MATTHEW LITCHFIELD – ADVISOR – CRU – CRSL

Life feels so much busier lately! I keep asking myself whether the weeks have actually become busier, or if the slightly lessened pandemic protocol since widespread vaccine distribution has brought us closer to the old “normal” and I have simply accustomed to a slower pace throughout the pandemic. Either way, I notice the increase … and mostly dislike it!

As I wonder what to do about feeling busier, I remember that Dallas Willard, a prominent Christian philosopher, often said that hurry is the greatest enemy of spiritual health, and that those wishing to grow spiritually must ruthlessly eliminate hurry. Sounds nice, but how? I can perhaps cut some activities out of my life, but can I really eliminate enough to not feel hurried?

I don’t know about you, but I often find that when I feel hurried, the feeling comes from a hurried mind far more often than a hurried life. In fact, the more hurried my mind, the less I accomplish, and vice-versa. The solution, for me, often comes from slowing my mind down far more than simply shortening the to-do list (although, that’s usually too long, too!).

If any of this resonates with you, I’d love to recommend the ancient Christian discipline of silence. Silence has all but disappeared from our whirring, buzzing, dinging world, and often, we don’t miss it. But even a few minutes of drinking in as deep a silence as we can manage to find can water and refresh a parched, hurried soul and mind.

In the Christian practice of silence, one focuses on one’s relationship and connection with God, seeking to grow in awareness of His presence. These days, I often spend my time in silence focusing on Emmanuel - a name the Bible gives to Jesus which means “God With Us”. Jesus as Emmanuel was the reason the angels filled the sky and sang at His birth according to biblical author Luke, for God had come to dwell with man. In fact, God’s desire to dwell with man is the driving desire for the entire Bible narrative. Humanity lost it in the garden and will regain it at the end of time, and Jesus, the Emmanuel, makes the reunion possible.

As I sit in silence, dwelling on Emmanuel, immense peace swells within me. The hurry and to-do’s and worries slide away as I remember the God who dwells with me and wants me to dwell with him. The silence saturates my body and my mind slows down. I stop fixating on yesterday’s mistakes and missteps and simply think about the God who loves me. The God who came so I could know Him. In the silence, Emmanuel meets me and soothes my hurried mind.

http://www.umassd.edu/studentaffairs/departments/centerforreligiousandspirituallife/
December 2021

WHO WE ARE
The Episcopal Campus Ministry is open to all Protestant students, faculty and staff on campus and to anyone else who is seeking to be part of a spiritual community regardless of former or current faith tradition or spiritual affiliation. We have a particular outreach to those who have no current or previous church affiliation and to those who are seeking deeper purpose and meaning in life. You do not need to have a prior connection to the Episcopal Church to be part of our community.

We are an inclusive, open-minded, and progressive Christian community on the UMass Dartmouth campus and we have a special outreach to the LGBTQ+ community. We seek to follow Jesus in his way of love and justice through weekly worship, spirituality programs and small group gatherings. Our Campus Ministry is made up of those who are seeking to grow in their personal faith journey and who want to make a difference in the world by helping others in the name of Jesus. Our commitment to social justice provides a connection to community service projects in the community.

In addition to our Campus Ministry Group scheduled meetings, we also provide a listening and supportive presence by offering pastoral care for anyone on campus.

A COMMITMENT TO INCLUSION
The Episcopal Campus Ministry stands for the inclusion of all people and extends a radical welcome to the LGBTQ+ community. All are welcome regardless of self-image, life-story, sexual orientation or gender identity. We invite you to celebrate the fullness of who you are as a beloved child of God.

EPISCOPAL CAMPUS MINISTRY
UPCOMING EVENTS

LGBTQ+ CHRISTIAN SPIRITUALITY GROUP
We are beginning a LGBTQ+ CHRISTIAN SPIRITUALITY GROUP on the UMass Dartmouth campus for students, faculty and staff. The Episcopal Campus Ministry stands for the inclusion of all people. All are welcome regardless of self-image, life-story, sexual orientation or gender identity. IF YOU ARE INTERESTED IN LEARNING MORE about this ministry, please email our UMass Dartmouth Episcopal Chaplain at sciosek@umassd.edu.

