



Tufts

UNIVERSITY CHAPLAINCY

E-NEWS 4.24.24



Interfaith Student Council members with Frances (front center) hosting a flower giveaway, February 2024

A Reflection from the Chaplaincy's Graduate Student Intern

Dear Tufts community,

It's been my honor and pleasure to serve as your Tufts University Chaplaincy Graduate Student Intern this academic year. I've been a student and staff at several institutions, so I am serious when I say that you are truly exceptional—hard working and academically excellent, of course, yet also compassionate, curious, and dedicated to living into your

larger purpose in this world. Thank you for allowing me to support and witness you in your journey. I am especially grateful to serve you through my work with the amazing Interfaith Student Council (ISC).

I have been changed in so many ways by being at Tufts this year. And I know you have been as well. I share with you a series of my own reflections and questions to carry into your end of semester as you prepare to wrap up the semester and start your life anew this summer. While we can't know what the future holds, we can trust that it will hold change, which will in turn, change us.

This year...

I have been changed by co-facilitating the biweekly ISC meetings, leading heartfelt discussions around the importance of interfaith work, and creating spaces of deep rest and belonging for the larger campus. I feel ever more confident and excited about bringing together communities of many faiths (and no faith) to create a more just world and whole sense of self.

In what ways have you grown your leadership in class, at work, in your families, and in your communities?

I have been changed by breaking fast at the Community Iftar, singing in the "angels of peace" at interfaith Shabbat, speaking about chaplaincy at the career panel at COFFEE, reveling in universal love in the Pathways to Joy book discussion with the Hindu Chaplaincy, and more. I feel in awe of the diversity of expressions of spirituality and aliveness, and how love and tradition, whether ancient or new, binds us all together.

In what ways have you been changed by your experiences and conversations with students and colleagues?

I have been changed by having one-on-one conversations with ISC students about their upbringings, what they love about Tufts, and their dreams on how to do the most good in the world while earning a living. I have been changed by attending University Chaplaincy staff meetings and hearing the stories of each of our wonderful chaplains and staff members. While I wasn't sure of my career path before I started at Tufts, I am now emboldened to pursue a career in university chaplaincy after I graduate in May.

How have the people you work or collaborate most closely with changed you?

As the school year winds down and new life and color blooms this spring, I encourage you to carry these questions wherever you go next. You might do it by journaling, meditation or even simply taking a quiet pause in between the busyness. I offer this to you, knowing that we both have grown and changed in abundant ways and directions this year. I found these reflections so valuable, and I imagine that reflecting on these questions might be valuable to you as well.

In closing, I want to share with you today one of my favorite sacred texts. It is from Octavia Butler's 1993 speculative fiction novel, *Parable of the Sower*. The passage is a core tenet of the Earthseed religion, created by Black teen turned apocalyptic spiritual leader, Lauren Olamina:

*All that you touch
You Change.
All that you Change
Changes you.
The only lasting truth
Is Change.
God
Is Change.*

Wishing you good health and a strong finish this semester, along with a beautiful summer full of rest, play, and healing.

Here's to embracing change,
Frances Lee (they/them)
Tufts University Chaplaincy Graduate Intern 2023-24 and Harvard Divinity School Master of Divinity student

TUFTS UNIVERSITY CHAPLAINCY SENIOR AND YOUNG ALUMNI AWARDS

Nominate a graduating
student by April 22!



University
Chaplaincy



Celebrate the leadership of
graduating students and recent
alums on
May 1 at 5:00p.m.
in the Interfaith Center.

Nominate a graduating senior or young alum for University Chaplaincy Awards Night

Nominations due by 11:59 p.m, on Wednesday, April 24 - **deadline extended!**

This year, the University Chaplaincy hosts its third annual celebration to honor and uplift the wonderful contributions of our seniors and young alumni across all of our religious and philosophical communities. Our Senior & Young Alumni Awards provide an opportunity for our community to nominate and celebrate our graduating seniors and recent alumni, and the awards are themed according to our core mission commitments: pastoral/spiritual care; supporting religious, spiritual, and philosophical communities; education on spiritual and ethical issues; and multifaith engagement. The Young Alumni award is for a recent graduate (2019-2023) who has provided leadership for current students and the University Chaplaincy through offering support, encouragement, guidance and engagement. A committee composed of chaplains and students will select the winners.

