



GO TO MONTH »

January

February

March

April

May

June

July

August

September

October

November

December

2022

DIVERSITY CALENDAR



Inova Health System would like to thank the METIS (Multicultural Engagement Through Inclusion & Support) and Interfaith Unity Council TMRGs (Team Member Resource Groups) for their work on this calendar.

We honor this as a working document. Our intention with this calendar is to capture the diversity of holidays, celebrations, and remembrances recognized by our diverse team. We welcome the evolution of this calendar over time, in partnership with the feedback from our team members. If you have any edits or suggestions, please email InclusionCouncil@Inova.org.

S	M	T	W	R	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

JANUARY 2022

National Mentoring Month

Acknowledging mentoring and the positive impact it can have on young lives is the goal of this month-long celebration. The first observance was in 2002, spearheaded by the Harvard Mentoring Project and MENTOR/ National Mentoring Partnership. The time brings national attention to the need for mentors, as well as how individuals, businesses, government agencies, schools, faith communities and nonprofits can work together to ensure healthy and productive lives for young people.

KEY: ■ INDEPENDENCE DAYS ■ REGIONAL AND CULTURAL HOLIDAYS ■ RELIGIOUS HOLIDAYS
 ★ U.S. FEDERAL HOLIDAY † DIETARY CONSIDERATION 📅 MULTIPLE DAYS 🔄 SCHEDULE CONSIDERATION



1/1

SATURDAY 1/1

■ **Emancipation Day (U.S.)** 🇺🇸
 Commemorates President Lincoln's 1863 signing of the Emancipation Proclamation, signaling the end of slavery.

■ **Independence Day (HAITI)** 🇭🇹
 A celebration of independence from France in 1804.

■ **Independence Day (SUDAN)** 🇸🇩
 Marks independence from Egypt and Britain in 1956.

■ **Liberation Day (CUBA)** 🇨🇺
 Also called Revolution Day. The day marks two events: the end of Spanish rule in 1899 and the overthrow of the dictator Fulgencio Batista y Zaldívar, who fled to Miami on this day in 1959.

■ **New Year's Day (INTERNATIONAL)** 🌐 ★
 The first day of the New Year according to the Gregorian calendar is probably the most widely observed event in the world, marked by most nations, religions and cultures.



1/2-1/8

TUESDAY 1/4

■ **World Braille Day (INTERNATIONAL)** 🌐
 Observed in order to raise awareness of the importance of braille as a means of communication in the full realization of the human rights for blind and partially sighted people. Celebrated on Louis Braille's birthday, the inventor of braille.

WEDNESDAY 1/5

■ **Guru Gobind Singh's Birthday (SIKH)** 🏛️ 📅
 Celebrates the birth of the tenth Guru of the Sikhs.

THURSDAY 1/6

■ **Epiphany (CHRISTIAN)** †
 Also called the Twelfth Day, celebrated 12 days after Christmas. Epiphany means "dawning of light" and commemorates the visit of three wise men to the baby

Jesus, who would later be known as Jesus Christ, the Christians' Savior.

■ **Three Kings Day (CHRISTIAN, INTERNATIONAL)** † 🌐
 A day of celebration in many parts of Europe, Latin America and South America that is the traditional time of gift giving and the culmination of the Christmas season.

FRIDAY 1/7-SATURDAY 1/8

■ **Shabbat (JEWISH)** ☆ 🏛️ 📅 🔄
 One of the most important holidays for the Jewish people. It falls every Friday night to Saturday night (sundown to sundown) and is traditionally celebrated with family.

(Due to the frequency of this holiday, it will be listed only once but should be considered to be observed every Friday and Saturday.)



1/9–1/15

FRIDAY 1/14

■ **Makar Sankranti (HINDU)** ॐ 📅

A Hindu and South Indian winter solstice observation marking the beginning of the Pongal festival.



1/16–1/22

SUNDAY 1/16

■ **National Day of Peace (EL SALVADOR)** 🇸🇻

Marks the day in 1992 when a peace treaty was signed in Mexico City, officially ending the 12-year civil war that claimed 75,000 lives.

■ **Tu B'Shevat (JEWISH)** ☆

Israel's New Year celebration for trees, similar to National Arbor Day in the U.S. Jews around the world also observe this holiday. Begins at sundown the previous day.

MONDAY 1/17

■ **Martin Luther King, Jr. Day (U.S.)** 🇺🇸 ★

Commemorates the life of the acknowledged national leader of the civil rights movement in the 1960s. King received the Nobel Peace Prize in 1964. He was born on January 15, 1929, and assassinated on Apr 4, 1968.

■ **Carnival Season begins (CHRISTIAN, INTERNATIONAL)** † 🌐

An age-old festival observed in parts of Europe and the Americas. The entire period from the Christian observances of Epiphany to Ash Wednesday is called Carnival and culminates in Mardi Gras. It signifies a time of indulgences featuring elaborate costumes, parades and dancing in city streets; a widely observed event in the world.



1/23–1/29

WEDNESDAY 1/26

■ **Republic Day (INDIA)** 🇮🇳

Marks India's severed ties from Great Britain in 1950.

■ **Vasanta Panchami (HINDU, SIKH)** ॐ 🌀

A festival of spring celebrated in honor of Saraswati, the goddess of learning, wisdom and fine arts.

THURSDAY 1/27

■ **International Day of Commemoration (INTERNATIONAL)** 🌐

To remember the victims of the Holocaust. The anniversary of the liberation of the Auschwitz death camp in 1945 and U.N. Holocaust Memorial Day.

S	M	T	W	R	F	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28					

FEBRUARY 2022

Black History Month

Black History Month and, more importantly, the study of black history is greatly owed to Dr. Carter D. Woodson, who first launched “Negro History Week” in 1926. Woodson chose February because two men who greatly affected the African-American population have birthdays this month: Abraham Lincoln, president of the United States who freed slaves during the Civil War, and Frederick Douglass, an African-American who worked to end slavery. The purpose of this month is to recognize the history and contributions of African-Americans and promote appreciation and understanding.

KEY: ■ INDEPENDENCE DAYS ■ REGIONAL AND CULTURAL HOLIDAYS ■ RELIGIOUS HOLIDAYS

★ U.S. FEDERAL HOLIDAY † DIETARY CONSIDERATION 📅 MULTIPLE DAYS ⌚ SCHEDULE CONSIDERATION

2/1-1/5



WEEK OF 2/1

■ World Interfaith Harmony Week (INTERNATIONAL) 🌐

A platform when all interfaith groups and other groups of goodwill can show the world what a powerful movement they are, with the goal of providing a focal point from which all people of goodwill can recognize that the common values they hold far outweigh the differences they have, and thus provide a strong dosage of peace and harmony to their communities.

TUESDAY 2/1

■ Imbolc (PAGAN, WICCAN) 🌙 ☼

The halfway point between the winter solstice and spring equinox in the Pagan and Wiccan calendars. This day celebrates fire, light, and the return of life with the coming spring.

■ Lunar New Year (INTERNATIONAL) 🌐 ⌚

Observed by many Asian countries and communities around the world during the first three days of the first lunar month. In North and South Korea, the holiday is known as Shul and marks the first day of spring. In Vietnam, it is known as Tet. This holiday is also known as the Chinese New Year.

WEDNESDAY 2/2

■ Feast of the Presentation of Jesus Christ (CHRISTIAN) † ⌚

Celebrates the presentation of the baby Jesus, the Christians' savior, in the Temple of Jerusalem 40 days after his birth.

THURSDAY 2/3

■ Setsubun / Bean-Throwing Festival (JAPAN) 🇯🇵

Marks the last day of winter according to the lunar calendar. Priests or stars at temple grounds throw beans into the crowd, shouting, “Fortune in, devils out!”

SATURDAY 2/5

■ Constitution Day (MEXICO) 🇲🇵

Marks the adoption of a national constitution in 1917.

■ Vasant Panchami (HINDU) 🕉️

Celebrated in Hindu countries such as India, Vasant Panchami is a festival that celebrates the end of winter and the beginning of spring.





2/13–2/19

WEEK OF 2/13

■ Brotherhood/Sisterhood Week (CHRISTIAN, JEWISH) † ☆

Sponsored by the National Conference for Community and Justice to promote cooperation among Protestants, Catholics and Jews, as well as tolerance of all faiths.

SUNDAY 2/13

■ National Salute to Veteran Patients Week (U.S.) 🇺🇸

The National Salute To Veteran Patients happens the week of February 14th and pays tribute to just under 100,000 patients a day that receive medical treatment in VA medical facilities as well as the nine million U.S. veterans who get care every year.



MONDAY 2/14

■ St. Valentine's Day (CANADA, U.S., UK) 🇨🇦 🇺🇸 🇬🇧

One version states that a priest named Valentine was martyred on Feb. 14, 269 A.D., in Rome for secretly marrying couples against the orders of Emperor Claudius II. This was the night before a festival called Lupercalia, associated with fertility.

TUESDAY 2/15

■ Liberation Day (AFGHANISTAN) 🇦🇫

Afghanistan observes a public holiday.

■ Lantern Festival (CHINA, TAIWAN) 🇨🇳 🇹🇼

Marks the end of Chinese New Year celebrations and the appearance of the first full moon of the New Year.

FRIDAY 2/18

■ Maha Shiveratri / Shivas Night (HINDU) ॐ 🇮🇳

Honors the Lord Shiva, who, legend says, on this night danced the Tandav, believed to be a dance of creation, preservation and destruction.

