please contact Staff Clinician mental health during this time. Learn fun and creative ways to expand your well-being toolkit. RSVP or inquiries, Fridays. February 12 through April 30 3:00 p.m. – 4:00 p.m. ET

Wellness, the Office of the President, and the Division of Student Diversity and Inclusion (DSDI). Registration is

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

Tradition: Hinduism

Ash Wednesday

The festival is associated with Saraswati, the goddess of learning; however, it also retains connection with the goddess Lakshmi. One of many festivals to honor the advent of spring, this day is celebrated particularly in North India, where it is

Tradition: Buddhism

Parinirvana

The dates and names of Buddhist celebrations vary significantly among

The Harvard Divinity School. To see more upcoming religious holidays and festivals, please follow the link to

These events are drawn from the multifaith calendar maintained by the Office of Religious and Spiritual Life at

You can find more information about our many weekly gatherings and student group meetings on our

Rev. Dr. Martin Luther King, Jr. Symposium “Cashing Our Promissory Note: Race, Justice, and Reparation.” This

Wednesday, February 10, 12:00 p.m. - 1:00 p.m. ET; Registration required

Post-Symposium Lunch: What does ‘Cashing our Promissory Note’ mean to you now?

Cobb is the Ira A. Lipman Professor of Journalism at Columbia University as well as staff writer for The New

Dr. Martin Luther King, Jr. Symposium will focus on the theme of “Cashing Our Promissory Note: Race, Justice, and

Wednesday, February 3, 5:00 p.m. - 6:30 p.m. ET; Registration required


COFFEE is having our general interest week, COFFEE holds group discussions on topics ranging from family traditions to sexuality to ghosts. Students

There are events hosted by one of our chaplaincies or religious and philosophical student groups here this semester, and highlight

You can also find the Zoom links for all events and gatherings there. In this section, we feature a weekly gathering

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Applications due March 31

Supporting dynamic programs at Tufts University in religious, spiritual, ethical, and cultural life is easy and vital to

opportunities on February 13 from 12:00 p.m. – 6:00 p.m. ET. Throughout the years, Surat has welcomed

February 12 from 8:00 p.m. –10:00 p.m. ET, and guest speakers, interactive workshops, and networking

kisaan movement in India, and political movements in the United States. Using these lessons, and centering

All episodes from season

COFFEE is a program supported by the Tufts Center for Concordance and Reconciliation (TuftsCCR). COFFEE’s mission is to bring students together to engage in spiritual conversation across religious, spiritual, and philosophical perspectives. COFFEE seeks to build and celebrate community through the exploration of shared spiritual practices.

The COFFEE Gathering is fueled by the knowledge that all people are ‘in the image of God’ and that every individual has inherent value. COFFEE is also a space designed for participants to go deep and talk about the things that matter like our values, our sense of purpose, and our beliefs, and faiths (or lack thereof!) are welcome to share their unique points of view as we learn from each other.

This year many people, including members of our Christian communities at Tufts, will need to forego this powerful ancient sign. We are not physically offering the imposition of ashes out of regard for everyone’s health and safety. This year Ash Wednesday Services will be held virtually through Zoom. Worshippers step forward during the service to receive ashes and hear the words, “Remember that you are dust and ashes, and to dust you shall return.”

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