Tufts UNIVERSITY CHAPLAINCY

E-NEWS 4.9.20

A Note From the Humanist Chaplain

Hi Everyone,

I recently went back and read Virginia Woolf's novel *Orlando*. It sits on a bookshelf in my apartment closest to my porch, so it's always inviting me to pick it back up. If you aren't familiar with it, the novel chronicles many changes the title character undergoes in the several centuries of their fantastical life, notably a sudden and mystical change of sex. A rooting motif in the story is Orlando's epic poem written throughout their lifespan, called "The Oak Tree." An impossibly resilient creature, an oak tree changes outwardly but remains itself in some fundamental way.

In a time when much of my interaction with people is through a blurry webcam or behind a hospital mask, I have asked myself, several times in last couple weeks, where this oak tree is for me. What remains when we strip away many of the ways in which we're used to presenting ourselves to others? A practice that has helped me with this is writing (very) short stories for myself. I notice parts of myself that maybe only I know personally and give those parts names and test them with little arcs and challenges, even for just a paragraph.

"We must shape our words till they are the thinnest window for our thoughts. Thoughts are divine." Always happy to be a partner in the journey of looking through that window together. And wishing strength to your own oak tree in this moment!

Take care,
Walker

Walker Bristol
Humanist Chaplain

Sustaining Practices with the University Chaplaincy

In the coming weeks, the University Chaplaincy team will be offering short videos to the Tufts community featuring a range of ideas for grounding and centering. These videos include practices and invitations to reflect that our team hopes will speak to people from a range of religious and philosophical backgrounds. Each video will be posted to our Facebook page and collected on our website where you can revisit them any time.

This week, we have two offerings: University Chaplaincy Music Director, Thomas Dawkins, created an interactive piece titled, "A Listening Guide to J.S. Bach's St. Matthew Passion." Click here to read and listen to this offering. His guide has been posted today on the University Chaplaincy Facebook page.

Catholic Chaplain Lynn Cooper offers her sustaining practices titled, "Grateful Living." This Saturday her video will be posted on the University Chaplaincy Facebook page.

Follow the University Chaplaincy Facebook page here to see the videos as they are posted.

Check-In with a Chaplain

Our Chaplains are here for you, no matter where you are in the world or how you are doing at this time. Click on a Chaplain's name below to schedule a time for conversation, meditation, prayer, or to check in about anything else on your heart or mind. You can go to https://chaplaincy.tufts.edu/contact/ to find bios and additional contact information.

Jennifer Howe Peace, University Chaplain *ad interim*

Rev. Dan Bell, Protestant Chaplain

Rabbi Naftali Brawer, Jewish Chaplain

Walker Bristol, Humanist Chaplain

Lynn Cooper, Catholic Chaplain

Abdul-Malik Merchant, Muslim Chaplain

Venerable Priya Sraman, Buddhist Chaplain

Religious and Philosophical Life Programs

Coffee and Kabbalah with Rabbi Naftali Brawer

Join Rabbi Naftali Brawer in Coffee & Kabbalah; a short spiritual reflection over excellent coffee. This week you'll learn about brewing with an Italian percolator. To see this week's reflection, find Rabbi Brawer's video here.

You can view the short videos any time, and new ones are posted weekly on Fridays.

The Concentrated Seder with Rabbi Naftali Brawer

Join Rabbi Naftali Brawer for a mindful exploration of major themes from the Passover seder. Use it as a primer before the holiday celebration or pour four glasses and be guided towards spiritual liberation. The video can be viewed here.

Muslim Chaplain Chats
Thursdays, April 9, 16, and 22, 8:00 p.m. - 9:00 p.m. ET

Join in a conversation with Muslim Chaplain Abdul-Malik on Thursday evenings. This is a time for students to discuss topics of interest and to be in community together.

Weekly topics are:

April 9 - Faith & Doubt
April 16 - Ramadan Preparations
April 22 - Practical Spirituality

Join the events via Zoom by clicking here.

For more information, please contact Muslim Chaplain Abdul-Malik Merchant at Am.merchant@tufts.edu.

Check-In and Reflection with Tufts Buddhist Sangha

Mondays, April 13 and April 20, 7:00 p.m. - 8:00 p.m. ET
Fridays, April 10 and April 17, 12:00 p.m. - 1:00 p.m. ET

Join Buddhist Chaplain Venerable Priya for meditation, Dharma-discussion, and spiritual reflection every Monday and Friday. All are welcome. Please reach out to Priya.Sraman@tufts.edu if you have any questions or concerns.

Join Monday events via Zoom by clicking here and Friday events via Zoom by clicking here.