■ Race Relations Day (U.S.) 🇺🇸

A holiday started in 1924 to encourage understanding among all races.



2/20–2/26

MONDAY 2/21

■ Presidents' Day (U.S.) 🇺🇸 ★

A federal Holiday that celebrates the birthdays of Abraham Lincoln, born February 12, 1809, and George Washington, born February 22, 1732.

TUESDAY 2/22

■ Au Simbel Festival (EGYPT) 🇪🇬

Celebrates the two occasions in the year (the other is October 22) when the light of the rising sun reaches the 180-foot deep innermost chambers of Abu Simbel, the great temple of Ramses II.

WEDNESDAY 2/23

■ Republic Day (GUYANA) 🇬🇾

Commemorates the establishment of the republic in 1970.

FRIDAY 2/25

■ Dominica Republic Independence Day 🇩🇲

Independence Day for Dominican Republic from Haiti, 1844.

■ Intercalary Days (BAHÁ'Í) ✨

Also known as Ayyam-i-Ha or Days of Ha. A time of rejoicing, generosity and welcoming neighbors in preparation for the period of fasting from March 2 to 20.

S	M	T	W	R	F	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

MARCH 2022

National Women's History Month

"Women's History Month" began as a single week and as a local event. In 1978, Sonoma County, CA, sponsored a women's history week to promote the teaching of women's history. The week of March 8 was selected to include "International Women's Day." This day is rooted in such ideas and events as a woman's right to vote and a woman's right to work; women's strikes for bread; and women's strikes for peace at the end of World War II. This day is an occasion to review how far women have come in their struggle for equality, peace and development. In 1981, Congress passed a resolution making the week a national celebration, and in 1987, expanded to the full month of March.

KEY: ■ INDEPENDENCE DAYS ■ REGIONAL AND CULTURAL HOLIDAYS ■ RELIGIOUS HOLIDAYS

★ U.S. FEDERAL HOLIDAY † DIETARY CONSIDERATION 📅 MULTIPLE DAYS Ⓢ SCHEDULE CONSIDERATION

3/1-1/5

TUESDAY 3/1

■ Samiljol / Independence Movement Day

(SOUTH KOREA) 🇰🇷

Marks the 1919 independence movement against Japan.

■ Shrove Tuesday (CHRISTIAN) †

Shrove Tuesday, the final day of Shrovetide, is a day to confess sins (shrive) as penitence before entering the season of Lent, which begins on Ash Wednesday. Shrovetide is the

same as the Carnival tradition established in the countries of Latin Europe. In these countries, the day before Ash Wednesday is the end of a three-day celebration and goes under different names, many of which may be translated to "Tuesday of Carnival" or "Fat Tuesday." In the U.S., Shrove Tuesday is most commonly celebrated as Mardi Gras, French for Fat Tuesday, a day for celebration prior to entering Lent.

WEDNESDAY 3/2

■ Ash Wednesday (CHRISTIAN)

† †

Marks the beginning of Lent. Ash symbolizes sorrow for wrongdoings and foreheads of churchgoers are marked with the shape of the cross with ashes as a sign of penitence. During the 40 days of Lent, Christians fast and pray to imitate Jesus' withdrawal into the wilderness before his crucifixion. Dietary restrictions apply on all Fridays during Lent.

THURSDAY 3/3

■ Hinamatsuri / Doll Festival (JAPAN) 🇯🇵

This festival is combined with the Spring Festival. Ceremonial dolls are displayed to honor the daughters in the family.

3/6-2/12

SUNDAY 3/6

■ Independence Day (GHANA) 🇬🇦

Commemorates the date in 1957 when the Gold Coast became an independent member of the British Commonwealth.

TUESDAY 3/8

■ International Women's Day (INTERNATIONAL) 🌐

According to one source, a women's march in New York in 1857 provided the inspiration for the day. Others claim that it

began as a commemoration of a strike by women needle trades workers in New York City in 1908. International Women's Day was revived in the 1960s and in 1975, the U.N. began sponsoring this day.



3/13–3/19

WEDNESDAY 3/16

■ **Purim (JEWISH)** ☆
Known as the Feast of Lots, celebrates the deliverance of Jews in Persia from the machinations of Haman. Jews dress in costume and give gifts of food to each other.

THURSDAY 3/17

■ **St. Patrick's Day (IRELAND, U.S.)** 🇮🇪 🇺🇸
The death anniversary of Ireland's patron saint. The shamrock is worn to remember its use as a symbol of the Trinity.

FRIDAY 3/18

■ **Holi / Festival of Color (HINDU, SIKH)** ॐ
According to myth, a tyrannical king's son, Pralad, refused to

worship his father as God and was condemned to death by burning. However, the boy's aunt, named Holika, transferred her own immunity from fire to Pralad, and burned to death in his place. This festival of color celebrates spring, where people play with liquid and powdered colors, light bonfires and blow horns to celebrate the destruction of Holika.

SATURDAY 3/19

■ **St. Joseph's Day (CHRISTIAN)** †
An international festival honoring St. Joseph, in which special foods are prepared and some people reenact Mary and Joseph's search for shelter when Mary was about to give birth to the baby Jesus.



3/20–3/31

SUNDAY 3/20

■ **Ostara (PAGAN, WICCAN)** ☼ ☾
The celebration of the spring equinox in the Pagan and Wiccan religions. Celebrated when the day has roughly equal amounts of sun and darkness.

MONDAY 3/21

■ **International Day for the Elimination of Racial Discrimination (U.N.)** 🌐
A day to promote efforts to eradicate racial discrimination worldwide and also to remember the killing of 69 protesters against racial injustice in Sharpeville, South Africa, in 1960.

TUESDAY 3/22

■ **Emancipation Day (PUERTO RICO)** 🇵🇷
Commemorates the abolition of slavery in 1873.

■ **Gudhi Padwa (HINDU)** ॐ
It is a spring-time festival that marks the traditional new year for Hindus. It is observed with colorful floor decorations called rangoli, a special Gudhi flag (garlanded with flowers, mango and neem leaves, topped with upturned silver or copper vessel), street processions, dancing and festive foods.

WEDNESDAY 3/23

■ **Pakistan Day (PAKISTAN)** 🇵🇰
Commemorates the adoption of Pakistan resolution in 1940, which proposed an independent state for Muslims.

■ **Shaheed (Martyr) Day (BANGLADESH)** 🇬🇧

Honors martyrs who died in 1952 when disputes broke out over the proclamation of Urdu as the official state language.

FRIDAY 3/25

■ **Independence Day (GREECE)** 🇬🇷

A celebration of independence from the Ottomans in 1829.

■ **International Day of Remembrance for Victims of Slavery (U.N.)** 🌐

International Day of Remembrance of the Victims of Slavery and the Transatlantic Slave Trade is a United Nations international observation that offers the opportunity to honour and remember those who suffered and died at the hands

of the brutal slavery system. First observed in 2008, the international day also aims to raise awareness about the dangers of racism and prejudice today.

SATURDAY 3/26

■ **Swadhinata Dibash / Independence Day (BANGLADESH)** 🇬🇧

Commemorates independence from Pakistan (then known as West Pakistan) in 1971 and the start of the Liberation War.

THURSDAY 3/31

■ **International Transgender Day of Visibility (INTERNATIONAL)** 🌐
International Transgender Day of Visibility, celebrated to bring awareness to transgender people and their identities as well as recognize those who helped fight for rights for transgender people.



S	M	T	W	R	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

APRIL 2022

Autism Awareness Month

This was established to raise awareness about the developmental disorder that affects an individual's normal development of social and communication skills.

National Arab American Heritage Month

This month celebrate the heritage and culture of Arab Americans, as well as honoring contributions from Arab Americans, such as Linda Sarsour, an activist for immigrants, women, Black victims of police violence, and indigenous Americans, and Rashia Tlaib, America's first Muslim Congresswoman.

KEY: ■ INDEPENDENCE DAYS ■ REGIONAL AND CULTURAL HOLIDAYS ■ RELIGIOUS HOLIDAYS

★ U.S. FEDERAL HOLIDAY 🕯️ DIETARY CONSIDERATION 📅 MULTIPLE DAYS 🔄 SCHEDULE CONSIDERATION



4/1–4/9

SATURDAY 4/2

■ Equal Pay Day (INTERNATIONAL) 🌐

An attempt to raise awareness about the raw wage gap, the figure that shows that women, on average, earn about 80 cents for every dollar men earn. The date moves earlier each year as the wage gap closes. Equal Pay Day began in 1996 by the National

Committee on Pay Equity as a public awareness event to illustrate the gender pay gap.

■ Ramadan (ISLAMIC) 🌙 🕯️ 📅 🔄

The 9th and a blessed month in the Islamic calendar. Traditionally begins with the sighting of the new moon. Fasting during this month is one of the 5 pillars of Islam. It is in this month that the Quran was revealed. It is a

time for spiritual and physical purification, and a time to gain closeness to God. Begins at sundown the previous day.

MONDAY 4/4

■ Independence Day (SENEGAL) 🇸🇳

Marks independence from France in 1960.

WEDNESDAY 4/6

■ Chakri Day (THAILAND) 🇹🇭

A national holiday to honor King Rama I, who founded the Chakri Dynasty in 1782 and established Bangkok as the capital of Thailand.



4/10–4/16

SUNDAY 4/10

■ Palm Sunday (CHRISTIAN) ✝️
Commemorates the day Jesus Christ was given a king's entry into Jerusalem, marked by the strewing of palm leaves before him. Marks the beginning of Holy Week.

