In peace,

Walker.Bristol@tufts.edu

Please contact the Program Manager, Nora Bond, at Marilyn.Downs@tufts.edu for more information about its archives@tufts.edu

Join the events via Zoom by clicking here

CMHS Virtual Support Group for Undergraduates

A group for Tufts undergraduates currently living on campus or in the greater Boston area. Join a small group of support, and share strategies for self-care and coping in the current challenging times. Facilitated by Counseling

Check-In with a Chaplain

For 2020-2021, our chaplains will continue to be available for phone meetings. Please call the University Chaplaincy main line, 617-627-2456, and instruct the call taker to connect you to your chaplain. We will make every effort to connect you to your chaplain, but if they are not available, we may connect you to another chaplain or a chaplain from another religious tradition. To propose announcements for inclusion please fill out this webform. Additional details and guidelines for submission are also available on the website.

COVID-19 Documentation Project

A project led by Tufts students involved in arts and humanities, the project helps provide firsthand accounts of life during a pandemic but can also serve as an emotional outlet for the people living through the pandemic. To get involved please contact Walker.Bristol@tufts.edu

A group for Tufts graduate students currently living on campus or in the greater Boston area. Join a small group of peers to get to know each other, talk about the stories and epics discussed this semester, as well as various topics surrounding Hindu customs and philosophy. This will be the last meeting of the semester. You are invited to sign up here and you will then receive a Zoom meeting link.

CMHS Virtual Support Group for Graduate Students

A group for Tufts graduate students currently living on campus or in the greater Boston area. The program will run from July 12-24, 2020. Follow this link for the registration form. This group is a way for graduate students to meet with others from their cohort on a regular basis to talk about the challenges and successes of graduate study. Supported by a graduate student mentor, this group offers an opportunity for students to share their experiences, reflect on their work, and develop support networks for their work and their lives.

Humanist Hangout by Zoom

A group for Tufts undergraduates currently living on campus or in the greater Boston area. Join a small group of humanists to discuss and reflect on the human experience. This is a casual discussion on topics of interest to Tufts undergraduates in a humanist perspective. Each hangout will focus on a different topic or event of the week. You are invited to sign up for the events here and you will then receive a Zoom meeting link.

Protestant student community for worship through prayer, singing, conversation, and an open question and answer session. Alan Pelaez Lopez is an AfroIndigenous poet, installation artist, and university instructor who will be sharing his work with us. This will be the last meeting of the semester. You are invited to sign up for the event here and you will then receive a Zoom meeting link.

Dharma-discussion, and spiritual reflection every Monday from our tradition's wealth of wisdom on sustenance. This informal hour is a time to see one another and to draw strength from spiritual conversations. With the change of weather—from frosty winter cold to warm spring temperatures here in Massachusetts—I have noticed an increase in the number of birds singing, squirrels running, and bees buzzing. What is happening in your world now? As I enter into the backyard, an image comes to my mind that echoes with the reality out there—the peach trees blooming, the leaves growing, the buzzing of bees, the chirping of birds. This is all part of the natural world, and it is beautiful. But what does it mean for us? In what ways can we connect with this natural world? How can we use it to help us in our lives? As we continue to navigate this time in our lives, it is important to remember that we are all part of something greater. We are all connected, and we all have a role to play in the world. Whether it is through our work, our relationships, or our personal lives, we all have a responsibility to make the world a better place. We are all part of something greater, and we all have a role to play in it.

Practice Yoga with the Muslim Chaplain

Muslim Chaplain Abdul-Malik Merchant at the Church of Christ in Medford, Massachusetts. She will be reflecting on how we can use yoga as an alternative for mental health and well-being. This will be a casual discussion on how yoga can be a tool for self-care and coping in the current challenging times. Facilitated by Counseling

Spring Yoga Series: April 29, 2020

A 1-hour class to practice yoga and explore some basic meditation techniques. We will learn some of the practices of hatha yoga for wellness, stress relief, and mental well-being. This class will be held in person at the Student Community Center, Tufts University. The class will be taught by Muslim Chaplain Abdul Malik Merchant, a certified yoga instructor.

Buddhist Chaplain Venerable Priya for meditation, dharma-discussion, and spiritual reflection every Monday from our tradition's wealth of wisdom on sustenance. This informal hour is a time to see one another and to draw strength from spiritual conversations. This informal hour is a time to see one another and to draw strength from spiritual conversations. We are especially interested in stories about the natural world, the environment, and the ways in which we can connect with it. As you continue to navigate this time in your life, it is important to remember that you are all part of something greater. You are all connected, and you all have a role to play in the world. Whether it is through your work, your relationships, or your personal lives, you all have a responsibility to make the world a better place. You are all part of something greater, and you all have a role to play in it.

Ramadan

The final fertility festival, celebrating the Earth's fecundity and anticipating the power of the sun and the Earth in the year. The festival is celebrated in many cultures around the world, including Islam. In Islam, Ramadan is a month of fasting and reflection. During this time, Muslims abstain from food, drink, and other physical pleasures from dawn to dusk. This period of self-scrutiny is intended to strengthen the bond between the individual and God. The festival is celebrated with family.

Earth Day this year

April is Sexual Violence Awareness Month. CARE is asking for art submissions that raise awareness for the diverse works of art. Artists can submit their work on our website to find bios and additional information.

CARE Virtual Art Exhibition

This will be held on Earth Day by tagging us in your posts at Earth Day with the hashtag #CAREArtExhibition. Anyone can submit their own art as well.

Webinars

CARE's webinars are designed to provide information and resources to help members of the Tufts community navigate the challenges of the current climate. We will be holding webinars on various topics, including sexual violence awareness, mental health, and COVID-19. More details on these webinars will be forthcoming.

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Support the University Chaplaincy

Supporting the University Chaplaincy is important for the Tufts community. We provide pastoral care, support religious and philosophical communities, educate about opportunities related to spirituality, ethics, culture, and social justice. To propose announcements for inclusion please fill out this webform. Additional details and guidelines for submission are also available on the website.

About the University Chaplaincy Enews

About the University Chaplaincy Enews

The e-news is your source for information about the University Chaplaincy. Each week, we will highlight events and activities related to spirituality, ethics, culture, and social justice. We will also provide updates about the work of our chaplains and the resources available to the Tufts community. To propose announcements for inclusion please fill out this webform. Additional details and guidelines for submission are also available on the website.