



Tufts

UNIVERSITY CHAPLAINCY

E-NEWS 1.29.25



A Reflection from the University Chaplaincy

Last Wednesday, the Tufts Buddhist Mindfulness Sangha met on a beautiful cold evening for a cup of tea for our weekly "Tea and Poetry." We were sipping cups of tea with nuts, sweet mandarins and very delicious cookies from one of our friends. After thirty minutes or so, I asked for everyone's attention and played my audio recording of Therigāthā.

Once during a retreat in Sri Lanka, I recited and read Therigāthā (the poems of Buddhist Nuns) and recorded them. On this night, the recording was not loud enough for us to listen to while we were sitting around the table, so we all moved closer to the screen projector. We still could not listen to the audio recording well, until one of us took the remote and turned the volume up. Everyone laughed. Finally, we could all hear the audio recording of the Buddhist nun's poem. In her poem she says she has been a Buddhist nun and practicing for twenty-five years.

*It's been twenty-five years since I renounced
But not for a moment, not even a finger's snap,
did I experience stilling of my mind.*

(Therigāthā, Translator Charles Hallisey)

Not knowing what to do, she was crying around the monastery because she was not able to succeed in her spiritual journey even after twenty-five years. In my own spiritual journey, I have felt it many

times. We are all on personal or spiritual journeys, and yes, there are times with many disappointments. The poem of this Buddhist nun helps me and you to learn that it is okay to cry and feel miserable. It is okay to give up your practice whenever you are not ready to proceed with it. And it is also okay to restart whenever you feel ready.

We will have "Tea & Poetry" from 7:30 p.m. to 8:30 p.m. on Wednesdays in Goddard Chapel. All Tufts students, staff, and faculty are free to come and have a sip of tea and a sip of poetry.

Venerable Mahayaya Vineetha
Buddhist Chaplain

Upcoming Signature Programs

THE REV. DR. MARTIN LUTHER KING, JR. 2025 Annual Celebration

**WHERE DO WE GO FROM HERE?
THE PROMISE OF FREEDOM, DEMOCRACY, AND JUSTICE**

Thursday, January 30 • 5:30 p.m. - 7:00 p.m.
Cohen Auditorium, followed by a reception in Alumnae Hall



This week - The Rev. Dr. Martin Luther King, Jr. 2025 Annual Celebration

Thursday, January 30, 5:30 p.m. to 7:00 p.m., Cohen Auditorium

The Africana Center, the Office of the President, the Office of the Vice Provost for Institutional Inclusive Excellence, Student Life, Tisch College of Civic Life, and the University Chaplaincy invite you to the annual Rev. Dr. Martin Luther King, Jr. Celebration. The event will be live-streamed and recorded, and ASL interpreters will be available to ensure accessibility for all attendees.

This year's theme, "Where Do We Go From Here? The Promise of Freedom, Democracy, and Justice" draws inspiration from Dr. King's 1967 speech, which

emphasizes the transformative power of love and justice. The event will highlight the resilience and power of Black joy as a force for equity and freedom.

The evening will feature performances by musicians, poets, dancers, storytellers, and artists from the Tufts and Boston metro community. In addition, the MLK Student Voices Award winner, Sonia Broni, E27, will be honored. This event serves as an opportunity for reflection and inspiration, followed by a dinner reception in Alumnae Hall.

For further information, please contact the University Chaplaincy at chaplaincy@tufts.edu. Join us in honoring Dr. King's legacy and reaffirming our shared commitment to justice, democracy, and freedom.

RSVP To Attend MLK



BE-FRIEND

Be Yourself. Go Deep. Be Friend.

Starts the first week of February.

Tufts UNIVERSITY | University Chaplaincy

The graphic features a blue background with a row of green plants and flowers at the top. Below the plants, the words "BE-FRIEND" are written in large, bold, blue capital letters. Underneath the text is a horizontal bar containing various white religious and spiritual symbols, including the Om symbol, a snowflake, a chalice, a cross, a crescent moon, a circle with a cross, a menorah, a star, a yin-yang, a Taijitu, a hand, a caduceus, a feather, and a globe. A thick green horizontal line is positioned below the symbols.