■ Rama Navami (HINDU) 🙏 🕯️ 📅

Celebrates the birth of Shri Rama, one of the incarnates of the Hindu god Vishnu. Fasting is common on this date.

THURSDAY 4/14

■ Holy Thursday (CHRISTIAN) ✝️
On this day, Jesus ate the Last Supper and washed the feet of his disciples prior to his arrest and crucifixion.

■ Vaisakhi (HINDU, JAIN, SIKH) 🙏 🕯️ 📅

Marks the first day of the Hindu New Year, celebrated in several countries and Indian states. It is widely celebrated as the birthday of the Sikh nation.

continued >



4/10–4/16

< continued

FRIDAY 4/15

■ **Good Friday (CHRISTIAN)** † 📅

Culminates the Lenten season and commemorates the crucifixion of Jesus Christ.

■ **Pesach / Passover (JEWISH)** ☆

An eight-day festival marking the liberation of the Israelites from bondage in Egypt. Traditionally, the first and last two days are viewed as holy, while dietary restrictions

last the entire week. Begins at sundown the previous day.



4/17–4/23

SUNDAY 4/17

■ **Easter (CHRISTIAN)** † ☑

Celebrates the resurrection of Jesus after crucifixion. Many Christians welcome Easter Sunday with a sunrise service.

■ **Independence Day (SYRIA)** 🇸🇾

Honors independence from France on this date in 1946.

MONDAY 4/18

■ **Easter Monday (CHRISTIAN)** † ☑

Easter Monday commemorates the meeting of the women at Jesus' tomb with an angel who assured them that Jesus had been resurrected from death. It is observed as a holiday in some countries.

■ **Independence Day (ZIMBABWE)** 🇿🇼

Commemorates formal recognition of independence after the first multiracial elections in 1980.

TUESDAY 4/19

■ **Pan American Day (LATIN AMERICA)**

A celebration in the 21 North, Central and South American countries making up the Organization of American States, established in 1890.

THURSDAY 4/21

■ **Festival of Ridvan (BAHÁ'Í)** ✨ 📅 ☑

A 12-day celebration commemorating Baha'u'llah's

stay in the Garden of Ridvan. During this time, he made his declaration of his mission as God's messenger. Begins at sundown the previous day.

SATURDAY 4/23

■ **Day of Silence (U.S.)** 🇺🇸

A student-led national event where individuals take a vow of silence to highlight the silencing and erasure of LGBTQ+ people at school.



4/24–4/30

MONDAY 4/25

■ **Liberation Day (ITALY)** 🇮🇹

Commemorates liberation from German troops in 1945.

■ **Sinai Day (EGYPT)** 🇪🇬

Commemorates the return of Sinai to Egypt in 1982 as part of the 1978 Camp David agreement between Israel and Egypt.

THURSDAY 4/28

■ **Gathering of Nations Powwow (U.S.)** 🇺🇸 ☑

A three-day celebration that brings more than 500 tribes and nations to Albuquerque, N.M.

■ **Victory Day (AFGHANISTAN)** 🇦🇫

Marks the anniversary of the victory over Soviet Russian troops.

■ **Yom Ha-Shoah (JEWISH)** ☆ †

A memorial to Jews killed in concentration camps during

World War II. Established on April 12, 1951; falls on the anniversary of the liberation of the first concentration camp, on April 10, 1945. May be observed by a fast from sundown the previous day to sundown this day.

FRIDAY 4/29

■ **Arbor Day (U.S.)** 🇺🇸

Founded in 1872 by J. Morgan Stanley in Nebraska, Arbor Day is a holiday during which people are encouraged to plant and care for trees.

■ **Laylat al-Qadr / Night of Power (ISLAMIC)** ☾

Commemorates the revelation of the Qur'an to the prophet Muhammad in AD 610 by the archangel Gabriel. It falls within the last 10 days of the Islamic month of Ramadan, however, since it is not known on which of these days the Qur'an was revealed, Muslims often pray on each possible night. Begins at sundown the previous day.

S	M	T	W	R	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

MAY 2022

Asian American and Pacific Islander Heritage Month

"Asian Pacific American Heritage Month" was enacted on October 28, 1992, in the U.S. The purpose of the law was to honor the achievements of Asian/Pacific Americans and to recognize their contributions to the United States. This recognition is an expansion of an earlier resolution passed on Oct. 2, 1978, when "Asian Pacific American Heritage Week" was declared.

Jewish American Heritage Month

This recognizes the diverse contributions of the Jewish people to American culture.

Mental Health Awareness Month (U.S.)

Raises awareness about mental health by fighting stigma, providing support, educating the public, and advocating for policies that support people with mental illness and their families."

KEY: ■ INDEPENDENCE DAYS ■ REGIONAL AND CULTURAL HOLIDAYS ■ RELIGIOUS HOLIDAYS

★ U.S. FEDERAL HOLIDAY † DIETARY CONSIDERATION 📅 MULTIPLE DAYS ✓ SCHEDULE CONSIDERATION

5/1–5/7

SUNDAY 5/1

■ Beltane (PAGAN, WICCAN) ☯️ ⚡

A fire festival celebrated by the Pagan and Wiccan religions that celebrate summer and the fertility of the upcoming year. Traditional Celtic May Eve/May Day celebration.

■ Flores de Mayo / Flowers of May (PHILIPPINES) 🇵🇭

Filipinos consider this the first day of spring. It commemorates the corresponding day in the 4th century A.D. when St. Helena, the mother of Emperor Constantine of Rome found the holy cross on which Jesus was crucified.

■ International Family Equality Day (INTERNATIONAL) 🌐

Celebrates the diversity and equality of LGBTQ+ families.

■ International Labor Day (INTERNATIONAL) 🌐

Observed in more than 140 countries under various names, this day is a celebration of the central contributions of workers to the economic life of their nation and of worker solidarity. The day was designated by the International Socialist Congress of 1889, though it had been observed earlier, partly in commemoration of the Haymarket massacre in Chicago in 1886.

MONDAY 5/2–TUESDAY 5/3

■ Eid-ul-Fitr / Feast of the Breaking of the Fast (ISLAMIC) ☾ 📅 ✓

A celebration at the end of the Ramadan fast and a time of goodwill to all. Begins at sundown the previous day. Dates may vary by a day or two for different Muslim Communities.

MONDAY 5/2

■ Ascension Day (CHRISTIAN) †

Marks the Christian Savior Jesus Christ's ascension into heaven.

TUESDAY 5/3

■ Akshaya Tritiya (HINDU) ॐ

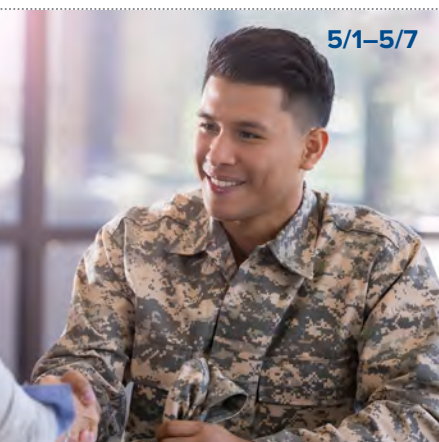
A holy day for Hindu communities which is celebrated on the third day of the month Vaishakh, which on the Gregorian calendar lands around April or May. It is a day for Hindus to celebrate the birthday of Lord Parasurama.

WEDNESDAY 5/4

■ Yom ha'Atzma'ut (ISRAEL) 🇮🇱

Commemorates the formation of the independent state of Israel and its government on May 14, 1948.

continued >



5/1–5/7

< continued

THURSDAY 5/5

■ **Cinco de Mayo (MEXICO, U.S.)**



It marks the victory of the Mexican Army over the French at the “Batalla de Puebla” in 1862. Although the Mexican army was eventually defeated,

it came to represent a symbol of Mexican unity and patriotism.

■ **Kodomo-no-Hi / Children’s Day (JAPAN)** 🇯🇵

A national holiday that was once known as Boys’ Day but since 1948 has been a day to honor both boys and girls. Some still practice the old custom of flying wind socks in the shape of carp

(a symbol of strength, courage, and determination shown in its upstream journey).

FRIDAY 5/6

■ **Military Spouses Day (U.S.)** 🇺🇸

Friday before Mother’s Day On Military Spouse Appreciation Day we honor the contributions and sacrifices made by military

spouses. Their commitment and support help to keep our country safe. America’s military spouses are the backbone of the families who support our troops during mission, deployment, reintegration and reset. Military spouses are silent heroes who are essential to the strength of the nation, and they serve our country just like their loved ones.



5/8–5/14

TUESDAY 5/10

■ **Golden Spike Day (U.S. ASIAN AMERICAN)** 🇺🇸

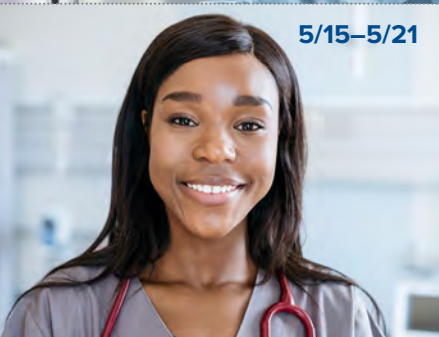
Commemorates the day, in 1869, when the final spike was driven into the Transcontinental

Railroad. 10,000 Chinese immigrants were brought in as laborers for the railroad. Their contribution was finally recognized in 1999.

