The University Chaplaincy Enews is published weekly by the Tufts University Chaplaincy to promote programs and events. This week's Enews includes information about Earth Day and the beginning of the holy month of Ramadan.

Earth Day this year

We invite you to share your honoring practices this Earth Day. The intention of this practice is to reflect on your relationship to the Earth. What are your connections to the Earth? What do you love about the Earth? What do you hope to see for the Earth in the future? How can you contribute to the well-being of the Earth?

Together, we can uplift the Earth. Here are a couple of ideas you can try:

- Document any nature-related experiences you have around your home or neighborhood. You don't need to be an expert to participate. You can focus on your observations and simply document what you notice.
- Get creative with nature-themed art or writing projects. You can create a nature journal, write a poem inspired by nature, or create nature-themed art using materials you find in your home.

For more ideas and resources, visit the Earth Day website. You can also connect with others who are participating in Earth Day activities in your community. If you have any questions or would like to share your experiences, feel free to contact the environmental chaplain, Ven. Priya Sraman, at Priya.Sraman@tufts.edu.

In peace,

Ven. Priya Sraman

A note from the Buddhist Chaplain

Standing like a canopy over the wooden bench, the peach tree is a symbol of growth and transformation. As I look at the peach tree, I am reminded of the cyclical nature of life. Just as the tree sheds its leaves and then sprouts new growth, we too shed our old self and welcome new opportunities for growth.

In this week's practice, we will consider the following questions:

- How do you shed your old self and welcome new opportunities for growth?
- How do you embrace change in your life?
- How do you support others in their growth and transformation?

This will be the last meeting of the semester.

Note this event formerly happened on Thursdays, and this week is on Wednesday. You are welcome to join, discuss, and be in community. This week's topic is Practical Spirituality. This is the last meeting of the semester.

Hindu Students Council Discussions

Friday, April 24, 9:00 p.m. - 10:00 p.m. ET

Tufts Hindu Students Council (HSC) will hold their weekly discussion via Zoom. The Council will be continuing to develop a new connection with the peach tree in the backyard of my house. It has pinkish flowers with green leaves. It is growing taller and has a developing canopy. For more information please contact Humanist Chaplain Walker Bristol at Walker.Bristol@tufts.edu.

Muslim Chaplain Chats

Friday, April 24  4:00 p.m. - 5:00 p.m. ET

The Islamic Chaplaincy offers a weekly chat with Muslim students. In today's chat, we will discuss the importance of practicing gratitude and mindfulness in our daily lives. We will examine how these practices can help us build stronger connections with our spiritual communities and find inner peace.

Beltane

Tradition: Islam

Earth Day and the beginning of the holy month of Ramadan. To see more offerings as they are posted, follow the University Chaplaincy Facebook page.

Protestant Evening Worship

Sundays, April 26 and May 3, 7:00 p.m. ET

The Protestant Chapel offers a weekly evening service, featuring music, prayer, and a message from a guest preacher. The service concludes with an opportunity to stay after and hang out. Rev. Wendy is the Lead Pastor of Sanctuary United Episcopal Church in Cambridge and the guest preacher for this evening. She will lead us in a time of reflection and worship. While we cannot be together in person right now, Christ is still present, and we can be in community. This week's topic is Practical Spirituality. This is the last meeting of the semester.

CARE: Art for April

Sessions 4:30 p.m. ET through April 28. Write to her at Kyla.Martin@tufts.edu.

Activities Calendar

- Fridays, April 17 through May 8, 2:30 p.m. - 3:33 p.m. ET: Mindfulness and Yoga Opportunities presented by Clinicians, Sophie Ricks and Marilyn Downs. For more information or to sign up, please contact: Brianda Hernandez at brianda.hernandez@tufts.edu.
- Thursdays, April 23 through May 21: Student-Athlete Mindfulness Program presented by Clinicians, Sophie Ricks and Marilyn Downs. For more information or to sign up, please contact: Brianda Hernandez at brianda.hernandez@tufts.edu.
- Wednesday, April 29: Tri-Dien messages presented by Ven. Priya Sraman. For more information please contact Humanist Chaplain Walker Bristol at Walker.Bristol@tufts.edu.
- Fridays, April 30 through May 8: Traditions, Reflections, and Reflections presented by Ven. Priya Sraman. For more information please contact Humanist Chaplain Walker Bristol at Walker.Bristol@tufts.edu.
- Fridays, April 30 through May 22: Mindful Body and Mindful Brain presented by Ven. Priya Sraman. For more information please contact Humanist Chaplain Walker Bristol at Walker.Bristol@tufts.edu.
- Fridays, April 30 through May 22: Reflections and Reflections presented by Ven. Priya Sraman. For more information please contact Humanist Chaplain Walker Bristol at Walker.Bristol@tufts.edu.
- Fridays, April 30 through May 22: A Note from the Buddhist Chaplain presented by Ven. Priya Sraman. For more information please contact Humanist Chaplain Walker Bristol at Walker.Bristol@tufts.edu.
- Fridays, April 30 through May 22: Buddhist Meditation presented by Ven. Priya Sraman. For more information please contact Humanist Chaplain Walker Bristol at Walker.Bristol@tufts.edu.
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