Be-Friend: The Interfaith Friendship Program (virtual/in-person options)

Beginning the first week of February, sign up by January 31

Great news: Be-Friend is back and in its fifth year! This semester-long interfaith friendship project is designed for participants to go deep and talk about the things that

matter - our values, our sense of purpose, and our questions about life. You will hone the skills of active listening while experimenting with shared spiritual practices from different religious and philosophical traditions. Our multifaith chaplains have contributed to the program, offering a diverse array of spiritual practices, including nature walks, meditation exercises, listening to music, and deep reading - of poetry, art, the world, our lives, and one another. Participating undergraduate and graduate students, staff, and faculty will be paired and will commit to spending an hour together each week. Students will be paired with other students, and the same for staff/faculty. All are welcome! Please email University Chaplaincy Associate Director Lynn Cooper at Lynn.Cooper@tufts.edu if you have any questions. Learn about our [first year of Be-Friend here](#).

[Sign Up For Be-Friend Here](#)

“WHERE DO WE GO FROM HERE?”

Lunch and Learns

FEBRUARY 2025

Join the Africana Center, Tisch College for Civic Life, the Office of the Vice Provost for Institutional Inclusive Excellence, the University Chaplaincy, and the Office of Student Life for a special “Where Do We Go From Here” Lunch and Learn to celebrate the living legacy of Rev. Dr. Martin Luther King, Jr.

Grafton Monday, February 3	12:00 p.m. - 1:00 p.m. Kohnstamm Conference Room, 106 Jean Mayer Administration Building
Boston Wednesday, February 12	11:45 a.m. - 12:45 p.m. Jaharis Cafe, 150 Harrison Ave.
Medford Wednesday, February 19	12:00 p.m. - 1:00 p.m. Alumnae Hall, 40 Talbot Ave.
SMFA Wednesday, February 26	1:00 p.m. - 2:00 p.m. Room B311 at SMFA 230 Fenway

The 2025 theme for our MLK gatherings this year, “Where Do We Go From Here,” comes from King’s 1967 speech and includes this quote:

“Power without love is reckless and abusive, and love without power is sentimental and anemic. Power at its best is love implementing the demands of justice, and justice at its best is power correcting everything that stands against love.”



These Lunch and Learns are available to all Tufts faculty, staff and students on all three campuses. We hope that you can attend, and that you will register for the event by completing the registration form.

Please contact chaplaincy@tufts.edu with any questions.

Co-sponsored by:



"Where Do We Go From Here" Lunch and Learns

Various dates on all Tufts campuses

Join the Tufts community for "Where Do We Go From Here?" Lunch and Learn events this February, celebrating the legacy of Rev. Dr. Martin Luther King, Jr. These gatherings will reflect on King's 1967 speech and its call to unite power, love, and justice. Events will be held at the Grafton Campus, Boston Campus, Medford Campus, and SMFA with lunch. Open to all faculty, staff, and students. For details contact chaplaincy@tufts.edu. Register below.

[Register for a Lunch and Learn](#)

The Tufts University Chaplaincy and
Interfaith Ambassador Team
invite you to the

MARTIN LUTHER KING JR. DAY OF COMMUNITY ACTION: WHERE DO WE GO FROM HERE?

Wednesday, February 5, 6:00pm to 8:00pm

Interfaith Center, 58 Winthrop St.

THIS YEAR'S TOPIC:

HOUSING JUSTICE

- Hear from a panel of local activists and housing experts
- Engage in housing justice based activities
- Sign up for volunteer opportunities throughout the semester
- Enjoy dinner with classmates, chaplains, faculty, and friends

Panelists Include:

Jeffrey Zabel

Professor of Economics, Tufts University

Ellen Schacter

Director,

Somerville's Office of Housing Stability

Ashley Rose Salomon

Restorative Practices Program Director, Office of Student Life

**RSVP BY TUESDAY,
FEB. 4**

Email Tyler.Kwong@tufts.edu
for more information

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Rev. Dr. Martin Luther King. Jr. Day of Community Action

Wednesday, February 5, 6:00 p.m. - 8:00 p.m., Interfaith Center, 58 Winthrop St.