THURSDAY 5/12

■ **Cuti Bersama (INDONESIA)** 🇮🇩

Collective leave day in Indonesia. Introduced by the Indonesian government as a means of stimulating tourism within the country.



5/15–5/21

SUNDAY 5/15

■ **Vesak (BUDDHIST)** ☸

Theravada Buddhist celebration of the birth, enlightenment and death of the Buddha.

TUESDAY 5/17

■ **Anniversary of Brown vs. Board of Education Decision (U.S.)** 🇺🇸

Marks the day in 1954 when the U.S. Supreme Court unanimously ruled that racial

segregation in public schools was unconstitutional.

SATURDAY 5/21

■ **Armed Forces Day (U.S.)** 🇺🇸

Through the efforts of President Harry S. Truman, Armed Forces

Day was established on August 31, 1949, as a single holiday for U.S. citizens to come together and thank all military members for their service in support of the country.



5/22–5/31

WEDNESDAY 5/25

■ **African Freedom Day (INTERNATIONAL)** 🌐

A celebration of the many achievements and victories of African people worldwide and a rededication to their current struggle for freedom, justice and

unity. It is marked by parades and rallies in Africa and the U.S.

THURSDAY 5/26

■ **Ascension Day (EASTERN ORTHODOX CHRISTIAN)** †

Marks the Christian Savior Jesus Christ’s ascension into heaven.

■ **Buddha’s Birthday (BUDDHIST)** ☸

Celebrates the founder of Buddhism, Siddhartha Gautama. He is thought to have lived in India from 563 to 483 BC.

■ **Independence Day (GUYANA)** 🇬🇪

Commemorates Guyana’s independence from the United Kingdom in 1966.

MONDAY 5/30

■ **Memorial Day (U.S.)** 🇺🇸 ★

A day of remembrance for those who have died in service to their country. The 3rd U.S. Infantry places small American flags at about 260,000 gravestones at Arlington National Cemetery.

S	M	T	W	R	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

JUNE 2022

US LGBTQ+ Pride Month

June is celebrated as LGBTQ+ (Lesbian, Gay, Bisexual, Transgender, Queer) Pride Month in honor of the 1969 Stonewall Uprising in Manhattan, NY. The purpose of this commemorative month is to recognize the impact LGBTQ+ individuals have had on local, national, and international history.

KEY: ■ INDEPENDENCE DAYS ■ REGIONAL AND CULTURAL HOLIDAYS ■ RELIGIOUS HOLIDAYS

★ U.S. FEDERAL HOLIDAY † DIETARY CONSIDERATION 📅 MULTIPLE DAYS ✔ SCHEDULE CONSIDERATION



WEDNESDAY 6/1

■ Children's Day (CHINA) 🇨🇳

The country's population of children are celebrated with parties in elementary schools and gifts from parents.

THURSDAY 6/2

■ Republic Day (ITALY) 🇮🇹

Marks the establishment of Italy as a republic in 1946.

SATURDAY 6/4

■ Shavuot (JEWISH) ✡

Commemorates the revelation of the Ten Commandments to Moses on Mt. Sinai. Begins at sundown the previous day.



SUNDAY 6/5

■ Pentecost (CHRISTIAN) †

The Holy Spirit was felt amongst the 12 apostles after Jesus' death. New members of the church are often baptized on this day, which is sometimes called White Sunday because white clothes are worn for baptism.

SATURDAY 6/11

■ Red Earth Native American Cultural Festival (U.S., NATIVE AMERICAN) 🇺🇸 📅

A three-day festival that features nearly 2,000 artists from more than 100 tribes, nations and bands designed to promote and preserve the rich tradition of Native American culture.



SUNDAY 6/12

■ Independence Day (PHILIPPINES) 🇵🇭

Celebrates independence from Spain in 1898.

■ Loving Day (U.S.) 🇺🇸

A celebration marking the day the Supreme Court struck down state bans against interracial marriage.

■ Trinity Sunday (CHRISTIAN) †

Commemorates the Christian belief that God, Jesus and the Holy Spirit are one.

TUESDAY 6/14

■ Flag Day (U.S.) 🇺🇸

Honors the flag as a symbol of patriotism on the anniversary of its adoption in 1777.

continued >



6/12–6/18

< continued

THURSDAY 6/16

■ **Corpus Christi (CHRISTIAN) †**
Honors the sacrament of Communion and is celebrated on the Thursday after Trinity Sunday.

■ **Martyrdom of Guru Arjan Dev (SIKH) ☸**

He was the fifth Guru (1563-1606) and the first Sikh martyr executed by the Mughal emperor Jehangir. He built the Golden Temple in Amritsar with doors facing all four directions to emphasize that the Sikh way was open to all, regardless of caste.



6/19–6/25

SUNDAY 6/19

■ **Juneteenth (U.S., AFRICAN AMERICAN) 🇺🇸**

June 19, 1865, also known as National Freedom Day, is considered the official end of slavery in the United States. Slaves in Oklahoma, Texas, Louisiana and Arkansas were not told about their freedom until this day, even though other Southern states had known since April 1863. Today, the holiday is observed in African American communities throughout the country with rallies, concerts and fairs.

TUESDAY 6/21

■ **National Aboriginal Day (CANADA) 🇨🇦**

A day to recognize the diverse cultures and contributions of the First Nations, Inuit, and Metis peoples, collectively known as Aboriginal peoples in Canada.

THURSDAY 6/23

■ **St. John's Eve (CHRISTIAN, INTERNATIONAL) †**

Marks the celebration of the summer solstice and the feast of St. John. Also known as Midsummer's Eve.

FRIDAY 6/24

■ **Feast of St. John the Baptist (CHRISTIAN, INTERNATIONAL) † 🌐**

A celebration of the birth of the precursor and baptizer of Jesus, the Messiah. This day is often an official public holiday and is celebrated in many countries.

■ **Litha (PAGAN, WICCAN) ☼ ☾**

A Pagan and Wiccan festival that begins on the summer solstice and celebrates midsummer. Celebrated on the longest day of the year.



6/26–6/30

SUNDAY 6/26

■ **United Nations Charter Day (U.N.) 🇺🇳**

Marks the day in 1945 when the U.N. charter was signed in San Francisco, California, by representatives of 50 nations.

TUESDAY 6/28

■ **Anniversary of Stonewall Riots (U.S.) 🇺🇸**

This uprising began in 1969 in NYC, after the police raided a gay club called Stonewall Inn,

and led to protest across the country. This was primarily led by LGBTQ+ people of color and transgender women.

■ **Versailles Treaty Day (INTERNATIONAL) 🌐**

The anniversary of the 1919 signing of the treaty of Versailles at Versailles, France, which officially ended World War I.

S	M	T	W	R	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

JULY 2022

KEY: ■ INDEPENDENCE DAYS ■ REGIONAL AND CULTURAL HOLIDAYS ■ RELIGIOUS HOLIDAYS
 ★ U.S. FEDERAL HOLIDAY ¶ DIETARY CONSIDERATION 📅 MULTIPLE DAYS Ⓢ SCHEDULE CONSIDERATION



7/1-7/2

FRIDAY 7/1

■ Canada Day (CANADA) 🇨🇦

On July 1, 1867, the British North American Act created the Canadian federal government. The BNA proclaimed "one Dominion under the name of Canada," hence the original title of the holiday, "Dominion Day."

Dominion Day was officially renamed "Canada Day" by an act of Parliament on Oct. 27, 1982.

■ Foundation of the Republic (SOMALIA) ★

Commemorates the day in 1960 that Italian Somaliland gained independence; also marks the merger of British and Italian regions of the country.

■ Liberation Day (SURINAME) 🇸🇷

Marks the end of slavery, in 1863, when the country was a Dutch territory.

■ SAR Establishment Day (HONG KONG) ★

Commemorates the reversion of the city from British to Chinese rule in 1997.

■ Tirgan / Rain Festival (IRAN) 🇮🇷

A celebration of the harvest and a counter to drought. The day also honors Arash Kamangir, a mythical character who gave his life as he threw an arrow over Damavand Mountain to establish the border of Iran and Turan.



7/3-7/9

MONDAY 7/4

■ Fil-American Friendship Day (PHILIPPINES, U.S.) 🇵🇭 🇺🇸

Formerly the National Independence Day for the Philippines but now celebrated as a day of friendship with the U.S.

■ Independence Day (U.S.) 🇺🇸 ★

In 1776, the 13 colonies signed a declaration of Independence proclaiming their separation from England and forming the United States of America. It is celebrated with picnics, fireworks, parades and outdoor activities.

■ Independence Day (VENEZUELA) 🇻🇪

Commemorates the proclamation of independence from Spain in 1811. Independence was not achieved until 1821.

FRIDAY 7/8

■ Day of Arafah (ISLAMIC) ☾ ¶

Marks the start of Hajj. Fasting is recommended on this day for those not performing Hajj. It is also recommended on this day to make many supplications to God.

SATURDAY 7/9

■ Independence Day (ARGENTINA) 🇦🇷

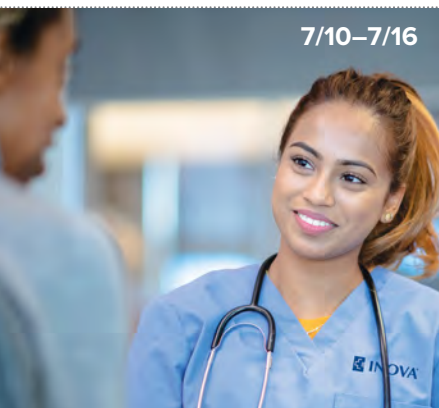
Marks independence from Spain in 1816.

