

BUDDHIST CHAPLAINCY

2025-2026 newsletter

"Just as the great ocean has but one taste, the taste of salt, so too, this Dhamma (teaching) and discipline has but one taste, the taste of liberation."

—Pahārāda Sutta, AN 8:19

In the above quote, the Buddha describes one of the astounding and amazing qualities of his Sangha. That is, his sangha takes delight in the teaching and discipline. At the Buddhist Chaplaincy and Tufts Buddhist Mindfulness Sangha at Tufts, we deeply cherish and embody the principles of good friendship, recognizing it as the foundation of our community and spiritual growth. As the waters of many rivers around the world reach the ocean and become one salty taste, Sangha at Tufts comes from a diverse religious, non-religious and cultural backgrounds around the world, but takes delight in good friendship and mindful practices.

The Tufts Buddhist Mindfulness Sangha (TBMS) 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. In sharing our experiences, we open the door to greater understanding and connection, inviting you to share your story with us. You are always welcome here.

Venerable Vineetha Mahayaye
Buddhist Chaplain



**Buddhist Chaplain
Ven. Vineetha Mahayaye**

Regular Programming

- Weekly meditation
- Weekly Mindful Dialogue
- Monthly full moon celebrations
- Monthly recitations
- Buddhist Chaplaincy collaborations
- Small Art, Big Wisdom Art Show
- Fall & spring weekend retreats
- Field trips to local Buddhist Centers and to nature



Students after the retreat at Wonderwell Mountain Refuge, April 2025



The Buddhist Chaplaincy creates a safe space for anyone to practice mindfulness irrespective of religious, cultural and many more differences.

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University Chaplaincy
Buddhist Chaplaincy
chaplaincy.tufts.edu

Program Spotlight: Tea & Poetry

In spring 2025, we hosted Tea & Poetry, a special programming on Wednesday nights. We read *Therigatha: Poems of the First Buddhist Women*. For one night, Charles Hallisey, translator of the book, gave a talk on the life experiences of the first Buddhist women. Sangha members and guests enjoyed the time together.



Charles Hallisey and attendees in Goddard Chapel, February 2025



"TBMS was the first club I joined at Tufts—and the only one I've fully dedicated myself to in my first year. I feel incredibly lucky to have met the people who run it; they're some of the kindest and most insightful upperclassmen I've encountered. They shaped my perspective on Tufts, showing me just how welcoming this community is and giving me a glimpse of what my next four years could hold."

—Nessa Yang, A28

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 University Chaplain Elyse Nelson Winger:

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Thank you for your generosity and support.

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