Drop by Friday afternoons for an informal discussion about ways to manage during Covid isolation and quarantine.

Here Together: For Students in Covid Isolation or Quarantine

Every Thursday throughout the spring semester, 12 p.m. - 1 p.m. ET

is co-sponsored by the Tisch College SEL-CE Initiative, Tufts Mindfulness & Resilience Collaborative, Tufts Health and Wellness Services, the Holistic Life Foundation and The Innovation Group.

Ali Smith, Atman Smith, and Andres Gonzalez. This workshop will focus on Mindfulness for Individual and Community Resilience & Well-Being at Tufts.

Tradition: Buddhism

The Wesak holiday, also known as Vesak Day, is an important Buddhist holiday that celebrates the birth, enlightenment, and death (parinirvana) of the Buddha.

The holiday is observed in the tradition of Buddhism, as well as in Hinduism and Jainism. It is also known as the festival of light, as it is celebrated by lighting candles and lanterns in the community and in the home.

Wesak Day is celebrated on the full moon in May, but the exact date can vary from year to year due to the lunar calendar. The day is dedicated to the worship of the three jewels of Buddhism: the Buddha, the Dharma, and the Sangha.

In Buddhist tradition, Wesak Day is a time to remember the Buddha’s parinirvana, the spiritual awakening he experienced while meditating under a Bodhi tree. The date and names of Buddhist celebrations vary significantly among different Buddhist traditions.

Harvard Divinity School.

To see more upcoming religious holidays and festivals, please follow the link to our Calendar.

Catholic Chaplain

To participate in the Spring Semester Be-Friend Program, sign up now.

We are thrilled to, once again, be rolling out Be-Friend, our interfaith friendship program. This 9-week project is designed for participants to go deep and talk about the things that matter like our values, our sense of purpose, and the idea of being a spiritual guide to one another.

Participate in Spring Semester Be-Friend Program

We will pair participants in the Be-Friend program in spaces to remember those who have passed on and those who are still with us. Those who have loved ones who have died in these past 12 months, please consider signing up to be paired with someone who is also in this situation.

COFFEE is having our general interest check-ins and students usually bring a warm drink or light a candle to begin what often feels like a conversation with a friend. COFFEE is pairing up students who have similar interests, or who want to explore what we have in common with those who come from different faiths.

COFFEE is a student group which is open to all students and staff at Tufts University. It is a space which provides pastoral care, support religious and philosophical communities, and educates about religious diversity. COFFEE is also interested in students from faith traditions who are interested in interfaith conversations.

You are warmly invited to join members of the Protestant Students Association, Protestant Chaplain Dan Bell and Catholic Chaplain Lynn Cooper in virtual services for Ash Wednesday, as well as the first in-person service in the College Chapel following guidelines for COVID-19.

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Lent, a time when we honor the ancient call to be rooted in our truest selves through prayer, reflection, and acts of service.

Please join a virtual lunch on Wednesday, February 10 to continue the conversation about the theme of this year's Dr. Martin Luther King, Jr. Symposium. The Symposium will focus on the theme of "Cashing Our Promissory Note: Race, Justice, and Engagement." The lunch will include an opening reflection on Dr. Jelani Cobb's 2020 TED Talk, "The History of Mass Incarceration in the U.S.

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

Sign Up Now for MLK Symposium Lunch

This year many people, including members of our Christian communities at Tufts, will need to forego this powerful tradition, experience, or in nature, that reminds me that I am dust and to dust I shall return? What is it that keeps me grounded in the most spiritual and personal way?

Ash Wednesday, also known as Ash Thursday, is a Christian holiday observed on the first day of Lent.

Dr. Martin Luther King, Jr. Symposium will focus on the theme of "Cashing Our Promissory Note: Race, Justice, and Engagement." The Symposium is co-sponsored by the Office of the Dean of the College, the Office of Student Life, the Office of Religious Life, Tufts College Ministry, and the Office of Diversity and Inclusion.

Lent is the period of 40 days leading up to Easter Sunday, observed by Christians in observance of the 40-day period when Jesus Christ fasted in the desert.

The ashes are placed on the forehead in the shape of a cross. The ashes are a sign of our mortality and penitence. There is a new invitation to reflect this year as Ash Wednesday is observed in the College Chapel.

You can also find the Zoom links for all events and gatherings there. In this section, we feature a weekly gathering of COFFEE. You can find more information about our many weekly gatherings and student group meetings on our website.

Check out our Surat 2021 initiative. Registration for MLK Events is now open. Hosted by the Chardi Kala Surat Initiative, the MLK Symposium will focus on the theme of "Cashing Our Promissory Note: Race, Justice, and Engagement.

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