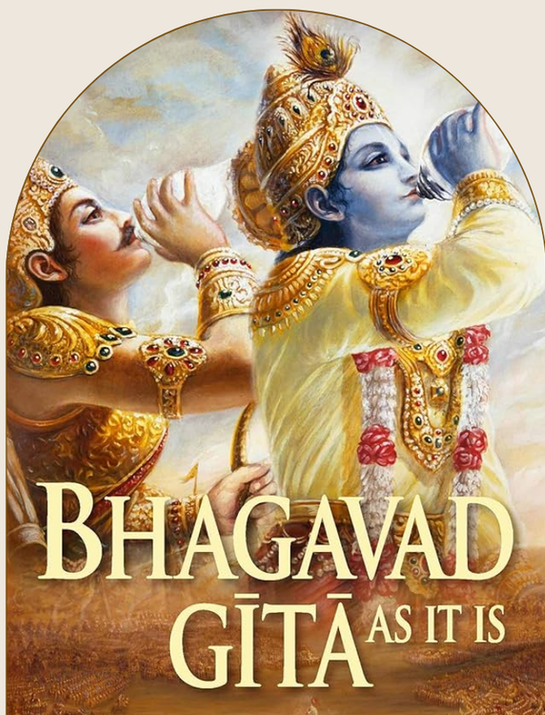
Join the Interfaith Ambassador Team for its annual Day of Community Action, inspired by this year's Day of Celebration theme, "Where Do We Go From Here?" This year's focus is Housing Justice, and we will hear from a panel of local activists and housing experts as we engage these questions relationship to our current housing crisis: Where Are We? How Did We Get Here? Where Do We Go From Here? Dinner will be served, and you will have the opportunity to sign up to volunteer and advocate with various organizations throughout the semester! Please sign up below and contact Interfaith Ambassador Tyler Kwong, A27 for more information at tyler.kwong@tufts.edu.

Religious and Philosophical Events and Gatherings

Our events and weekly gatherings are open to everyone in the Tufts community. You can find a calendar and descriptions of our regular events on our website. If you have an idea for a gathering or event, please contact the University Chaplaincy.

Modern Yogi Book Club

Reading and discussion group every other **Wednesday** at the Interfaith Center from **12-1.30 pm**, beginning 1/29



This Spring, all undergraduate and graduate students, faculty and staff are invited to participate in the Modern Yogi Book Club, a series of lunchtime discussions hosted by Interfaith Ambassador and Hindu Student Association member Niam Lakhani. This group will provide a space to dive deep into the captivating wisdom of Vedic texts and discover how these timeless teachings relate to our lives today. *Gita3: A Contemporary Guide to the Timeless Teachings of the Bhagavad-gita* will be provided to all participants, and *Bhagavad-Gita As It Is* (which is available through Tisch Library and online) will also serve as a primary text. No experience or previous background is needed. Lunch from Guru the Caterer will be provided each session. For more information, contact Niam at Niam.Lakhani@tufts.edu.

DISCUSSIONS:

1/29, 2/12, 2/26, 3/12, 3/26, 4/2, 4/16

All are welcome.



Modern Yogi Book Club

Wednesday, January 29, 12:00 p.m. - 1:30 p.m., Interfaith Center, 58 Winthrop St.

This spring, all undergraduate and graduate students, faculty and staff are invited to participate in the Modern Yogi Book Club, a series of lunchtime discussions hosted by Interfaith Ambassador and Hindu Student Association member Niam Lakhani, A27. This group will provide a space to dive deep into the captivating wisdom of Vedic texts and discover how these timeless teachings relate to our lives today. *Gita 3: A Contemporary Guide to the Timeless Teachings of the Bhagavad-gita* will be provided to all participants, and *Bhagavad-Gita As It Is* (which is available through Tisch Library and online) will also serve as a primary text. No experience or previous background is needed. Lunch from Guru the Caterer will be provided each session. For more information, contact Niam at Niam.Lakhani@tufts.edu.

SPRING BOOK CLUB

Come join us for lively discussion and snacks as we read, *What I Believe: Humanist Ideas and Philosophies to Live By* by Andrew Copson

Wednesdays, beginning

January 22

4:00-5:15p

Interfaith Center

For more info, e-mail

Anthony Cruz Pantojas, Humanist Chaplain

anthony.cruz_pantojas@tufts.edu

All are welcome



Humanist Chaplaincy Spring Book Club

Wednesdays, 4:00 p.m. - 5:15 p.m., Interfaith Center, 58 Winthrop St.

Join the Humanist Chaplaincy's Spring Book Club. This semester, we will delve into *What I Believe: Humanist Ideas and Philosophies to Live By* author Andrew Copson. To join, e-mail Humanist Chaplain Anthony Cruz Pantojas at anthony.cruz_pantojas@tufts.edu.

**CREATED FOR COMMUNITY:
A FOUR-WEEK BIBLE STUDY
FOR AN UNLONELY LENT**

**WEDNESDAYS, 7-8PM
BEGINNING FEBRUARY 12
CAMPUS CENTER 203**



Hosted by Protestant Chaplain Dan Bell, with pizza provided, we will be using the resource *Not Made to Be Alone: Created for Community in a Lonely World*. The book has prompts for journaling and conversation to help us reflect and prepare for the season of Lent.

