

BUDDHIST CHAPLAINCY

2024-2025 newsletter



Buddhist Chaplain
Ven. Vineetha Mahayaye

"Sir, good friends, companions, and associates are half the spiritual life."

"Not so, Ananda! Not so, Ananda! Good friends, companions, and associates are the whole of the spiritual life."

-Upaddha Sutta. SN 45.2

This dialogue takes place between the Buddha and his devoted attendant, Ananda, encapsulating the profound significance of good friendship in Buddhist practice. At the Buddhist Chaplaincy at Tufts, we deeply cherish and embody the principles of good friendship, recognizing it as the foundation of our community and spiritual growth.

The Tufts Buddhist Mindfulness Sangha serves as a space where individuals come together to support one another in their personal and spiritual journeys. Our friendships are built on a foundation of mutual respect and the willingness to truly listen to one another. We come from diverse religious, non-religious, and cultural backgrounds, each bringing a unique story to the circle. In sharing our experiences, we open the door to greater understanding and connection, inviting you to share your story with us. Together, we can grow in friendship, spirituality, and the shared pursuit of a more compassionate world. You are always welcome here.

Ven. Vineetha Mahayaye
Buddhist Chaplain

Regular Programming

- Weekly meditation sessions
- Weekly study group
- Guest lectures and meditation sessions with Buddhist practitioners from various traditions
- Full moon celebrations
- Enlightenment Day and Buddha Day celebrations
- Autumn and spring weekend retreats
- Field trips to local Buddhist centers



Students on retreat with the Tufts Buddhist Mindfulness Sangha, April 2024



The Buddhist Chaplaincy encourages members to experience human nature directly and to be of service. Returning to direct experience, a Buddhist develops wisdom, compassion and resilience.

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Program Spotlight: Dharma Talks

This past year, we rejoiced in the teaching delivered by luminaries such as Dr. Jay Garfield, Dr. Mark Unno and the monks of Gaden Shartse Monastery. The monks created a sand mandala on campus, the blessings of which will doubtless ripple out for years to come. We engage many different practitioners near and far, from across Buddhist traditions, to enrich our community's understandings.



TBMS students stand with Gaden Shartse Monks in February 2024 at the Interfaith Center



"Sangha has been the glue of my Tufts experience. It is a safe place to land after days of running on end and opens doors to people whom I can traverse the winding paths of college with. I am immensely grateful for a sangha who I can learn with, live with, practice with, and be one with amongst the chaos. In a world where so much seems divided, our humble sangha stays united."

-Elijah Mirman, A27

SUPPORT BUDDHIST LIFE AT TUFTS UNIVERSITY

A vital portion of our programs are made possible by community donations. Here are some suggestions for how you can help make a difference in students' lives:

- **\$25** provides our community with books and other resources for deeper study of Buddhism
- **\$75** contributes to the cost of a student attending a retreat, to deepen their practice and enjoy time away from campus
- **\$150** brings a guest practitioner to a meditation session, to diversify the student experience of various Buddhist rituals



Give Today!

To give to the Tufts Buddhist Chaplaincy Fund online, please visit <http://go.tufts.edu/giveBuddhist>. To discuss a major gift, endowment, or bequest, please contact our Advancement liaison Tessa Buckley:

(617) 627-2991 | tessa.buckley@tufts.edu

Thank you for your generosity and support.