Humanist Hangout by Zoom
Friday, April 10, 4:00 p.m. - 5:00 p.m. ET

Join Humanist Chaplain Walker Bristol for an informal hangout by Zoom in place of the regular HCAT (Humanist Community at Tufts) meeting. We invite you to bring a candle or small light as a way of being connected during our time together. All are welcome.

For more information please contact Humanist Chaplain Walker Bristol at Walker.Bristol@tufts.edu.

Join for the event via Zoom by clicking here.

Hindu Students Council Discussions
Fridays, April 10, 17, and 24, 9:00 p.m. - 10:00 p.m. ET

Tufts Hindu Students Council will be holding their weekly discussions via Zoom. Join us on Friday nights in April from 8:00 p.m. to 9:00 p.m. ET. We will be continuing to talk about the stories and epics we have been focusing on this semester, as well as discussing various topics surrounding Hindu customs and traditions. We hope that you are all staying safe and healthy during this troubling time and hope that you can join us to de-stress.

Join the events via Zoom by clicking here.

Open Hour - Check-In and Reflection with the Catholic Chaplain
Sundays, April 12 and April 19, 5:00 p.m. - 6:00 p.m. ET

All are welcome as we gather virtually to be in solidarity with one another. Come for as long or as short as you are able. This informal hour is a time to see one another and to draw from our tradition's wealth of wisdom for sustenance.

For more information, please contact Catholic Chaplain Lynn Cooper at Lynn.Cooper@tufts.edu.

Join the events via Zoom by clicking here.

Catholic Chaplaincy on Instagram (@tufts_catholic_chaplaincy)

Check out the Catholic Chaplaincy's new Instagram account. This account will be a place to collect and reflect on videos and photos from Catholic Chaplain Lynn Cooper and the broader Catholic Community of Tufts. View it here.

Protestant Evening Worship
Sundays, April 12, 4:00 p.m. ET and April 19, 7:00 p.m. ET

Wherever you find yourself in mind, body, and spirit in these challenging times, there is always room for you in the PEW. Join the Protestant student community for worship through prayer, singing,

preaching, and reflection over Zoom, led by Protestant Chaplain Dan Bell. While we cannot be together in person right now, Christ is still present among us and the Spirit draws us together to be God's people in the world. After each service, everyone is welcome to stay and hang out.

April 12, 4:00 p.m. ET: Join us for Easter worship as we gather to celebrate the Resurrection and reflect on what it means to discover joy in the midst of hardship. Chaplain Dan will be preaching.

Join the events via Zoom by clicking here.

Good Friday Devotional Hour
Friday, April 10, 2:00 p.m. ET

All are welcome to take part in this opportunity to pause, pray, and reflect on Jesus' suffering and death. Especially in this difficult time, as we gather to find strength in the love of God made manifest in the Cross of Christ. As a community we come together so that we might be truly present to one another and to ourselves, in all our beauty and brokenness as we await Easter. Sponsored by the Protestant and Catholic Chaplaincies.

Join via Zoom by clicking here.

Do you have an idea for how the University Chaplaincy can support you?
Please contact the Program Manager, Nora Bond, at Nora.Bond@tufts.edu. We are working to be responsive to student needs in this time of a virtual chaplaincy, and welcome your insights, suggestions, and requests.

Email Nora

Partner Programs

CARE: Bake It Til You Make It
Thursday, April 9 and Friday, April 17, 1:00 p.m. ET

CARE is still available to work with students and will be continuing their programming digitally. Bake It Till You Make It will be happening on 4/9 and 4/17 at 1:00 p.m. on Facebook live. The recipes are included so people can bake along if they would like. CARE will also be mailing the cookbook to the first 25 students who join the stream.

Find the Facebook event here.

CARE: Art for April

April is Sexual Violence Awareness Month. To honor and empower all people and communities impacted, CARE is asking for art submissions that reflect and raise awareness of the diverse and intersecting narratives of folks harmed by sexual violence. Submissions can be pictures, drawings, spoken word performances, poems, social media pages, and many more works of art. Artists can submit their work here and email any questions to Kyla Martin at Kyla.Martin@tufts.edu.

Mindfulness and Yoga Opportunities

One way to help cope with the uncertainty around the pandemic is to take up mindfulness practices. Christina Pastan, D91, DG94, director of Mind-Body Wellness at the School of Dental Medicine, talks about some of these

practices here. She will lead virtual drop-in meditation on Thursdays at 12:30 p.m. through May 28. She will lead virtual yoga Tuesdays at 4:30 p.m. through April 28. Write to Christina.Pastan@tufts.edu to be added to the e-list. Please also visit Tufts Health Promotion and Prevention for more information about its mindfulness sessions and its Student-Athlete Mindfulness Program.