Please email Dan at Daniel.Bell@tufts.edu if you would like a copy or just want to learn more.

Created for Community: A Four-Week Bible Study for an Unlonely Lent

Wednesdays, February 12th - March 5th, from 7:00 PM to 8:15 PM, Campus Center Room 203

You are invited to a four-week Bible study on the importance of community. Hosted by Protestant Chaplain Dan Bell, with pizza provided, we will be using a resource called *Not Made to Be Alone: Created for Community in a Lonely World*. The book has prompts for journaling and conversation to help us reflect as we prepare for the season of Lent.

Please email Chaplain Dan Bell at Daniel.Bell@tufts.edu if you would like a copy or just want to learn more.



All are welcome to join

Voices for Peace and Light

An interfaith, intergenerational choir
for the greater Tufts Community!

Open to all students, staff, faculty, alums, and neighbors



Thursdays 12:10-1:10
Goddard Chapel
Rehearsals begin Thursday, January 23

Contact chaplaincymusic@tufts.edu for more information

Interfaith Voices for Peace and Light Choir

Join today, rehearsals are Thursdays, 12:10 p.m. - 1:10 p.m., Goddard Chapel

Voices for Peace and Light is an unauditioned choir open to all members of the Tufts community – graduate and undergraduate students, faculty, staff, alumni/ae, and neighbors. We welcome experienced choral singers and people who are brand new to choral music. Supported by 4 strong choral scholars, we will rehearse weekly and perform a few pieces for some spring semester events. If you can talk, you can sing! You can email Music Director Suzie Cartreine at chaplaincymusic@tufts.edu with any questions.

Partner and Community Programs

LUNAR NEW YEAR DINNER

DEWICK MAC-PHIE
WEDNESDAY, JAN. 29

Lunar New Year Dinner

Wednesday, January 29, Dewick Mac-Phie

On Wednesday, January 29, Tufts Dining will be celebrating Lunar New Year with a special dinner at Dewick-MacPhie. Featured menu items include Chicken Yakitori, Potstickers, BBQ Pork Bao, Sesame Broccoli, Sweet and Sour Ribs, Tomato Egg Stir-fry, Spicy Street Noodles, Ginger Vegetable Stir-fry, and more! Be sure to come celebrate with us!

DBT Skills: Building Your Emotional Toolbox

Learn to manage your emotions and interpersonal relationships more effectively

Mandarin Speaking Support Group 中国留学生支持小组

For Mandarin speaking international students to talk about experiences with school, cultural adaptation, and more.

Living With Family Mental Illness Or Addiction

For students with a loved one living with mental illness or addiction. Connect with others with shared experiences.

TRANScend for Trans, Nonbinary, and Gender Diverse Students

A drop-in support group for trans, non-binary, and gender-diverse students

Coping With Loss

A support group for students who have lost a loved one

Therapy 101 Workshop: What is Therapy and How Do I Get Connected?

Learn more about therapy and how to find care on or off campus

Tufts UNIVERSITY | Counseling & Mental Health Service

SCAN FOR MORE INFO & TO
SIGN UP OR GO TO
[TINYURL.COM/CMHSGROUPS](https://tinyurl.com/cmhsgroups)



CMHS Spring 2025 Groups

Throughout the semester

Sign up for free therapy groups or workshops with Counseling and Mental Health Services (CMHS). Go to the link below to learn more and sign up. All currently enrolled students on the Medford-Somerville and SMFA campuses are eligible to participate in CMHS counseling groups and workshops for free. All groups are confidential. You can participate in multiple groups each semester, and there is no limit on the number of groups you can attend while enrolled at Tufts.

Join a CMHS Group

Upcoming Religious Celebrations and Observances

To see more upcoming religious holidays and festivals, including information about seeking religious accommodations at Tufts, please follow the link to the [Tufts Multifaith Calendar](#).

Sadeh

Thursday, January 30, 2025

Every year, thousands of Zoroastrians in Iran and other countries celebrate the religious feast of Jashn-e Sadeh by burning firewood in an open space to signify the coming of spring and as a symbolic token of the eternal fight with mischief.

Imbolc

Saturday, February 1, 2025

Begins at sundown on the first day listed. The first fertility festival, celebrating the approach of spring and the growth of light in the darkness.

Vasant Panchami (Sri Pancami)

Sunday, February 2, 2025

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.

Tu B'Shevat

Wednesday, February 12, 2025

Tradition: Judaism

Begins at sundown on the first day listed. Literally meaning "New Year of the Trees," it is an agricultural new year.

Support the University Chaplaincy

Supporting 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 spiritual 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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