

BUDDHIST CHAPLAINCY

2023-2024 newsletter



**Buddhist Chaplain
Ji Hyang Padma, PhD**

Dear Sangha,

*Understanding the behavior of living beings
Their deepest thoughts*

*The many things they have done in the past
Their desires, natures, diligence, and faculties, sharp or dull*

*By using various causal explanations, parables and other kinds of expression
The wise ones use skillful means to teach appropriately.*

-Lotus Sutra

From the very beginning, the path of Buddhism has been open to everyone. At this time, we have access to an incredible depth and diversity of Buddhist teaching and our Sangha is itself rich in depth and cultural diversity. By practicing kalyana-mitta, noble friendship, we are able to discover moments of connection that reveal the vast web of interconnection to us in beautiful and life-changing new ways.

Together with the student group Tufts Buddhist Mindfulness Sangha, I host regular meditation sessions and gatherings during the semester. Every week, we will be offering a Midday Mindfulness, Introduction to Meditation, Buddhist Study, and a discussion group led by members of the Sangha. You can always find the latest information about weekly gatherings and events on the University Chaplaincy website.

This is my third year at Tufts and my seventeenth year of college chaplaincy. I am also serving as the Buddhist advisor at Northeastern University, and love to bring together cross-campus partnerships. I am ordained within a Japanese Zen lineage but am also informed by practice and teaching across many traditions, including Tibetan, Korean, and Cambodian lineages.

Please reach out so that we can connect over 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

Students practice together in the Interfaith Center



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.

Program Spotlight: Temple Visits

This year, we have been delighted to resume the field trips to local temples and practice centers that have always been one of the Tufts sangha's best expressions of our interconnection with others and this world. We visited the Kurukulla Center in Medford for Losar (Tibetan New Year) and the Vietnamese temple Chùa Việt Nam for Sunday services. We deeply value the experiences of cultural heritage and spiritual community generously extended through generations of our Buddhist ancestors in Asia and the Asian-American diaspora in North America.



Spring retreat at Providence Zen Center, April 2023



"Our sangha is many things: friendship, peace, sanity, oneness. But to me, it is first and foremost a healing community. After spending two lonely years enduring and recovering from an acute

respiratory illness, the sangha provided me with the space to heal my relationship with other human beings. Kindness, passion, and mindfulness practice helped me love selflessly again, most importantly myself."

-Tyler Cipriano A24



"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.