

BUDDHIST CHAPLAINCY

2022-2023 newsletter



**Buddhist Chaplain
Ji Hyang Padma, PhD**

Dear Sangha,

I am honored and delighted to welcome you to our sangha (meditation community). Through contemplation, we balance knowledge with the “not knowing” of spiritual growth. Knowledge fills the mind with information; spiritual growth creates the space for that information to become wisdom. In the words of the Tao Te Ching,

*Thirty spokes share the wheel's hub;
It is the center hole that gives it value.
It takes four walls to build a room;
It is the space within that gives it value;*

*A potter shapes clay into a vessel;
It is the space within that gives it value.*

By creating this space within, we are able to respond to life with greater clarity, energy, and resiliency. Creating space within, we find our original nature: love and infinite creativity.

This is my second year at Tufts and my sixteenth year of college chaplaincy. I am also serving as the Buddhist advisor at Northeastern University—and love to bring together cross-campus partnerships. While my own path has been rooted in Zen tradition, I enjoy lifting up the richly diverse cultures of Buddhism through practice and study—as well as creating space for basic mindfulness every Monday. Please reach out with any questions that you may have.

I would love to be of service, sit down together and share a cup of tea.

With best wishes and metta,

Ji Hyang Padma, PhD

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



**Sangha Spring retreat at
Providence Zen Center**

The Buddhist Chaplaincy supports Buddhist life on campus, providing various opportunities for exploring Buddhist scriptural, religious, and spiritual teachings and practices through regular programs. It aims to nurture a wholesome community engaged in exploring Buddhist values and their practical application.

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Program Spotlight: Buddhist Retreat

One of our most cherished events is the annual Fall Retreat at Wonderwell Mountain Refuge in Springfield, New Hampshire. We learn and practice together, do art, and reconnect with each other in a beautiful mountain temple. At Wonderwell, due to its auspicious land energy, we have had especially rich experiences of practicing with the elements, and the natural world. Enduring friendships have been made on these retreats. We look forward to sharing this magic with you.



2021 Buddhist Mindfulness Sangha Retreat at Wonderwell



Tufts' Sangha was an opportunity to do what I've been wanting to do for so long: finding peace even in my hectic student routine. Also, as English is not my first language and this was my first time outside my home country, I didn't know how to speak my mind as often as I wanted to. Tufts Sangha gave me a space to contemplate silence and practice hearing. I'm so grateful for having had that which helped me so much to thrive.

-Muri Mascarenhas, A25



I am vastly drawn towards the mindfulness part of the Sangha while I have also been eager to practice and learn more about Buddhism. Whether you are a professional Buddhist or you have never heard of Buddhism, with Sangha's divergent background, it warmly welcomes everyone.

-Dechen Chokey, A25

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

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 Lorraine Sparrow:

(617) 627-2052 | Lorraine.Sparrow@tufts.edu

Thank you for your generosity and support.