LIVING WITH A SPIRIT OF GRATITUDE
Fr. Scott Ciosek, Episcopal/Protestant Chaplain, CRSL, UMASSD

Meister Eckhart, the 14th century German Dominican and mystic, once said “If the only prayer you say in your life is THANK YOU that would be enough.” Meister Eckhart knew that having a spirit of gratitude is so important to live a healthy and full life. One of the stories about Jesus in the Gospels involves the healing of 10 lepers. They were all healed of a horrible disease that ravaged their bodies and separated them from other people. They were outcasts! And then then everything changed and they were healed. After the healing occurred, one came back to say thanks. The other nine did not.

It can be easy to focus our attention on the ones who did not return to express gratitude, but I always like to focus on the one who did return. The one has so much to teach us!

This grateful leper had a spirit in his heart that was filled with gratitude. He knew that gratitude mattered.

So, what about you these days? Are you living with a spirit of gratitude?

The last two years have been hard for all of us navigating through a pandemic. And, in addition to that, many of us often struggle with other personal struggles and messiness of life. The reality is that no matter how crazy, hard, or unpredictable life can be, there is always something to be grateful for!

Life is filled with so many blessings to live with an ungrateful heart.

When we practice gratitude something opens up within us. We begin to change. We become more joyful. A wise old monk once said “It is not happiness that makes us grateful. It is gratefulness that makes us happy.”

In life, it’s so easy to find stuff to complain about. There is so much to complain about. And, in the same way, if we learn to look for stuff to be thankful for, we will find that as well!

It is SO easy at times to fall into the trap of living life in a mode of scarcity, focusing on what we don’t have, focusing on what is missing in our lives. And that is not a good place to be. We all go there at times. But there is another option: we can live in abundance, recognizing all the blessings we do have.

In her book, Practicing Gratitude, Angeles Arrien, Ph.D, writes: Gratitude is a feeling that spontaneously emerges from within. However, it is not simply an emotional response; it is also a choice we make. We can choose to be grateful, or we can choose to be ungrateful – to take our gifts and blessings for granted.”

So, how do we learn to be more grateful? By practicing gratitude!

There is so much to be grateful for even in times of grief and heartache. The beautiful autumn air, family, good friends, hayrides and pumpkins, God’s love, drinkable water, being able to attend college here at UMass Dartmouth to build a strong foundation for life. Life is filled with so many blessings.

Sometimes, we sleepwalk through life. And when we sleepwalk, we miss the blessings. The Dalai Lama tells us “The ultimate source of happiness is inside of us.”

So, between now and Thanksgiving, I want to give you a challenge!

Between now and Thanksgiving Day, I would suggest that we all get a notebook or pull out your smartphone. And every day between now and Thanksgiving write down three things each day for which you are grateful. Keeping a gratitude journey can become a daily source of meditation. And then, on Thanksgiving Day, when you read over it, gratitude will take on a whole new meaning.

So, let’s all pay more attention to our lives. Let’s pay attention to what’s going on in our hearts. Look for the blessings. Be grateful. By practicing gratitude, you will discover the joy of life!

http://www.umassd.edu/studentaffairs/departments/centerforreligiousandspirituallife/
November 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.

PRAISE AND WORSHIP NIGHT
Join us for Prayer, Scripture and Music with LIVE Contemporary Christian Music! ALL ARE WELCOME!
WHEN? Tuesday, November 8, 2021 from 7:30-8:45PM
WHERE? Reflection Room
2nd Floor of Campus Center near Campus Ministry Office

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!

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

The Center for Religious and Spiritual Life (CRSL)
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.
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.

Unite with Catholic College students throughout the USA in a time of prayer

Two times: Wednesday 6PM-7PM and Sundays 3PM-4PM.
St Mary’s Parish 789 Dartmouth Street South Dartmouth, MA

Eucharistic Adoration will take place during these times at St. Mary’s (you can also live-stream) and the Sacrament of Reconciliation is available.