We encourage you to nominate a graduating student or young alum through the form below. You are welcome to submit more than one nomination, as well as nominate yourself. You can nominate anonymously or share your name and email. Sharing your information ensures that you will be notified of the final awards decisions and Senior Award Celebration. Please reach out to University Chaplain [Elyse Nelson Winger](#) with any questions.

**All nominees will be honored at our celebration, featuring
delicious food and mocktails, at the Interfaith Center on
Wednesday, May 1, from 5:00 p.m. to 6:00 p.m. - please join us!**

Nominate a senior or young alum

Religious and Philosophical Programs

Our gatherings are open to all members of the Tufts community! Please find more information and more regular weekly programming and events [here on our website](#). If you have any questions, or would like to connect about convening a new gathering, please [reach out to the University Chaplaincy](#).

Passover at Tufts

YES!

You can eat kosher for Passover Seders, lunches and dinners throughout the entire holiday!

At Tufts Hillel:

In partnership with Tufts Dining and local kosher caterers, you can have all of your on-campus Kosher for Passover meal options at Tufts Hillel. Text any of the keywords in the schedule above to 617-420-7411 to sign up for passover.

Dewick Pre-orders:

You can pre-order a Kosher for Passover meal at Dewick. To order pre-order please email tuftsdining@tufts.edu and please indicate Passover in subject line. Additionally, select kosher for Passover (non-supervised) items will be available throughout Passover at Dewick. The cost of your meals will be covered if you do not have a meal plan.

**MORE
INFO**



SIGN UP VIA SMS

Text the meal keywords below to 617-420-7411

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	To pick up a Seder plate Text "Plate"	Lunch Tuesday, April 23 Text "Lunch23"	Lunch Wednesday, April 24 Text "Lunch24"	Lunch Thursday, April 25 Text "Lunch25"	Lunch Friday, April 26 Text "Lunch26"	Shabbat Lunch Saturday, April 27 Text "Lunch27"
	First Night Seder with Rabbi Brawer Monday, April 22 Text "Seder1"	Second Night Seder with Katie Tuesday, April 23 Text "Seder2"	Dinner Wednesday, April 24 Text "Dinner24"	Dinner Thursday, April 25 Text "Dinner25"	Shabbat Dinner Friday, April 26 Text "Dinner26"	Dinner* Saturday, April 27 Text "Dinner27"
Lunch Sunday, April 28 Text "Lunch28"	Lunch Monday, April 29 Text "Lunch29"	Lunch Tuesday, April 30 Text "Lunch30"				
Dinner* Sunday, April 28 Text "Dinner28"	Dinner* Monday, April 29 Text "Dinner29"	Dinner Tuesday, April 30 Text "Dinner30"				

For more information visit tuftshillel.org

Both Seders start at 8:00pm

Shabbat Dinner starts at 7:00pm

Shabbat Lunch 12:00pm - 1:00pm

Lunch 11:45am - 1:00pm


Dinner 5:45pm - 7:00pm

Dinner* 7:00pm - 8:00pm

To-Go containers available



You can eat kosher for Passover Seders, lunches and dinners throughout the entire holiday at Tufts Hillel and in Dewick Dining Hall. You can join Tufts Hillel for meals and seders by texting any of the keywords in the schedule above to 617-420-7411. You can pre-order a Kosher for Passover meal at Dewick by emailing tuftsdining@tufts.edu and indicating "Passover" in the subject line. The cost of your meals will be covered if you do not have a meal plan.



Guest Speaker Mark Unno

WEDNESDAY, 4/24, 7:30-8:45

VESAK CELEBRATION

Interfaith Center

Food from Momo N Curry will be provided

Vesak Celebration

Wednesday, April 24, 7:30 p.m. - 8:45 p.m., Interfaith Center (58 Winthrop St)

Tufts Buddhist Chaplaincy and Tufts Buddhist Mindfulness Sangha are delighted and honored to virtually welcome Venerable Dr. Mark Unno to offer practice encouragement for our Vesak Celebration this week. Mark Unno is a Shin Buddhist priest and author and leads the Religious Studies Department at the University of Oregon. Vesak celebration is our annual end of year event to commemorate Buddha's birth, enlightenment, and passing away. It is an opportunity to end the academic year with peace, mindfulness, wellbeing and laughter with friends, classmates, and colleagues, all as a sangha. Hope you can join us. Please email Buddhist Chaplain [Ji Hyang Padma](#) with any questions.