ADVENT
The Season of Advent is a time of joyful expectation and hope. How are you planning on using this holy season. Are you waiting for the commercialization that fills our world? Are you waiting for the non-stop hustle and bustle, running from one store to another? Are you waiting to enter into the stress-filled anxiety and panic that often comes with this season? Or are you waiting for something deeper this year? Something more meaningful? During Advent, we wait. We wait in joyful expectation. We prepare our hearts for the coming of Christ. Yes, during the Advent Season, we prepare for the coming of Christ at the end of time and we prepare more immediately for this coming into our lives at Christmas. But, each day of this beautiful season of Advent is an opportunity for us to recognize how Christ comes into our lives each day. Pray for this coming. Open your heart to enter into these beautiful days of Advent.
We encourage you to use the EPISCOPAL 2021 ADVENT CALENDAR by visiting this link: https://www.episcopalchurch.org/wp-content/uploads/sites/2/2021/10/Advent-2021-Calendar.pdf

WEEKLY CELEBRATION OF HOLY EUCHARIST
No matter where you are on your spiritual journey, you are invited to join us in prayer and you are welcome at God’s Table. Our Campus Ministry gathers for worship on Sunday mornings throughout the year at St. Peter’s Episcopal Church (351 Elm Street in Dartmouth) at 10:00AM and at other times during the year. Visit our website at stpetersdartmouth.org.

SUNDAY TRANSPORTATION PROVIDED BY UMASS SHUTTLE
Campus transportation to St. Peter’s Episcopal Church and other area churches is provided by the UMass Shuttle on Sunday mornings due to the generosity of the Carney Family Charitable Foundation. The shuttle departs from outside the Campus Center at 9:30am and returns to campus at 11:30am. Contact us for more information. You may also join us via live stream at stpetersdartmouth.org/watch but we would love to see you in person!

WINTER SOLSTICE CELEBRATION
ALL UMASS D STUDENTS, FACULTY & STAFF ARE WELCOME!
Fire, Song, Drumming, Hot Cider
Tuesday, December 21 @ 7:00P
351 Elm Street, Dartmouth, MA (St. Peter’s Field)
An Outdoor Community-Wide Gathering

CHRISTMAS EVE CELEBRATION OF HOLY EUCHARIST
Contemporary Music Ministry: Piano, Guitar, Drums
Friday, December 24 @ 4:00P

MUSIC MINISTRY
We are always looking for faculty and student volunteers to be part of our Music Ministry during our worship services. If you PLAY AN INSTRUMENT (guitar, piano, drums, trumpet, flute, saxophone, etc.) or SING and if you are willing to share your gift of music with us during our worship services, please contact us.

CONTACT US
(The Rev.) Scott A. Ciosek
UMass Dartmouth Episcopal Campus Ministry
Center for Religious and Spiritual Life
Campus Center, Room 202
Website: stpetersdartmouth.org (Click on Campus Ministry)   OR
St. Peter’s Episcopal Church
351 Elm Street ~ Dartmouth, MA 02748
PHONE: 774.510.5661 x101
EMAIL: sciosek@umassd.edu or stpetersdartmouth.org

http://www.umassd.edu/studentaffairs/departments/centerforreligiousandspirituallife/
SEEKER'S RETREAT

February 25-27, 2022
Miramar Retreat Center
Duxbury, MA

Too much going on?
Pulled in a million directions?
You’re not the only one.

In the craziness of life, it doesn’t hurt to pause and take a look at the big picture: What’s important in my life? What am I looking for? Where does God fit in?

UMass Dartmouth Catholic Campus Ministry presents the Seekers' Retreat. Find out how other young adults answer these questions; learn how faith plays a role in their journeys; and take the time to reflect on your own path.

Retreatants are invited to look at their lives to see where God has been, where God is present, and where God is calling them to be.