■ Martyrdom of the Bab (BAHÁ'Í) ★

Commemorates the arrest, torture, imprisonment and execution of the Bab, the prophet-herald of the faith, in Tabriz, Persia, in 1850. Begins at sundown the previous day.

■ Eid-ul-Adha / Feast of the Sacrifice (ISLAMIC) ☾ ¶ 📅 Ⓢ

Commemorates Abraham's willingness to sacrifice his son Ishmael in obedience to God's word (God interceded by replacing a ram for the child). The celebration occurs at the end of the Hajj, the pilgrimage to Mecca, which is one of the five pillars of Islam. Muslims in many African countries celebrate with a great feast called Tabaski. Begins at sundown the previous day. Muslims all over the world celebrate this day. Muslims may be doing the recommended (not mandatory) fasting 10 days prior to this day.



7/10–7/16

SUNDAY 7/10

■ **Independence Day (BAHAMAS)** 🇧🇸

Celebrates the day on July 10, 1973, when the island gained its freedom from Britain and established home

rule. Celebrations on this day resemble those of the Christmas festival Junkanoo, with parades featuring bright colors, masks and costumes similar to Mardi Gras celebrations.

THURSDAY 7/14

■ **Bastille Day (FRANCE)** 🇫🇷

A national holiday in France. It commemorates the storming of the Bastille prison in 1789, when prisoners were set free, thus ending the French monarchy. The French Revolution resulted in France becoming a republic.

■ **International Non-Binary People's Day (INTERNATIONAL)** 🌐

Annual day celebrating the contributions of non-binary people and focusing on the issues affecting them.



7/17–7/23

SUNDAY 7/17

■ **Constitution Day (SOUTH KOREA)** 🇰🇷

Commemorates the proclamation of the constitution of the Republic of Korea in 1948.

■ **Muñoz-Rivera Day (PUERTO RICO)** 🇵🇷

The anniversary of the 1859 birth of Luis Muñoz-Rivera, Puerto Rican patriot, poet and journalist

■ **O-Bon / Feast of Lanterns (JAPAN)** 🇯🇵

Celebrated from July 13 to 15 in some areas and from August 13 to 15 in others. According to Buddhist beliefs, the dead revisit the earth at this time, so lanterns are lit for their souls.

WEDNESDAY 7/20

■ **Independence Day (COLOMBIA)** 🇨🇴

Celebrates the day in 1810 when the country declared its independence from Spain.

SATURDAY 7/23

■ **Birth of Haile Selassie (ETHIOPIA, RASTAFARIAN)** 🇪🇹

Commemorates the 1892 birth of the former emperor of Ethiopia. He was born Tafari Makonnen and later took the name Haile

Selassie, meaning Power of the Holy Trinity. The etymology of Rastafari is based on the word ras, meaning “prince,” and Haile Selassie’s birth name, Tafari.

■ **Umi-no-Hi / Marine Day (JAPAN)** 🇯🇵

A national holiday to honor the importance of the sea and its role in Japanese history and culture.

TUESDAY 7/19

■ **Liberation Day (NICARAGUA)** 🇳🇮

Observes the day in 1979 that the army claimed victory over the dictator Anastasio Somoza Debayle.



7/17–7/23

SUNDAY 7/24

■ **Pioneer Day (LATTER-DAY SAINTS)** 🇺🇸

This day honors the U.S. pioneers led by Brigham Young, who first settled in Utah in 1847. This day is celebrated with parades and remembering their pioneering ancestors.

MONDAY 7/25

■ **Constitution Day (PUERTO RICO)** 🇵🇷

Commemorates the approval of a constitution in 1952

■ **Revolution Day (EGYPT)** 🇪🇬

Commemorates the revolution of 1952, ending the Egyptian monarchy.

TUESDAY 7/26

■ **National Disability Independence Day (U.S.)** 🇺🇸

Celebrates the 1990 signing of the Americans with Disabilities Act, which provides for reasonable accommodation in work situations and also standards for physical accessibility to buildings and public transportation.

■ **Independence Day (LIBERIA)** 🇱🇮

Commemorates the adoption of a constitution in 1847, establishing Africa’s first independent republic.

■ **National Day (CUBA)** 🇨🇺

Marks the beginning of Fidel Castro’s revolution in 1953.

continued >



< continued

WEDNESDAY 7/27

■ **Barbosa Day
(PUERTO RICO)** 🇵🇷

Celebrates the birth and accomplishments of Dr. José Celso Barbosa, father of the “Statehood for Puerto Rico” movement, established after the Spanish-American War, in which Puerto Rico became a U.S. territory.

THURSDAY 7/28

■ **Independence Day (PERU)** 🇵🇪 🇵🇪

Marks the day in 1821 when independence from Spain was declared. Spanish rule ended in 1824.

FRIDAY 7/30

■ **International Day of
Friendship (INTERNATIONAL)** 🌐

Proclaimed in 2011 by the U.N. General Assembly with the idea that friendship between

peoples, countries, cultures and individuals can inspire peace efforts and build bridges between communities.

■ **Islamic New Year (ISLAMIC)** 🌙

Beginning of the new Islamic calendar, 1st of Muharram.



SUNDAY 7/31

■ **Feast of St. Ignatius Loyola
(SPAIN)** 🇪🇸

Commemorates the life of St. Ignatius Loyola (1491-1556), who founded the Society of Jesus, the Roman Catholic religious order whose members are known as Jesuits.



S	M	T	W	R	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

AUGUST 2022

KEY: ■ INDEPENDENCE DAYS ■ REGIONAL AND CULTURAL HOLIDAYS ■ RELIGIOUS HOLIDAYS
 ★ U.S. FEDERAL HOLIDAY † DIETARY CONSIDERATION 📅 MULTIPLE DAYS Ⓢ SCHEDULE CONSIDERATION

8/1–8/6

MONDAY 8/1

■ Confederation Day (SWITZERLAND) 🇨🇭

Decreed in 1891, but the origins of this holiday date to 1291, when the foundation of the Swiss Confederation was laid.

■ Emancipation Day (TRINIDAD AND TOBAGO) 🇹🇩

Slavery was abolished throughout the British Empire in 1833. Those of African descent living in Trinidad and Tobago have observed this holiday since 1985, when it replaced Columbus Discovery Day.

■ Independence Day (JAMAICA) 🇯🇲

Marks independence from Great Britain in 1962.

■ Lughnasadh/Lammas (PAGAN, WICCAN) 🐍 ☯️

A festival in the Pagan and Wiccan religions that marks the beginning of harvest season.

■ Verslunarmannahelgi (ICELAND) 🇮🇸

Celebrates the constitution of 1874. Also known as Shop and Office Workers' Holiday.

TUESDAY 8/2

■ Nag Panchami (HINDU) ॐ

Nag Panchami is a holiday in which Hindus all over India and Nepal traditionally worship snakes. The purpose of this holiday has been traditionally an attempt to pacify these snakes when they come out of their holes, as these snakes have historically proven dangerous to humans.

WEDNESDAY 8/3

■ Independence Day (NIGER) 🇳🇮

Celebrates the attainment of independence from France on this day in 1960.

SATURDAY 8/6

■ Independence Day (BOLIVIA) 🇧🇴

Commemorates independence from Spain in 1825.

8/7–8/13

SUNDAY 8/7–MONDAY 8/8

■ Ashura (ISLAMIC) 🕌 † 📅 Ⓢ

Recommended fasting is done on this day to commemorate the prophet Musa (Moses) saving his people from the oppression of Pharaoh. It is also the day that a grandson of the Prophet Muhammad, Hussain, was martyred in Karbala.

TUESDAY 8/9

■ International Day of the World's Indigenous Peoples (INTERNATIONAL) 🌐

Marks the first meeting in 1982 of the UN Working Group on Indigenous Populations. Encourages spread of the UN's

message on the protection and promotion of the rights of indigenous peoples.

■ National Day (SINGAPORE) 🇸🇬

Marks the day of independence from Malaysia in 1965.

WEDNESDAY 8/10

■ Independence Day (ECUADOR) 🇪🇨

Commemorates declaration of independence from Spain in 1809, which initiated a war for freedom within Latin America.



8/14–8/20

SUNDAY 8/14

■ **Independence Day (PAKISTAN)** 🇵🇰

Commemorates independence from Britain/British India in 1947.

MONDAY 8/15

■ **Assumption of the Virgin Mary (CHRISTIAN)** † ✔️

Commemorates the taking of the Virgin Mary's body and soul into heaven.

■ **Independence Day (INDIA)** 🇮🇳

Marks independence from Great Britain in 1947, when the Indian Independence Act went into effect.

■ **Korea Liberation Day (NORTH AND SOUTH KOREA)**



In North Korea, marks the surrender of Japan in 1945. In South Korea, marks the creation of an independent government in 1948.

TUESDAY 8/16

■ **Restoration of the Republic (DOMINICAN REPUBLIC)** 🇩🇪

Celebrates the 1863 declaration of independence from Spain, after a brief lapse into colonial status. Independence was attained in 1865, following a bitter war.

WEDNESDAY 8/17

■ **Proklamasi Kemerdekaan (Independence Day) (INDONESIA)** 🇮🇩

Celebrates independence from Dutch colonial rule in 1945. After more years of fighting, Indonesia was formally granted autonomy on Dec. 27, 1949.