OPEN MIC

Night PART 3

+ CLASS ALBUM
RELEASE CONCERT



SIGN UP TO PERFORM



bit.ly/openmictufts

HOSTED BY DEE-1

APRIL 25TH | 6PM

GODDARD CHAPEL

A TUFTS INTERFAITH AMBASSADORS COLLABORATION

EARLY ARRIVAL HIGHLY SUGGESTED | #OPENMICNIGHT

Open Mic Night and Class Album Release Party

Thursday, April 25, 6:00 p.m., at Goddard Chapel (3 The Green)

This semester, Dee-1--Artist and Scholar in Residence at Tisch College for Civic Life--has been teaching a course entitled "Hip Hop and Social Action." At this Open Mic Night, co-hosted by Dee-1 and the Interfaith Ambassador Team, come and hear the fruits of students' labors as they perform their original music created in this class, and add your own talents to the night! All are welcome to attend as avid listeners and supporters as well as performers! Sign up below. Refreshments will be served beginning at 5:30pm. Please contact University Chaplaincy [Elyse Nelson Winger](#) with any questions.

RSVP for April 25 Open Mic

THE INTERFAITH STUDENT COUNCIL
INVITES YOU TO THE

CONVERSATION CORNER!



MAKE FRIENDS WITH A STRANGER OVER
TEA AND SNACKS ON PREZ LAWN!
FRIDAY, APRIL 26 FROM 3-5PM
ALL ARE WELCOME!

RAIN LOCATION: GODDARD CHAPEL

Conversation Corner hosted by the Interfaith Student Council

Friday, April 26, 3:00 p.m. - 5:00 p.m., Prez Lawn

The Interfaith Student Council (ISC) invites you to an afternoon of conversation on the Prez Lawn. Enjoy a cup of tea and snacks as you sit down on a comfy blanket and get to know someone new. ISC has curated a set of accessible reflective questions for each dyad to explore together. These will serve as a guidepost, but feel free to improvise and just see where the conversation goes! Drop by for fifteen minutes or stay for the afternoon. There is no pressure; this is simply an invitation to connect. Rain location Goddard Chapel. You can email ISC Advisor [Lynn Cooper](#) with any questions.

AFRICANA SPIRITUALITY DINNER SERIES

Reflection and Renewal

An Evening of Integration

APRIL 29, 2024 · 5:00 - 6:30 P.M.
THE AFRICANA CENTER, 8 PROFESSORS ROW

Join us for an evening of reflection as we conclude the Africana Spirituality Dinner Series and prepare for programming next academic year. How has spirituality “moved” you this year? What forms of connection and ritual enliven you?



Please RSVP
by scanning the
QR code



Africana Spirituality Dinner Series: Reflection and Renewal - An Evening of Integration

Monday, April 29, 5:00 p.m., Africana Center (8 Professors Row)

Join the University Chaplaincy and the Africana Center for an evening of reflection as we conclude the Africana Spirituality Dinner Series and prepare for programming next academic year. How has spirituality “moved” you this year? What forms of connection and ritual enliven you? You can email Humanist Chaplain [Anthony Cruz Pantojas](#) with any questions and register below.

RSVP for Africana Dinner Event



Blessing of the Laptops

Finals can be stressful, and you are not alone!



Tuesday, April 30
12:00 p.m. - 2:00 p.m.,
Tisch Library



Let's celebrate the tools we use to study, write, create, and communicate. Blessings from our multifaith chaplains will be brief, non-denominational, and accompanied by candy!



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Blessing of the Laptops

Tuesday, April 30, 12:00 p.m. - 2:00 p.m., at Tisch Library

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THE TUFTS
CHAPLAINCY
PRESENTS

A Spring Carillon Concert

4/30/24 AT 5:30 PM
GODDARD CHAPEL

JOIN US TO HEAR
STUDENTS PLAY THE
CARILLON BELLS!
REFRESHMENTS WILL BE
PROVIDED.

