

BUDDHIST CHAPLAINCY

newsletter

“Just as the great oceans have but one taste, the taste of salt; so do all of the teachings of Buddha have but one taste, the taste of liberation.”

The Udana, KN, Pali Canon

The Buddhist Chaplaincy at Tufts aspires to support all Tufts community members in their cultivation of clarity, compassion, and insight, so that we may be of service to all beings.

Although I am new to Tufts, I have been a Buddhist chaplain in higher education for over twenty years. What I have found at the heart of all relationships is “interbeing:” we come into being together. We support each other. This is the treasure of Sangha. Right now, our community is actualizing Sangha through sitting retreats, weekly practice, and through the nourishment of Dharma friendships. We are also premiering an online Midday Mindfulness session for the campus community. I welcome you to each gathering, just as you are.

In our mutual support, the heart of the Buddha’s teaching shines clearly: we are all interconnected. The effort we each make towards bodhicitta, awakened heart, brightens our world. I look forward to welcoming you to our community and being together.

With best wishes and metta,

Ji Hyang Padma

Buddhist Chaplain



**Buddhist Chaplain
Ji Hyang Padma, Ph.D.**

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.

Program Spotlight: Buddha Day 2021

This year, the annual Buddha Day celebration was hosted virtually. The event included chanting, meditation, dharma discussion, and end-of-year reflections. Buddhist Mindfulness Sangha students, alumni, Buddhist monastics, and guests from the entire Tufts community gathered to celebrate the birth, teachings, and enlightenment of the Buddha, together.

Right: Buddha Day Celebration in Goddard Chapel, April 2018



Regular Programming:

- Weekly meditation sessions, including Midday Mindfulness
- Weekly study group
- Guest lectures and meditation sessions with Buddhist practitioners from various traditions
- Full moon celebrations
- Enlightenment Day and Buddha Day celebrations
- Field trips to local Buddhist centers



Sangha members participate in a walking meditation in nature at the Wonderwell Mountain Refuge, Fall 2019

“Ever since I joined the Sangha as a first year, I have felt included and accepted in this community. The Sangha is a refuge for me to step back from a busy and sometimes stressful life and to take time to care for the well-being of myself and others. Not only do I have a place and a community to practice Buddhism with, I also get to build genuine and lasting relationships with people from diverse faith and non-religious backgrounds because of the Sangha’s dedication to interfaith connections.”

- Jiamin Li, A22, Tufts Buddhist Mindfulness Sangha E-Board Member



Support Buddhist Life at Tufts University

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

\$25

Provides community with books and other resources for deeper study of Buddhism

\$75

Covers 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 Buddhist Chaplain Ji Hyang Padma or our Advancement liaison Lorraine Sparrow:

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Thank you for your generosity and support.