8/21–8/27

THURSDAY 8/25

■ **Independence Day (URUGUAY)** 🇺🇾

Celebrates the declaration of independence from Brazil in 1825. Independence was attained in 1828.

FRIDAY 8/26

■ **Women's Equality Day (U.S.)** 🇺🇸

A day set aside in 1974 to honor the ratification of the 19th Amendment to the Constitution in 1920, granting voting rights to women.



8/28–8/31

TUESDAY 8/30

■ **Victory Day (TURKEY)** 🇹🇷

Honors the warriors who died in the 1922 Battle of Dumlupinar, the final battle in the war of independence. The Mehtar band, the world's oldest military band, plays, and celebrations include military parades and fireworks.

WEDNESDAY 8/31

■ **Independence Day (TRINIDAD AND TOBAGO)** 🇹🇩

Celebrates the day in 1962 that Trinidad and Tobago became an independent nation within the British Commonwealth.

■ **Merdeka / Freedom Day (MALAYSIA)** 🇲🇾

Marks the independence of Malaya from British rule in 1957. The Federation of Malaysia was subsequently inaugurated in 1963, containing Malaya, North Borneo, Sarawak and Singapore. Singapore later withdrew.

■ **Solidarity Day (POLAND)** 🇵🇱

Commemorates the formation, in 1980, of the first Polish labor union, Solidarnosc (Solidarity), at the Lenin Shipyards in Gdansk. Solidarity was granted legal status on April 17, 1989, clearing the way for the downfall of the Polish Communist Party.

S	M	T	W	R	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	

SEPTEMBER 2022

National Deaf Awareness Month

A time to celebrate the rich cultural history of the Deaf community and continue the work of advocating for the rights of Deaf people everywhere.

National Hispanic Heritage Month

In 1968, Congress first designated the week including September 15 and September 16 as “National Hispanic Heritage Week”. This week was chosen because of two historical events: Independence Day (September 15), which celebrates the formal signing of the Act of Independence of Central America in 1821; and Mexico’s Independence Day (September 16), which commemorates the beginning of the struggle against Spanish control in 1810. In 1988 Congress expanded the week to a full 31-day period beginning September 15. September 15 is significant because it is the anniversary of independence for Latin American countries Costa Rica, El Salvador, Guatemala, Honduras, and Nicaragua.

KEY: ■ INDEPENDENCE DAYS ■ REGIONAL AND CULTURAL HOLIDAYS ■ RELIGIOUS HOLIDAYS

★ U.S. FEDERAL HOLIDAY † DIETARY CONSIDERATION 📅 MULTIPLE DAYS ⚠ SCHEDULE CONSIDERATION



9/1–9/3

FRIDAY 9/2

■ Independence Day

(VIETNAM) 🇻🇳

Celebrates independence from the French in 1945. At that time, the country was split into

communist North Vietnam and democratic South Vietnam.

On June 2, 1976, the country was reunited under a communist regime.



9/4–9/10

MONDAY 9/5

■ Labor Day (CANADA, U.S.)

🇨🇦 🇺🇸 ★

On June 29, 1894, the U.S. Congress voted Labor Day as a National Holiday to honor working people's contribution of labor. The day is celebrated with parades and speeches.

TUESDAY 9/6

■ Janmashtami (HINDU) 🇮🇳 † ⚠

A new moon festival celebrated with fasting in honor of the Hindu deity Lord Krishna. Celebrated at midnight. Some people fast until midnight then celebrate with dancing and singing.

■ Somhlolo / Independence Day (SWAZILAND) 🇸🇼

Marks the independence from Great Britain in 1968.

FRIDAY 9/9

■ Massoud Day (AFGHANISTAN) 🇦🇫

Commemorates a revered military commander who died on this day 2001.

SATURDAY 9/10

■ Chung Ch'iu (CHINA) 🇨🇳

A popular celebration of abundance and togetherness, dating back over 3,000 years.

■ Ch'usok (NORTH AND SOUTH KOREA) 🇰🇷 🇰🇵

A harvest moon festival in which families gather for feasts and visit ancestors' graves to give thanks. Celebrated in many Asian countries under many names.

■ Pitru Paksha Starts (HINDU) 🇮🇳 📅

Pitru Paksha is a sixteen day period, ending on 9/25, in which Hindus honor and give respect to their ancestors.



9/11–9/17

SUNDAY 9/11

■ Enkutatash (COPTIC AND ETHIOPIAN ORTHODOX CHRISTIAN) †

The Ethiopian New Year, celebrated as a national holiday. Enkutatash means “gift of jewels” and relates to the story of the ancient Ethiopian queen, the Queen of Sheba. After her visit with King Solomon in Jerusalem, the queen was offered fine jewels for her homecoming.

■ Patriot Day (U.S.) 🇺🇸

Honors those who lost their lives as a result of the terrorist attacks against the U.S. on September 11, 2001. Among other commemorative events, a moment of silence is observed.

THURSDAY 9/15

■ Independence Day (CENTRAL AMERICA)

Marks the declared autonomy from Spanish rule and joining of

the United Provinces of Central America in 1821, including Costa Rica, El Salvador, Guatemala, Honduras and Nicaragua.

SATURDAY 9/17

■ Citizenship Day (U.S.) 🇺🇸

Honors those from other countries who become U.S. citizens each year and also the anniversary of the signing of the U.S. Constitution in 1787.

■ Fiesta Patrias / Festival of Independence (MEXICO) 🇲🇽

Celebrates independence from Spain on this date in 1820. Celebrations begin at 11 p.m. the previous day to honor the time in 1810 when Father Miguel Hidalgo made the call to freedom (Grito de Dolores) that began the rebellion.



9/18–9/24

SUNDAY 9/18

■ Confucius's Birthday (CHINA, TAIWAN) 🇨🇳 🇹🇼

Commemorates the birth in 551 BCE of the teacher Confucius, who was perhaps one of the most influential men in Chinese history. He stressed five virtues: charity, justice, propriety, wisdom and loyalty.

■ Independence Day (CHILE) 🇨🇱

Marks declaration of independence from Spain in 1810.

■ Oktoberfest (GERMANY) 🇩🇪 🍺

A two-week harvest celebration observed by feasting, music, dance and other folk customs. The festival began in 1810 and traditionally commenced when the Lord Mayor of Munich tapped the first keg of beer.

MONDAY 9/19

■ Ganesh Chaturthi (HINDU) 🇮🇳 🐘

A day of offering to Lord Ganesh, god of wisdom, success, and

remover of obstacles. Celebrate with Lord Ganesh worship, dancing, special food—Modak (stuffed with freshly grated coconut and sugar).

■ Keiro-no-Hi / Respect for the Aged Day (JAPAN) 🇯🇵

A national holiday honoring older citizens, especially those who are centenarians.

WEDNESDAY 9/21

■ International Day of Peace (U.N.) 🌍

A day of global ceasefire and nonviolence, and an invitation to all nations and people to honor cessation of hostilities.

FRIDAY 9/23

■ Mabon (PAGAN, WICCAN) 🌕 🌿

This day marks the autumnal equinox in the Pagan and Wiccan religions. Historically celebrated a successful harvest and filling of food stores for winter.



9/25–9/30

SUNDAY 9/25

■ Rosh Hashanah (JEWISH) 🌙 🍏 🕯

The Jewish New Year, celebrating the anniversary of the creation of the world. Begins a period of penitence and spiritual renewal at sundown the night before and ends 10 days later with

Yom Kippur. Can last one or two days and is celebrated with prayers and religious services.

TUESDAY 9/27

■ Maskal (ETHIOPIAN ORTHODOX CHRISTIAN) †

Commemorates the finding of the True Cross, the cross (maskal) on

which Jesus Christ was crucified. According to legend, the cross was found in the fourth century by Queen Helena, mother of the Roman emperor, Constantine. Celebrations begin with gathering of yellow flowers and tying them with branches. On the eve before the feast of Maskal, flowers are lit in a spectacular bonfire.

FRIDAY 9/30

■ Botswana Day / Independence Day (BOTSWANA) 🇸🇩

Observes independence from Great Britain in 1966.

S	M	T	W	R	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

OCTOBER 2022

Disability Employment Awareness Month

Month In 1945, in an effort to assist disabled veterans, Congress designated the first week of October as National Employ the Physically Handicapped Week. In the 1970s, a historic shift in disability public policy occurred. For the first time, the exclusion of people with disabilities was viewed as discrimination. The efforts of disability activists led to significant changes in laws, such as passage of the Americans with Disabilities Act in 1990 and the designation of a full month to recognize the potential of America's 30 million working-age people with disabilities.

KEY: ■ INDEPENDENCE DAYS ■ REGIONAL AND CULTURAL HOLIDAYS ■ RELIGIOUS HOLIDAYS

★ U.S. FEDERAL HOLIDAY † DIETARY CONSIDERATION 📅 MULTIPLE DAYS 🕒 SCHEDULE CONSIDERATION

10/1–10/8

SATURDAY 10/1

■ Heritage Day (SOUTH AFRICA) 🇿🇦

Celebrates cultural diversity and serves as a time for South Africans of various heritages to strengthen bonds.

■ Independence Day (NIGERIA) 🇳🇬

Commemorates three events: when Nigeria gained independence from Britain in 1960, became a federal republic with a new constitution in 1963, and restored civilian rule in 1979.