Tufts | University
UNIVERSITY | Chaplaincy

CONTACT
CHAPLAINCYMUSIC@TUFTS.EDU WITH
ANY QUESTIONS!

A Spring Carillon Concert

Tuesday, April 30, 5:30 p.m., Goddard Chapel (3 The Green)

Please join the University Chaplaincy community to hear the carillon bells - the system of bells played that chime at 5:00 p.m. from Goddard Chapel tower. Students will play music from the bells for about thirty minutes, and refreshments will be provided. Please email Music Director [Suzie Cartreine](#) with any questions.

[Learn more about the carillon bells](#)

HUMANIST HUB: CULTIVATING MEANINGFUL RELATIONSHIPS

5-6:30p
Interfaith Center

How can we navigate the challenges posed by the "tyranny of the historical present"?

In the presence of gross atrocities and pervasive polarization, how do we foster caring relationships?

What steps can we take to envision flourishing futures for everyone?

Join the Humanist Chaplaincy for an engaging dinner and conversation series aimed at tackling these questions. We'll explore the themes of trauma, repair, and re-worlding as we seek meaningful insights together.

February 27: Power and Historical Trauma
March 26: Repair
April 30: Re-worlding

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Humanist Chaplaincy

Humanist Hub: Cultivating Meaningful Relationships

Tuesday, April 30, 5:00 p.m. - 6:30 p.m., at the Interfaith Center (58 Winthrop St)

Join the Humanist Chaplaincy for our final dinner of the semester as we explore the concept and practices of re-worlding in response to the challenges and opportunities of the present. and conversation series aimed at tackling

RSVP for Humanist Hub Dinner

STAAR CENTER AND TUFTS HUMANIST CHAPLAINCY PRESENT

WHAT'S NEXT? VISIONING AND STRATEGIZING FOR THE JOURNEY AHEAD



WEDNESDAY, MAY 1 * 12:00-1:00PM

A Supportive Dialogue Space on Life After College

Concluding a formative experience and launching into the greater world can be daunting. Join StAAR Academic Success Coach and Lecturer in Education, Dr. Justin Jiménez, and Humanist Chaplain, Anthony Cruz Pantojas for evening dialogue and reflection on life transitions after college.

Whether you're grappling with career decisions, adjusting to new social dynamics, or seeking clarity on personal aspirations, this space will provide a supportive environment to help you envision your path forward and develop strategies to navigate the challenges and possibilities that are inherent in sustaining a life of wellness and purpose. This event is catered towards seniors; however, all are welcome to attend.

INTERFAITH CENTER

PIZZA PROVIDED



Concluding a formative experience and launching into the greater world can be daunting. Join StAAR Academic Success Coach Justin Jiménez and Humanist Chaplain Anthony Cruz Pantojas for a dialogue and reflection on life transitions after college. Whether you're grappling with career decisions, adjusting to new social dynamics, or seeking clarity on personal aspirations, this space will provide a supportive environment to help you envision your path forward and develop strategies to navigate the challenges and possibilities that are inherent in sustaining a life of wellness and purpose. This event is catered towards seniors, however all are welcome to attend. Pizza provided. Please contact Humanist Chaplain [Anthony Cruz Pantojas](#) with any questions.

RSVP For What's Next? Visioning for the Journey Ahead

Partner Programs



Third Annual Arts & Crafts Fest

Friday, April 26, 1:00 p.m. - 6:00 p.m., at the Asian American Center (17 Latin Way)

Are you ready for the Asian American Center's (AAC) signature APIDA Heritage Month event? The AAC will be hosting our 3rd Annual APIDA (Asian Pacific Islander Desi American) Arts & Crafts Festival this Friday. Talented student artists in the Tufts Asian and Asian American community will be selling their original work, including

handmade ceramics, stickers, art prints, jewelry, apparel, and more! All are welcome to come support our artists. Guests will receive a nostalgic snack or prize for filling out a stamp card showing that they have made their way around the center. This is a great way to check out our center if you haven't already!