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Mass Schedules

<table>
<thead>
<tr>
<th>Time</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>Saturday, 4:00 PM</td>
<td>St Mary’s:</td>
</tr>
<tr>
<td>Sunday 8:00 AM, 10:00 AM</td>
<td>Wednesdays from 6:00 pm - 7:00 pm</td>
</tr>
<tr>
<td>12:00 PM and 5:00 PM</td>
<td>Sundays from 3:00 - 4:00 pm</td>
</tr>
<tr>
<td>Tuesday, 5:30 PM</td>
<td>Reflection Room - 2nd floor campus center</td>
</tr>
<tr>
<td>Thursday 5:30 PM</td>
<td>Newman House</td>
</tr>
</tbody>
</table>

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Contact Us

Fr David Frederici
dfrederici@umassd.edu
774-205-4378 (Mobile)
father.david@umassd.edu

Dcn Frank Lucca
flucca@umassd.edu
508-454-6618 (mobile)
POPE FRANCIS WANTS TO HEAR FROM YOU!

Join us on Tuesday evenings in February for chat sessions to "DREAM ABOUT THE CHURCH WE ARE CALLED TO BE,"

- to make people's hopes flourish,
- to stimulate trust,
- to bind up wounds,
- to weave new and deeper relationships,
- to learn from one another,
- to build bridges,
- to enlighten minds,
- to warm hearts, and restore strength to our hands for our common mission.”

Tuesday Evenings, February 1, 8, 15, 22
University Club - Campus Center
Dinner at 6:30 pm
Chat at 7:00 pm

RSVP https://diocesefr.wufoo.com/forms/synod/
Did You Know?

**Hanukkah**

Also known as the Festival of Lights or the Feast of Dedication, the holiday celebrates the rededication of the Holy Temple in Jerusalem following the Maccabean revolt against the Syrian-Greek army. The holiday takes place for eight nights and days, commemorating the rededication of the Holy Temple.

**Christmas**

Christmas is celebrated on 25 December. It is a holiday to celebrate the birth of Jesus Christ, who, according to the Christian religion, is the son of God. The name is a joining of “Christ” and “mass” which means the holy mass (supper, celebration or festival) of Christ.

**Kwanzaa**

Kwanzaa is an annual celebration of African-American culture that is held from December 26 to January 1, culminating in a communal feast called Karamu, usually held on the 6th day.

The seven candles (Mishumaa Saba): These represent the seven principles of Kwanzaa - unity, self-determination, collective work and responsibility, cooperative economics, purpose, creativity and faith. ' Presents symbolize parents' love and labor of parents and the commitments of children.

Kwanzaa is not a religious holiday, but a cultural one with an inherent spiritual quality.
### Holy Days and Holidays

#### Upcoming Feasts and Holy Days

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
<th>Religion/Faith</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>November 1*</td>
<td>Samhain</td>
<td>Wiccan/Pagan</td>
<td>Festival of Darkness honoring the dead.</td>
</tr>
<tr>
<td>November 1</td>
<td>All Saint’s Day</td>
<td>Christian</td>
<td>Honors all the saints known and unknown.</td>
</tr>
<tr>
<td>November 4</td>
<td>Diwali</td>
<td>Hindu, Jain, Sikh</td>
<td>Festival of Lights. Light symbolizes a force against darkness, ignorance, evil. Diwali is celebrated over 5 days.</td>
</tr>
<tr>
<td>November 7*</td>
<td>Birth of the Bab</td>
<td>Bahá’í</td>
<td>Day honoring the birth of one of the founders of the Bahá’í Faith.</td>
</tr>
<tr>
<td>November 28 -</td>
<td>Hanukkah</td>
<td>Jewish</td>
<td>Festival of Lights. Marks the victory of the Maccabees and the rededication of the Temple in Jerusalem.</td>
</tr>
<tr>
<td>December 6</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>December 14</td>
<td>Srimad Bhagavad Gita</td>
<td>Hindu</td>
<td>Gita Jayanti is the date that Lord Krishna revealed the Bhagavad Gita, a Hindu sacred text, to Prince Arjuna.</td>
</tr>
<tr>
<td>December 25</td>
<td>Christmas</td>
<td>Christian</td>
<td>Celebration of the Birth of Jesus Christ.</td>
</tr>
<tr>
<td>December 26-</td>
<td>Kwanzaa</td>
<td>African American</td>
<td>Kwanzaa celebrates 7 principles of African heritage. Each of the 7 days are dedicated to a principle.</td>
</tr>
<tr>
<td>January 1</td>
<td></td>
<td></td>
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</table>
Student Organizations

CRU
CRU is a space for students to process life’s biggest questions in the context of community. We love Jesus and love people. Our main meetings occur Wednesdays at 7:30 pm CC-006, and we also have weekly small group meetings throughout campus.