■ National Day (CHINA) 🇨🇳

A two-day celebration of the founding of the people's Republic of China in 1949.

SUNDAY 10/2

■ Gandhi's Birthday (INDIA) 🇮🇳

Marks the birth of Mahatma Gandhi in 1869. He was born in Porbander, India, and is honored as a leader of Indian nationalism and Hindu religious beliefs.

MONDAY 10/3

■ Mehregan / Autumn Festival (IRAN) 🇮🇷

Celebrates God creating the sun, which gave light to the world. The mythical king Fereydoon brought peace to earth on this day by defeating Zahak, an evil symbol.

■ Tag der Deutschen Einheit / Day of German Unity (GERMANY) 🇩🇪

Commemorates the date in 1990 when East and West Germany were reunited as one country.

■ Tangun Day / National Foundation Day (SOUTH KOREA) 🇰🇷

Observes when the legendary Tangun, founder of the nation, established his kingdom of Chosun in 2333 BC.

TUESDAY 10/4

■ Chung Yeung / Double Ninth Day (CHINA, TAIWAN) 🇨🇳 🇹🇼

A day on which families visit the graves of their ancestors.

■ Feast of St. Francis of Assisi (CHRISTIAN) †

St. Francis of Assisi, the patron saint of animals, was born in 1182 at Assisi. He abandoned his dream of becoming a knight, donned the clothes of a poor farmhand and began caring for the sick. He founded the Franciscan Order which today has about 33,000 members. He died on October 3, 1226.

■ Vijayadashami/Dussehra (HINDU) 🇮🇳 🕒

Is a major Hindu festival. It is celebrated for victory of Lord Ram over Ravana, victory of Goddess Durga over Mahishasura. It includes processions, feasting and gifting. Also demon Ravana statue is burnt that symbolizes victory over evil.

■ Yom Kippur (JEWISH) 🕒

The Jewish Day of Atonement is the holiest and most solemn day on the Jewish calendar, commonly spent in worship and contemplation. Begins at sundown the previous day.

FRIDAY 10/7–SATURDAY 10/8

■ Eid Milad-un-Nabi (ISLAMIC) 🕒

Commemorates the prophet Muhammad's birthday, ca. 570. Begins at sundown the previous day.



10/9–10/22



SUNDAY 10/9

■ Cirio de Nazare (BRAZIL) 🇧🇷

The start of the two-week “Candle Procession” of northern Brazil celebrated since the late eighteenth century.

■ Hangul Day (SOUTH KOREA) 🇰🇷

Celebrates the invention of the 24-letter phonetic Korean alphabet, Hangul, in 1446 under the direction of King Sejong of the Yi dynasty.

■ Sukkot / Feast of Booths

(JEWISH) ☆ 📅 ☑️

An eight-day festival commemorating the divine protection given to the Israelites during their 40 years of wandering in the desert. Also a festival of giving thanks and celebrating the fall harvest. Begins at sundown the previous day.

MONDAY 10/10

■ Double Tenth Day (TAIWAN) 🇹🇼

A commemoration of the proclamation of the Chinese republic in 1911.

TUESDAY 10/11

■ Casimir Pulaski Memorial Day (U.S.) 🇺🇸

Commemorates the death of the Polish count, who was a hero of the American Revolution.

■ Indigenous People's Day (U.S.) 🇺🇸

Indigenous Peoples' Day is a holiday that celebrates and honor the Indigenous peoples of America and commemorates their shared history and culture.

■ National Coming Out Day (U.S.) 🇺🇸

Celebrates coming out as a member of the LGBTQ+ community, and pushes for environments in which people can safely come out.

WEDNESDAY 10/12

■ Nossa Senhora de Aparecida (BRAZIL) 🇧🇷

Celebrates Brazil's patron saint, the Virgin Mary Aparecida.

THURSDAY 10/13

■ Karva Chauth (HINDU) 🇮🇳

A fast honoring the god Shiva and goddess Parvati. It is given special consideration by Hindu women to ensure the welfare, prosperity and longevity of their husbands.

SATURDAY 10/15

■ Durga Puja (HINDU) 🇮🇳

This festival reveres and pays homage to the Hindu goddess, Durga. It marks victory of Goddess Durga in her battle against a demon, Mahishasura. It also marks celebration of women power. Festival includes worship of the Goddess, performance arts, revelry, gift giving, family visits, feasting, and public processions, etc.

MONDAY 10/17

■ Simchat Torah (JEWISH) ☆

Means “rejoicing in the Torah” and immediately follows Sukkot. It celebrates the conclusion of the public reading of the Torah. Begins at sundown the previous day.



10/23–10/31

SUNDAY 10/23

■ Chulalongkorn Day (THAILAND) 🇹🇭

Commemorates the 1910 death of the king who abolished slavery in the 1800s.

WEDNESDAY 10/26

■ Birthday of the Bab (BAHÁ'Í) ✨

Remembers the 1819 birth of Siyyid Ali Muhammad, who took the title of “the Bab” and is recognized as prophetherald of the faith. Begins at sundown the previous day.

■ Day of the Deployed (U.S.) 🇺🇸

Honors our deployed troops and their families for their bravery and sacrifices for our country. Supporters of the military can provide care packages, messages of encouragement, and other morale-boosting actions for those currently deployed overseas and the military families of the deployed.

FRIDAY 10/28

■ National Day “Ochi” (GREECE) 🇬🇷

Commemorates the Greeks' resistance to Benito Mussolini's Italian troops in 1940. Ochi means “no”!

SATURDAY 10/29

■ Cumhuriyet Bayramı / Republic Day (TURKEY) 🇹🇷

Anniversary of the 1923 founding of the republic.

■ Reformation Day (CHRISTIAN, PROTESTANT) †

Commemorates the date in 1517 when Martin Luther nailed his 95 theses (propositions) to the door of Wittenberg's Palace Church, which led to the establishment of the Protestant denominations of Christianity.

MONDAY 10/31

■ Halloween (U.S., CANADA) 🇺🇸 🇨🇦

Originated as a Celtic festival marking the day that souls revisited the earth. Aspects of this tradition later integrated with the Christian holiday of All Hallows' Eve, which occurs the night before All Saints' (Hallows') Day.

S	M	T	W	R	F	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			

NOVEMBER 2022

National Veteran and Military Family Month

Veterans & Military Families Month was established in 1996 by the Armed Services YMCA, with the U.S. Government recognizing the occasion every year since. Each November, the President signs a proclamation declaring November National Veterans & Military Families Month, and with hundreds of thousands of service members deployed overseas, recognizing the daily sacrifices made by active duty, Guard, and Reserve military families has never been more important..

American Indian Heritage Month

Since 1900, many have sought to recognize the great influence American Indians have had on the history, cultural development and continuing growth of the U.S. Various dates and weeks were acknowledged until 1976, when Congress authorized a week in October as Native American Awareness Week. Finally, in 1990, the month of November was chosen because it is traditionally a time when many American Indians gather for fall harvest festivals, world-renewal ceremonies and powwows.

Transgender Awareness Month

A month to celebrate transgender and gender non-conforming communities and to raise awareness for this community through education and advocacy activities.

KEY: ■ INDEPENDENCE DAYS ■ REGIONAL AND CULTURAL HOLIDAYS ■ RELIGIOUS HOLIDAYS

★ U.S. FEDERAL HOLIDAY || DIETARY CONSIDERATION 📅 MULTIPLE DAYS ⌚ SCHEDULE CONSIDERATION

11/1–11/5

TUESDAY 11/1

■ All Saints' Day (CHRISTIAN) †

A festival of all known and unknown Christian saints.

■ All Souls' Day (CHRISTIAN, CATHOLIC) †

A day to remember the dead.

■ Dia de Muertos / Day of the Dead (MEXICO) 🇲🇪

A celebration that blends the Christian and Aztec traditions. Departed souls are remembered with a spirit of friendliness and good humor instead of mourning.

■ Dzyady / Remembrance Day (BELARUS) 🇧🇪

An age-old Belarussian tradition originating out of Pagan times and later adopted into Christianity. A special plate and glass is set at dinner in remembrance of deceased relatives.

■ Revolution Day (ALGERIA) 🇩🇿

Commemorates the beginning of the revolution against the French in 1954, which led to independence in 1962.

■ Samhain (PAGAN, WICCAN)



This day begins the evening of October 31st marks the autumnal equinox in the Pagan and Wiccan religions. Historically a harvest festival.

THURSDAY 11/3

■ Independence Day (PANAMA) 🇵🇦

One of two independence day celebrations this month. This one honors independence from Colombia in 1903.

■ Bunka-no-Hi / Culture Day (JAPAN) 🇯🇵

A holiday to promote the love of freedom, peace and cultural development.

SATURDAY 11/5

■ Children's Day (INDIA) 🇮🇳

Honors all children and commemorates the 1889 birth of Jawaharlal Nehru, the first premier of India.



11/6–11/12



SUNDAY 11/6

■ **Constitution Day (DOMINICAN REPUBLIC)** 🇩🇪

Marks approval of the constitution in 1966.

TUESDAY 11/8

■ **Guru Nanak's Birthday (SIKH)** 🏴

Commemorates the 1469 birth of Guru Nanak, the founder of the religion. Elements of both Hinduism and Islam influenced the doctrinal base of Sikhism as

laid down by Guru Nanak and developed the continuous line of nine spiritual leaders who followed him. During the “Age of the Gurus” (1469-1708), the religious movement acquired an identity of its own.