Virtual Support Group for Undergraduates
Wednesdays, April 15 to May 6, 2:30 p.m. - 3:30 p.m. ET

For Tufts undergraduates currently living on campus or in the greater Boston area. Join a small group of other students in four weekly meetings via Zoom. This confidential group aims to help you build connection, get support, and share strategies for self-care and coping in the current challenging times. Facilitated by CMHS Staff Clinicians, Marilyn Downs and Sophie Ricks. For more information or to sign up, please contact: Marilyn.Downs@tufts.edu or Sophie.Ricks@tufts.edu. Students who sign up will be sent a Zoom link for the group sessions.

CMHS Virtual Support Group for Graduate Students
Fridays, April 17 to May 8, 2:30 p.m. - 3:30 p.m. ET

For Tufts graduate students currently living on campus or in the greater Boston area. Join a small group of other students in four weekly meetings via Zoom. This confidential group aims to help you build connection, get support, and share strategies for self-care and coping in the current challenging times. Facilitated by CMHS Staff Clinicians, Sophie Ricks and Marilyn Downs. For more information or to sign up, please contact: Sophie.Ricks@tufts.edu or Marilyn.Downs@tufts.edu. Students who sign up will be sent a Zoom link for the group sessions.

Resources, Scholarships and Opportunities

Summer Recycling Intern for the Office of Sustainabiliy

Are you passionate about zero waste and interested in learning more about the recycling industry? Do you want experience helping to coordinate a large-scale reuse and recycling program like the one at Tufts? Apply to be a Recycling Intern with the Office of Sustainability and gain a hands-on approach to sustainable waste management through our campus. Follow this link to learn more about the position or read up here for more information about joining our team. Applications are due through Handshake by April 15th.

COVID-19 Documentation Project

While health and safety should be everyone's first priority, our archivists have been working to develop a community documentation project. Creating documentation of this historic moment not only provides firsthand accounts of life during a pandemic but can also serve as an emotional outlet for the people living through it. To that end, we invite you to keep a journal or create other documentation of what is happening in your life now: at school, with your family and friends, in the news. We are especially interested in stories about the shift to remote learning, displacement from student housing, impact on student or off-campus jobs and other changes to your daily life.

If you're interested in contributing to the Tufts COVID-19 Pandemic Collection at Digital Collections and Archives, please fill out this webform. Additional details and guidelines for submission are also available. Any questions can be submitted to archives@tufts.edu, and more information can be found here.

Upcoming Religious Holidays and Festivals

These events are drawn from the multifaith calendar maintained by the Office of Religious and Spiritual Life at Harvard Divinity School. To see more upcoming religious holidays and festivals, please click here.

Great Lent
Ongoing through Saturday, 4.18.2020
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.

Laylat al-Bara'ah
Wednesday, 4.8.2020
Tradition: Islam
Begins at sundown (Night of Repentance)
On this night, God approaches the Earth to call humanity and to grant forgiveness of sins. Observed on the 14th day of the lunar month of Sha'ban.

Passover (Pesach)
Wednesday, 4.8 – Thursday, 4.16.2020
Tradition: Judaism
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. Begins at sundown, March 29; ends at sundown, April 7.

Holy Thursday/Maundy Thursday
Thursday, 4.9.2020
Tradition: Christianity-Protestant, Christianity-Roman Catholic
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.

Good Friday
Friday, 4.10.2020
Tradition: Christianity-Protestant, Christianity-Roman Catholic
Commemorates the Passion of Jesus Christ, i.e., his death by crucifixion. Observed as Holy Friday by Orthodox Christians on a different date from the one observed by Protestants and Roman Catholics.

Easter Sunday
Sunday, 4.12.2020
Tradition: Christianity-Protestant, Christianity-Roman Catholic
Celebrates the resurrection from the 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.

Palm Sunday
Sunday, 4.12.2020
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 "Passon Sunday." Orthodox Christians often observe this Sunday on a date different from the date on which Protestant and Roman Catholics observe it.

Vaisakhi
Monday, 4.13.2020
Tradition: Sikhism, Hinduism
This occurs on the first day of the solar year. It is primarily an agricultural festival, celebrating the harvest, and is especially important in North India. It is named after the month Vaisakh. For Sikhs, it is also the anniversary of the creation of the Khalsa (the "Brotherhood of the Pure") in 1699 by Guru Gobind Singh.

Holy Friday
Friday, 4.17.2020
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."

Ridvan
Sunday, 4.19 – Friday, 5.1.2020
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.

Yom Hashoah (Holocaust Remembrance Day)
Monday, 4.20.2020
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. It begins at sundown.

About the University Chaplaincy Enews

The University Chaplaincy Enews is published weekly by the Tufts University Chaplaincy to promote programs and opportunities related to spirituality, ethics, culture, and social justice. To propose announcements for inclusion please contact the University Chaplaincy at chaplaincy@tufts.edu.

Supporting 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.

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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 pastoral 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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