Staff: Matt Litchfield, matthew.litchfield@cru.org

Muslim Student Association
MSA serves as a platform to unite all of the Muslim students. We, as an organization, provide education to help remove misconceptions about Islam, its beliefs and practices. Our regular activities are Friday prayer, Ramadan Iftar Dinner and Islamic Awareness Week.

Student contact: Danish Abid
dabid@umassd.edu

Newman Catholic Student Association
The UMass Dartmouth Newman Catholic Student Association (NCSA) is a student community rooted in the Catholic tradition which strives to foster spiritual, intellectual, and the social growth of all students through faith-sharing, education, fellowship, service and celebration.

Student Contact: Luke Cabral
Email: lcabral3@umassd.edu
Website: http://www.umassdcatholics.com/

P.L.A.C.E.S.
PLACES, which stands for Pagan Living and Collaborative Education Society is a student group with the goal to provide a safe and educational environment for students and non-students to practice and learn about the many different sects within Paganism.

Interested in starting this student organization, let us know.

Better Together Club
The Better Together Club is a student group organized to promote the understanding of world religions, the cooperation between people of different faiths, and the support & acceptance of religious diversity. The purpose of the group is for members to grow in understanding and an appreciation of all faiths as well as to be be affirmed in their own faith tradition, with the realization that we will always live and work with people of different belief systems.

Interested in helping to organize this student organization? Please Contact: Deacon Frank Lucca

Intervarsity Christian Fellowship
InterVarsity Christian Fellowship is all about creating community, spreading God’s love across campus, and seeing lives transformed by Jesus. Interested in reforming Intervarsity on campus? Contact Deacon Frank, Coordinator of the Center for Religious and Spiritual Life -

Contact: flucca@umassd.edu

Chaplains and Advisors at the Center for Religious and Spiritual Life

<table>
<thead>
<tr>
<th>Fr Scott Ciosek</th>
<th>Protestant/Episcopal</th>
<th><a href="mailto:sciosek@umassd.edu">sciosek@umassd.edu</a></th>
</tr>
</thead>
<tbody>
<tr>
<td>Fr David Frederici</td>
<td>Catholic</td>
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<tr>
<td>Rabbi Raphael Kanter</td>
<td>Jewish</td>
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</tr>
<tr>
<td>Swami Yogatmananda</td>
<td>Hindu</td>
<td><a href="mailto:yogatmananda@vedantaprov.org">yogatmananda@vedantaprov.org</a></td>
</tr>
<tr>
<td>Matthew Litchfield</td>
<td>CRU</td>
<td><a href="mailto:matthew.litchfield@cru.org">matthew.litchfield@cru.org</a></td>
</tr>
</tbody>
</table>
Arnie’s Cupboard
Providing Emergency Food to Corsairs in Need

CUPBOARD HOURS

SEMESTER BREAK SCHEDULE

Wednesday, December 8, 2021
Wednesday, December 22, 2021
Wednesday, January 5, 2022
Wednesday, January 19, 2022

ONLY ONLINE ORDERS AND PICK-UP AVAILABLE

Contact-less ordering and pick-up
https://app.pantrysoft.com/login/umassdartmouth
Pickup times are listed when you place your order.

Contact foodpantry@umassd.edu or 508-999-8872 with questions.
Visit www.umassd.edu/arniescupboard for schedule updates.
Weekly Friday Prayers
Center for Religious & Spiritual Life
Muslim Student Association

Reflection Room (Campus Center)
EVERY FRIDAY AT 1:30 P.M.