WEDNESDAY 11/9

■ **Independence Day (CAMBODIA)** 🇰🇲

Observes the independence from French rule in 1953.

FRIDAY 11/11

■ **Independence Day (POLAND)** 🇵🇱

Commemorates the restoration of independence in 1918.

■ **Veteran's Day (U.S.)** 🇺🇸 ★

Formerly known as Armistice Day, honors those who served in all the country's wars.

SATURDAY 11/12

■ **Diwali (HINDU)** 🇮🇳 🏠 🕯️

Although there are multiple days, Lakshmi-pujan is the most celebrated one. Festival of lights marking the beginning of the New Year and one of the most important festivals. Lights, bonfires, and fireworks welcome gods, ancestors, family and friends.

11/13–11/19



TUESDAY 11/15

■ **Proclamation of the Republic Day (BRAZIL)** 🇧🇷

Commemorates the 1889 proclamation that deposed Emperor Dom Pedro II and instituted a republic.

■ **Shichi-Go-San / Seven-Five-Three Festival (JAPAN)** 🇯🇵

An ancient celebration that marks the special ages of seven, five and three.

FRIDAY 11/18

■ **Fete de l'Independence / Independence Day (MOROCCO)** 🇲🇦

Commemorates independence from France in 1956, after a protracted struggle.

11/20–11/26



SUNDAY 11/20

■ **Transgender Day of Remembrance (INTERNATIONAL)** 🌐

Honors the memory of those whose lives were lost in acts of anti-transgender violence.

MONDAY 11/21

■ **Revolution Day (MEXICO)** 🇲🇽

Commemorates the revolution of 1910, when the common people revolted against poverty and dictatorship of Porfirio Diaz. The revolution, led by Francisco Indalecio Madero, culminated in the Constitution of 1917.

TUESDAY 11/22

■ **Discovery Day (PUERTO RICO)** 🇵🇷

Celebrates the day Christopher Columbus found Puerto Rico on his second voyage to the New World in 1493.

■ **Independence Day (LEBANON)** 🇱🇧

Commemorates the declaration of independence from France on this day in 1943.

continued >



11/20–11/26

< continued

WEDNESDAY 11/23

■ **Kinro Kansha-no-Hi / Labor Thanksgiving Day (JAPAN)** 🇯🇵

A holiday to honor working people and productivity.

THURSDAY 11/24

■ **National Day of Mourning (U.S.)** 🇺🇸

An annual observance that aims to honor Native American heritage in the United States, dispel myths surrounding the Thanksgiving story in the United States, and raise awareness toward historical and ongoing struggles facing Native American tribes.

■ **Thanksgiving Day (U.S.)** 🇺🇸 ★

An Inova-recognized holiday intended to give thanks and celebrate the bounty of the fall harvest season.



11/27–11/30

SUNDAY 11/27

■ **Advent (CHRISTIAN)** † 📅

The four Sundays of Advent are a preparation for Christmas. The first Sunday is the beginning of the liturgical year.

MONDAY 11/28

■ **Independence Day (ALBANIA)** 🇦🇱

Marks both the 1912 declaration of independence from the Ottoman Empire and the country's liberation from the Nazis in 1945.

■ **Independence Day (PANAMA)** 🇵🇦

Honors independence from Spain in 1921.

WEDNESDAY 11/30

■ **Bonifacio Day / National Heroes' Day (PHILIPPINES)** 🇵🇭

Commemorates the birth in 1863 of Andres Bonifacio, leader of the 1896 revolt against Spain.

■ **St. Andrew's Day (SCOTLAND)** 🏴󠁧󠁢󠁥󠁮󠁧󠁿

Commemorates the life of the patron saint of Scotland.



S	M	T	W	R	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

DECEMBER 2022

KEY: ■ INDEPENDENCE DAYS ■ REGIONAL AND CULTURAL HOLIDAYS ■ RELIGIOUS HOLIDAYS
 ★ U.S. FEDERAL HOLIDAY || DIETARY CONSIDERATION 📅 MULTIPLE DAYS Ⓢ SCHEDULE CONSIDERATION



12/1–12/3

THURSDAY 12/1

■ National Day (ROMANIA) 🇷🇴

Marks the unification of Romania and Transylvania in 1918 and the 1989 overthrow of the communist regime.

■ Rosa Parks Day (U.S.) 🇺🇸

Commemorates the arrest of Rosa Parks, in 1955, for defying segregation by refusing to give up her seat on the bus for a white passenger. The incident led to a boycott of the city's buses and the end of segregation.

■ World AIDS Day (INTERNATIONAL) 🌐

Designated by the World Health Organization and the United Nations to increase awareness and education of AIDS.

■ International Day of Disabled Persons (U.N.) 🌐

Promotes the continuing integration of disabled persons into general society.



12/4–12/10

TUESDAY 12/6

■ Spanish Constitution Day (SPAIN) 🇪🇸

Marks the approval of the Spanish Constitution by the Spanish People in 1978.

■ St. Nicholas Day (INTERNATIONAL) 🌐

Celebrates the life of St. Nicholas, a Christian bishop from what is now Turkey, known for his good deeds. In many European countries, families exchange gifts on this day rather than on Christmas.

WEDNESDAY 12/7

■ Earthquake Victims' Memorial Day (ARMENIA) 🇷🇺

Commemorates the 1988 earthquake, which killed 60,000 people and left thousands homeless.

SATURDAY 12/10

■ Human Rights Day (U.N.) 🌐

Established in 1948 by the U.N. to commemorate the adoption of the Universal Declaration of Human Rights.



12/11–12/17

MONDAY 12/12

■ Jamhuri / Independence Day (KENYA) 🇰🇪

A celebration of Independence from Britain in 1963.

■ Fiesta of Our Lady of Guadalupe (MEXICO) 🇲🇽

Commemorates the day the Virgin Mary appeared to Juan Diego in 1531 and instructed him to take roses to the local bishop.

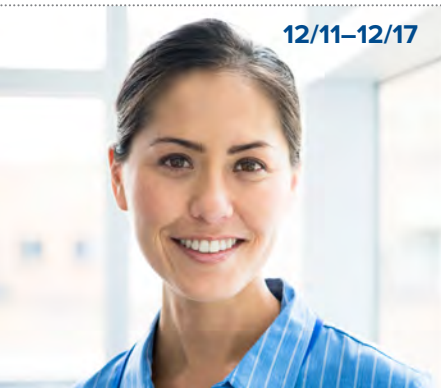
The church had refused Diego's request to build a shrine in the Virgin's honor because it did not believe the Virgin would appear to a simple native. Upon seeing the roses in the dead of winter, the bishop conceded.

TUESDAY 12/13

■ Luciadagen / Santa Lucia Day (SWEDEN, U.S.) 🇸🇪 🇺🇸

Honors the third- or fourth-century saint, known as the

continued >



12/11–12/17

< continued

Queen of Light. In Sweden, the start of the Christmas season. The eldest daughter of the household dresses in white, adorns her head with a wreath of burning candles, and offers coffee and sweets to the family.

THURSDAY 12/15

■ **Bill of Rights Day (U.S.)** 🇺🇸
Commemorates the ratification in 1791 of the first 10 amendments to the Constitution.

■ **Navidades (PUERTO RICO)** 🇵🇷

Marks the beginning of the traditional Christmas season, ending with Three Kings Day on January 6.

FRIDAY 12/16

■ **Bijoy Dibash / Victory Day (BANGLADESH)** 🇧🇩

Signifies independence after a nine-month liberation war against Pakistan in 1971.



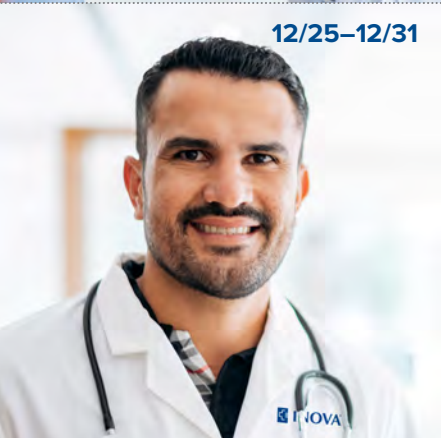
12/18–12/24

WEDNESDAY 12/21

■ **Yule (PAGAN, WICCAN)** ☾☿ ⚡🔮📅
A Pagan and Wiccan holiday that begins at sundown at the winter solstice. Celebrated on the shortest day of the year.

FRIDAY 12/23

■ **Tenno Tanjobi / Emperor's Birthday (JAPAN)** 🇯🇵
A national holiday to honor Emperor Akihito, born in 1933.



12/25–12/31

SUNDAY 12/25

■ **Christmas (CHRISTIAN)** † ★
Christian festival celebrating the birth of Jesus. The English term Christmas ("mass on Christ's day") is of fairly recent origin. The secular holiday is often devoid of Christian elements, with the figure Santa Claus playing the pivotal role.

■ **Quaid-e-Azam Day (PAKISTAN)** 🇵🇰

Pakistan celebrates birth of its founder Quaid-e-Azam - Muhammad Ali Jinnah.

MONDAY 12/26

■ **Kwanzaa (U.S., AFRICAN AMERICAN)** 🇺🇸 📅

An annual celebration of African-American culture from December 26th through January 1st, culminating in a communal feast called Karamu, usually on the sixth day. It was created by activist Maulana

Karenga, based on African harvest festival traditions from various parts of Africa, including West and Southeast Africa. Kwanzaa was first celebrated in 1966.