Need to Talk: Are you looking for ways to grow in your spiritual life or deepen your relationship with Jesus? Would you like to talk about what's going on in your life or how you're navigating some of the challenging circumstances of our world? If you’d like to discuss important areas of your life, we are available to listen, offer guidance, and share the wisdom and hope our faith provides. Just email us to set up a virtual session.
BUSY PERSON'S RETREAT  
Dates: November 7-11, 2021

You are not alone. With uprooted plans, new worries, and so many changes, what are you longing for? Do you struggle to make time for prayer now due a change in your daily routine? Are you seeking a deeper connection to God or searching for clarification, direction, or meaning to the suffering around us? Perhaps you tried to make a retreat in the past but didn’t have the time to get away. What if you could make a private retreat without having to leave your home or dorm room? The Online Busy Student’s Retreat gives you that opportunity!

You can download the Busy Person’s Journal any time and make an appointment to see a **spiritual director** if you wish by contacting Fr David or Deacon Frank. Our contact information is below.

**To download the journal or Praying With Scripture from**  

### Mass Schedules

<table>
<thead>
<tr>
<th>Day</th>
<th>Time</th>
<th>Location</th>
<th>Contact Information</th>
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<tbody>
<tr>
<td><strong>Saturday, 4:00 PM</strong></td>
<td><strong>St Mary's</strong></td>
<td>St Mary Parish, 789 Dartmouth St, Dartmouth, MA) - Check our website for transportation to St Mary's</td>
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</tbody>
</table>
| **Sunday 8:00 AM**, **10:00 AM**, **12:00 PM and 5:00 PM** | **St Mary's** | Wednesdays from 6:00 pm - 7:00 pm  
Sundays from 3:00 - 4:00 pm  
[stmarysdartmouth.org](http://stmarysdartmouth.org)  
**FREE TRAVEL TO AND FROM ST MARY'S** |
| **Tuesday, 5:30 PM** | **St Mary's** | Reflection Room - 2nd floor campus center |
| **Thursday 5:30 PM** | **St Mary's** | Newman House |

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**NEWMAN HOUSE**  
Newman House is available for student use from 8:00 am until 10:00 pm in the evening.

**Newman House features:**  
Chapel  
Office space  
High Speed Internet  
Cable TV

**NEWMAN HOUSE LOCATION**  
Newman House is located at 385 Old Westport Road - 1600 feet west of the campus Entrance.

### 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)  
flucca@umassd.edu
Jewish Campus Ministry

Rabbi Kanter's Adult Education Classes
Monday mornings 11:00 am - noon, in person and online
   Topic: Martin Buber's Ten Rungs
   11/1, 11/8, 11/15, 11/29, 12/6, 12/13, 12/20, 12/27

Cantor Schudrich's Adult Education Classes
Thursday mornings 10:00 am - 11:00 am
   Topic: The Book of Bereshit (Genesis) - online only
   11/4, 11/11, 11/18, 12/2, 12/16

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.
**Diwali**

Diwali is one of the biggest and auspicious festivals celebrated by Hindus all around the globe. The festival of lights signifies peace and joy, the victory of good over evil, and light over darkness every day. It is one of the most symbolic Hindu Festivals and all the communities in the country celebrate it with much pomp. During this festival, people clean their homes, decorate every corner with lights, lamps, diyas, flowers, rangoli, and candles. Families also perform Lakshmi Puja and pray to the Goddess of wealth to bless them with health, wealth, and prosperity.

**Birth of the Bab**

Báb, which literally translates as 'the gate', was a prophet and forerunner of the Bahá’í revelation. Likened to John the Baptist some two thousand years before, the Báb called on people to purify themselves for the coming of the messenger of God. This is asserted to be Bahá'u'lláh, who was initially a follower of Báb and through whom the Bahá’í faith was founded.

