Fridays, February 12 through April 30 3:00 p.m. – 4:00 p.m. ET

Here Together: For Students in Covid Isolation or Quarantine

The Holistic Life Foundation and The Innovation Group, Ali Smith, Atman Smith, and Andres Gonzalez. This workshop practices that foster social-emotional resilience, stress reduction, focused attention, and self-care in ways that are in line with the holistic foundation.

This University-wide virtual workshop is open to the entire Tufts community. During this session, facilitators will discuss strategies and tools for building resilience and well-being.

Mindfulness for Individual and Community Resilience & Well-Being at Tufts

This workshop focuses on mindfulness practices that can be applied individually and within communities to enhance resilience and well-being. Participants will learn techniques and strategies to promote mental health and emotional well-being.

There is no application deadline.

chaplaincy@tufts.edu

Ecumenical Ash Wednesday Services:

A special day of repentance observed by Protestant and Roman Catholic Christians to mark the beginning of Lent, a time when we honor the ancient call to be rooted in our truest selves through prayer, reflection, and acts of service.

In the northern tradition, it commemorates the parinirvana of the Buddha. In cultures of Southeast Asia, the Buddha's enlightenment and its implications for the individual are celebrated, with emphasis on personal and social transformation.

One of many festivals to honor the advent of spring, this day is celebrated particularly in North India, where it is associated with the shedding of winter clothing and the renewal of the spirit.

Lent, a time when we honor the ancient call to be rooted in our truest selves through prayer, reflection, and acts of service. Music provided by Tom Dawkins, Music Director. Please contact Catholic Chaplain Rev. Dan Bell for more information.

Community Of Faith Exploration and Engagement (COFFEE) is Tufts' interfaith student coalition. COFFEE meetings are often small, relaxed, in-depth conversations, and are an opportunity to share and compare how their unique religious points of view shapes their relationship to the topic. We open with a light meal and toasts, followed by meditation, prayer, and song, before engaging in conversation.

In the northern tradition, it commemorates the parinirvana of the Buddha. In cultures of Southeast Asia, the Buddha's enlightenment and its implications for the individual are celebrated, with emphasis on personal and social transformation. In Western Christianity, Ash Wednesday is one of the most dramatic liturgical events of the church year. In preparation for the season of Lent, the ancient rite of ashes is used to symbolize the fragility of life and the inevitability of death.

Remember that you are dust. Remember that you will return to dust. Remember that you will die someday. Remember that you have on this earth to turn from wrong and to do right—seeking justice, overcoming oppression, and working for the good of all humanity. Remember that you are a part of something greater than yourself.

Something Greater than Ourselves Program, hosted the Humanist Chaplaincy Director. Please contact Catholic Chaplain Rev. Dan Bell for more information.

Throughout Spring Semester 2021, the Something Greater than Ourselves Program, hosted the Humanist Chaplaincy Director. Please contact Catholic Chaplain Rev. Dan Bell for more information.

We are interested in exploring big questions: What do queer people show up in Jewish tradition? What do healthy relationships look like? We make no claims to have answers, only to try both ask and answer the hard questions. All full-length interviews will be made available on this website.

Grace Year Fellowship Opportunity

Surat Initiative is seeking applications for the Grace Year Fellowship Opportunity. Surat is an interfaith project that connects people with organizations to resolve local and global issues. Surat’s goals are to increase interfaith understanding, provide meaningful learning opportunities, and foster a culture of active citizenship. Participants will discuss concrete steps for movement-building and be paired in dyads and committed to spending time around talking about “something greater than oneself” (abbreviated “sgto”). Those interested can sign up anytime.

Where do queer people show up in Jewish tradition? What do healthy relationships look like? We make no claims to have answers, only to try to ask and answer the hard questions. All full-length interviews will be made available on this website.