JOIN MSA

The MSA is reforming on campus. If you would like to join the Muslim Student Association, please contact the Center for Religious and Spiritual Life, Room 202 on the second floor of the campus center or contact CRSL coordinator, Deacon Frank at flucca@umassd.edu.
Shabbat services
Saturday mornings 9:30 am - in person and online
Saturday evenings, varies by sundown, see schedule on our website

Information on all religious services, morning and evening every day and holidays, is available on our website tinewbedford.org

Masks required in Tifereth Israel building at all times Vaccination attestation requested for all services

https://tinewbedford.org

Hillel – Jewish Student Organization

Hillel provides Jewish social, cultural, and spiritual programming and an opportunity for Tikkun Olum (fixing the world). Services and home hospitality are available through the local community for Jewish holidays. Currently we are working with students to reform Hillel. If you are interested, please reach out to Deacon Frank, Coordinator of the Center for Religious and Spiritual Life.
MOONLIGHT BREAKFAST
Holidays Around the World
Wednesday, December 8th, 2021
10:00 pm - 12:00 am @ Grove
2 Seatings —— 10:00 pm - 11:00 pm
11:00 pm - 12:00 am

Join us in celebrating Holidays Around the World
HOLIDAYS AROUND THE WORLD

**Bodhi Day** – Celebrated among Buddhists, Bodhi Day commemorates the historical day The Buddha experienced Enlightenment. This Day of Enlightenment, observed on December 8th, is celebrated with additional meditation, studying Dharma, and performing acts of kindness.

**Boxing Day** – Celebrated in Great Britain and some Commonwealth countries, particularly Canada and New Zealand on December 26, on which servants, tradespeople and the poor are traditionally presented with gifts.

**Chalica** – This holiday is celebrated by Unitarian Universalists. The holiday starts on the first Monday in December and lasts 7 days. Each of the 7 nights represents a different principle of Unitarian Universalism. A chalice is ignited each day while the day’s principle is being read and honored. Traditionally there are seven candles around the chalice that represent each of the principles. Those who celebrate participate in group activities such

**Christmas** – One of the most celebrated holidays throughout the world, Christmas commemorates the birth of Jesus Christ annually on December 25th. Traditionally, Christians celebrate this holiday by decorating a tree, having a feast, and exchanging gifts. In addition, Santa Claus, or Father Christmas, is associated with bringing gifts to children during this family holiday.

**Diwali** – a Hindu festival of lights which honors Lakshmi, India’s goddess of prosperity. It celebrates the inner light that protects all from spiritual darkness.

**Festivus** – “A Festivus for the rest of us.” This fictional holiday was originally created for the sitcom Seinfeld but later gained in popularity after the 1997 episode. As depicted on the show, the holiday is celebrated on December 23rd and includes a Festivus dinner and labeling “Festivus miracles.”

**Hanukkah** – The 8-day Jewish Holiday is celebrated on the 25th of Kislev. Hanukkah, the Hebrew word for “dedication,” refers to the rededication of the Holy Temple in Jerusalem. Traditionally the holiday is celebrated with eating fried food, lighting the menorah, and playing with dreidels.
HOLIDAYS AROUND THE WORLD

**Kwanzaa** – This week-long celebration is held in the United States and in other nations of the West African diaspora in the Americas. The celebration honors African heritage and is observed from December 26th through January 1st. Kwanzaa is celebrated with a feast and gift exchange. Families who celebrate this holiday decorate their households with objects of art, colorful African cloth and wearing

**New Year’s Eve** – The last day of the year is celebrated on December 31st. In many cultures, New Year’s Eve is celebrated with social gatherings, where people dance, drink and eat while watching fireworks to welcome the New Year.

**Yalda Night** – This Iranian festival, observed on December 20th or 21st, celebrates the “longest and darkest night of the year.” During this holiday, friends and family gather together to stay awake all night eating, drinking and reading poetry. Traditional food includes fruits, nuts, pomegranates, and watermelon. The red color of

**Lunar New Year** – Depending on the lunar calendar, this holiday can be celebrated from late January to mid-February. The holiday marks the end of winter and is celebrated by Chinese, Vietnamese, Korean, Mongolian, Tibetan, and Japanese cultures.

**Omisoka** - This is the Japanese New Year in which people remove clutter and clean their homes to purify them for the next year. They have a giant feast with traditional foods. There’s a national talent competition. Bells ring at midnight and people go to pray at Shinto shrines.

**Ramadan and Eid al-Fitr** - An entire month is spent re-focusing on Allah (God) and participating in self-sacrifice to cleanse the spirit. The crescent moon and a star are shown to indicate a month of crescent moons in the night sky. Participants pray daily in mosques. On Eid al-Fitr, Muslims break the fast by dressing in their finest clothing, decorating homes with lights and decorations and giving treats to kids.