinduism
Occurs on the first day of the solar year. It is primarily an agricultural festival, celebrating the harvest, and is especially important in North India. It is named after the month Vaisakh. For Sikhs, it is also the anniversary of the creation of the Khalsa (the "Brotherhood of the Pure") in 1699 by Guru Gobind Singh.

Easter Sunday (Pascha)
Sun., Apr. 16, 2023
Tradition: Christianity-Orthodox
Celebrates the resurrection from death of Jesus Christ. It is the oldest and most important festival in the Christian year and initiates the 50-day period culminating in Pentecost. Protestant and Roman Catholic Christians often observe Easter on a different date than Orthodox Christians.

Laylat al-Qadr
Mon., Apr. 17, 2023
Tradition: Islam
The Night of Power or Destiny commemorates the first revelation of the Qur'an (the Islamic scriptures) to Prophet Muhammad in 610 CE.

Yom Hashoah (Holocaust Remembrance Day)
Mon., Apr. 17, 2023
Tradition: Judaism
Memorializes the six million Jews who died as victims of the Nazis during World War II and emphasizes respect for human dignity. Its observance is not limited to Jews. Begins at sundown.

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.
Subscribe to our email list.