**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 Templ.

**Srimad Bhagavad Gita Jayanti**

The Bhagavad Gita is the most sacred, important Hindu script that influences numerous people, and Gita Jayanti is the birthday of Bhagavad Gita. This day falls on Shukla Ekadashi of the Margashirsha month. According to the English calendar, this festival occurs during November or December. It is that sacred day when Lord Krishna gave the immortal message to Arjuna in Kurukshetra. Followers of Lord Krishna all over the world celebrate this day.
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

<table>
<thead>
<tr>
<th>Date</th>
<th>Festival</th>
<th>Religion</th>
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<tbody>
<tr>
<td>November 1*</td>
<td>Samhain</td>
<td>Wiccan/Pagan</td>
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<tr>
<td>November 1</td>
<td>All Saint's Day</td>
<td>Christian</td>
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<td>November 4</td>
<td>Diwali</td>
<td>Hindu, Jain, Sikh</td>
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<tr>
<td>November 7*</td>
<td>Birth of the Bab</td>
<td>Bahá'í</td>
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<tr>
<td>November 28 -</td>
<td>Hanukkah</td>
<td>Jewish</td>
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<tr>
<td>December 6</td>
<td>Srimad Bhagavad Gita Jayanti</td>
<td>Hindu</td>
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<tr>
<td>December 14</td>
<td>Christmas</td>
<td>Christian</td>
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<tr>
<td>December 26-January 1</td>
<td>Kwanzaa</td>
<td>African American</td>
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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 spread throughout campus.

Staff: Matt Litchfield, matthew.litchfield@cru.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. Interested in helping to organize this student organization? Please Contact: Deacon Frank Lucca Email: flucca@umassd.edu

**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

**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.umassd catholics.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 an understanding and an appreciation of all faiths as well as to 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

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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>
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<tr>
<td>Fr David Frederici</td>
<td>Catholic</td>
<td><a href="mailto:dfrederici@umassd.edu">dfrederici@umassd.edu</a></td>
</tr>
<tr>
<td>Rabbi Raphael Kanter</td>
<td>Jewish</td>
<td><a href="mailto:Rkanter@tinewbedford.org">Rkanter@tinewbedford.org</a></td>
</tr>
<tr>
<td>Deacon Frank Lucca</td>
<td>Catholic</td>
<td><a href="mailto:flucca@umassd.edu">flucca@umassd.edu</a></td>
</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>
HOW TO PARTICIPATE

Please take an ornament from the tree outside Room 202 CC
- Purchase a gift (see back of the ornament for the item needed
- Bring gift to Center for Religious and Spiritual Life on the 2nd floor of the campus center - Room 202
- Please, do not wrap the gift. The gifts are sorted into like groups so they need to be unwrapped.

Thank you!

Deadline for drop off is December 1st, please

Sponsored by Newman Catholic Ministry and the Newman Catholic Student Association

FREE CAMPUS MINISTRY SHUTTLE

With a generous sponsorship by the Carney Family Charitable Foundation, The Center for Religious and Spiritual Life, is offering a shuttle to St Mary’s Dartmouth, St Peter’s Episcopal, and the Congregational Church of South Dartmouth.

The shuttle departs at 9:30 am from the Campus Center for 10:00 am services at all three churches. The shuttle returns to UMass Dartmouth at 11:15 am.

Note: We have discontinued the Sunday bus for the 5:00 pm St Mary's Sunday evening Mass. Newman Catholic Ministry is providing FREE UBER transportation to that St Mary's for the 5:00 pm Mass.

Visit umassdcbatholic.com for details on the UBER rides
Arnie’s Cupboard
Providing Emergency Food to Corsairs in Need

CUPBOARD HOURS

Monday 2-6 PM
Tuesday 11-1, 2-5
Wednesday 10 - 12, 2-6
Thursday 11-5
Friday 2-4 PM

Contact-less ordering and pick-up
https://app.pantrysoft.com/login/umassdartmouth

In-Cupboard shopping now available at the times listed above.

Contact foodpantry@umassdl.edu or 508-999-8872 with questions.
Visit www.umassdl.edu/arniescupboard for schedule updates.