with Counseling and Mental Health Services. Come share connection and conversation about taking care of your local communities and around the world. This series is open to the general public, and topics this semester include, activists and more. This series is hosted by the Environmental Studies Program at Tufts. Speakers will be joining from

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

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

The University Chaplaincy is a dynamic hub supporting religious, spiritual, ethical, and cultural life for all members of our communities. Our chaplains are committed to creating a welcoming and inclusive space for all students, faculty, and staff. We offer spiritual care, pastoral counseling, and events to foster a sense of community and well-being.

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 engagement. The University Chaplaincy is offering virtual services for Ash Wednesday, as we gather to remember, once again, our finite lives and God's infinite love. Ash Wednesday marks the beginning of Lent, a season of self-examination, fasting, and good works leading up to Easter, when Jesus Christ is acknowledged as the savior. In my Episcopal tradition, a prayer describes the ashes as "a sign of our mortality and penitence." There is a new invitation to reflect this year as Ash Wednesday is observed on a day when many are also taking part in the global climate strike. Our Catholic Chaplain suggested to me recently that the masks we daily are a ripe reminder. Masks are meant to promote the health and safety of our communities, but they also serve as a reminder of our interconnection and dependence on one another.

Details forthcoming; see updates on meeting time on our website.