Resources and Opportunities



Volunteer Opportunity: Tufts Cherish Chinatown Cleanup

Wednesday, May 1, 12:30 p.m. - 3:30 p.m., at Jaharis Courtyard (174 Harrison Ave, Boston, MA 02111)

Volunteer opportunity - save the date! The annual Tufts Cherish Chinatown Cleanup will return this year on Wednesday, May 1 from 12:30 p.m. to 3:30 p.m. Kicking off from the Jaharis Courtyard, Tufts students, faculty and staff will fan out across the Chinatown neighborhood to pick-up trash, plant flowers and clean up sidewalks, all while learning about the history of the neighborhood and ways to get more involved with our Chinatown community partners. Please sign up below to volunteer!

[Volunteer with Cherish Chinatown](#)



Insight into Mindfulness

Buddhist Literacy for Campus-Based Mental Health and Wellness Professionals

June 18–21, 2024
Harvard Divinity School, Cambridge, MA

This 3.5-day in-person workshop teaches college and university mental health and wellness professionals how to use resources derived from Buddhist ideas, techniques, and traditions to address mental health issues on campus.

Offered by the faculty and alumni of Harvard Divinity School and led by deeply experienced Buddhist lay and monastic instructors, the program blends guided meditation sessions with readings, lectures, and in-depth discussions of applicable Buddhist history and theory. Participants of any religious tradition or none are welcome, including those with no prior experience in meditation.

The program seeks applicants from a wide range of backgrounds and roles, including those both inside and outside traditional college counseling centers. It is designed to amplify the work of psychologists, social workers, therapists, counselors, and other wellness and mental health staff.

COST OF ATTENDANCE: \$1,500 (some scholarships are available)

APPLICATION: [Apply online](#). Rolling admission, final deadline May 7, 2024

EMAIL: jmakransky@hds.harvard.edu WEB: hds.harvard.edu/insight-into-mindfulness



HARVARD DIVINITY SCHOOL

This program has been approved for 23.5 Social Work Continuing Education hours for relicensure, in accordance with 258 CMR. NASW-MA Chapter CE Approving Program, Authorization Number D92443.

Insight into Mindfulness

Apply by Tuesday May 7, June 18 to 21, at the Harvard Divinity School

Harvard Divinity School is offering a workshop, Insight Into Mindfulness (IIM), for college and university mental health and wellness professionals, June 18 - 21. This 4-day in-person event shares with participants applicable resources derived from Buddhist techniques and traditions. The program blends guided meditation sessions with didactic lectures and breakout group discussions integrating Buddhist literacy into clinical mental health and wellness campus settings. This program is offered by the faculty and alumni of Harvard Divinity School and led by experienced Buddhist lay and monastic instructors. IIM seeks applicants from a diverse range of backgrounds and roles in college and university mental health and wellness settings. Individuals from any religious tradition or none are welcome, as are those with no prior experience in meditation. Applications are now open and you can find out more below. Scholarships are available for those with need. Please feel free to reach out to [Jonathan Makransky](#) with any questions.



A V O D A H

Avodah Scholarship

Applications accepted on a rolling basis for a September start

Do you know or are you a soon-to-be graduating senior searching for their entry points into careers in social justice and post-college Jewish life? The Jewish Service Corps is an immersive service year program for changemakers ages 21-26 ready to start their Jewish social justice journeys. Corps Members spend a year serving full-time at a local non-profit in Chicago, New Orleans, New York, or Washington, DC while living and learning in pluralistic, justice-oriented Jewish community. At the end of the service year, Corps Members graduate with a year of meaningful, on-the-ground job experience and robust professional and personal development, joining our active 1,500+ alumni network for life. Find the application below.

[Find the Avodah Application](#)

Upcoming Religious Celebrations and Observances

To see more upcoming religious holidays and festivals, including information about seeking religious accommodations at Tufts, please follow the link to the [Tufts Multifaith Calendar](#).

Great Lent

Mon., Mar. 18 – Sat., May 4, 2024

Tradition: Christianity-Orthodox

In Orthodox churches, the first day of Lent marks the beginning of the Great Fast, the final six weeks of a 10-week period leading up to Holy Week and Easter (Pascha). In the churches that follow the Gregorian calendar, Lent is a six-week observance (40 days excluding Sundays) beginning with Ash Wednesday and culminating in Holy Week. It is a time of repentance and sacrifice in preparation for Easter.

Ridvan

Fri., Apr. 19 – Tue., Apr. 30, 2024

Tradition: Baha'i

Commemorates the 12 days that Baha'u'llah spent in the Garden of Ridvan in the last days of his exile in Baghdad, during which time he proclaimed himself as the one announced by Bab. Work is suspended for the first, ninth, and twelfth days.

Passover (Pesach)

Mon., Apr. 22 – Tue., Apr. 30, 2024

Tradition: Judaism

Passover commemorates the deliverance of the Israelites from slavery in Egypt. It is celebrated for eight days with special prayers and symbolic foods at home, starting with the Seder, a ritual meal that re-enacts that ancient deliverance and emphasizes the freedom of

the Jews under the guidance of God. The first two and the last two days are holidays.

Palm Sunday

Sun., Apr. 28, 2024

Tradition: Christianity-Orthodox

Celebrates the entry of Jesus into Jerusalem, marking the beginning of Holy Week that culminates in Easter or Pascha. In some churches, Palm Sunday is combined with the anticipation of Christ's death and so is also known as "Passion Sunday." Orthodox Christians often observe this Sunday on a date different from the date on which Protestant and Roman Catholics observe it.

Beltane

Tue., Apr. 30, 2024

Tradition: Wicca/Paganism

The final fertility festival, celebrating the Earth's fecundity and anticipating the power of the sun and the Earth in summer.

Ghambar Maidyozarem

Tue., Apr. 30 – Sat., May 4, 2024

Tradition: Zoroastrianism

Celebrates the creation of the sky and harvesting of the winter crop.

Great Lent

Ongoing through Sat., May 4, 2024

Tradition: Christianity-Orthodox

In Orthodox churches, the first day of Lent marks the beginning of the Great Fast, the final six weeks of a 10-week period leading up to Holy Week and Easter (Pascha). In the churches that follow the Gregorian calendar, Lent is a six-week observance (40 days excluding Sundays) beginning with Ash Wednesday and culminating in Holy Week. It is a time of repentance and sacrifice in preparation for Easter.

Ghambar Maidyozarem

Tue., Apr. 30 – Sat., May 4, 2024

Tradition: Zoroastrianism

Celebrates the creation of the sky and harvesting of the winter crop.

Holy Thursday/Maundy Thursday

Thu., May 2, 2024

Tradition: Christianity-Orthodox

Commemorates the institution of the Lord's Supper/the Eucharist by Jesus prior to his arrest and execution. "Maundy" is derived from the Latin text of John 13:34, in which Jesus gives a mandatum novum ("new commandment"). The date observed by Protestants and Roman Catholics differs from the date observed by Orthodox Christians.

Holy Friday

Fri., May 3, 2024

Tradition: Christianity-Orthodox

The day that commemorates the Passion of Jesus Christ, i.e., his death by crucifixion. It is the Orthodox equivalent of "Good Friday."

Easter Sunday (Pascha)

Sun., May 5, 2024

Tradition: Christianity-Orthodox

Celebrates the resurrection from death of Jesus Christ. It is the oldest and most important festival in the Christian year and initiates the 50-day period culminating in Pentecost. Protestant and Roman Catholic Christians often observe Easter on a different date than Orthodox Christians.

Yom Hashoah (Holocaust Remembrance Day)

Sun., May 5, 2024

Tradition: Judaism

Memorializes the six million Jews who died as victims of the Nazis during World War II and emphasizes respect for human dignity. Its observance is not limited to Jews. Begins at sundown.

Support the University Chaplaincy

Supporting dynamic programs at Tufts University in religious, spiritual, ethical, and cultural life is easy and vital to our work. To donate, please click on the button below. Thank you for your generosity.

Give Today

ABOUT US

The University Chaplaincy is a dynamic hub supporting religious, spiritual, ethical, and cultural life for all members of the Tufts community. We provide spiritual care, support religious and philosophical communities, educate about spiritual and ethical issues in society and the world, and promote multifaith engagement.

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