



DEI Guide for Health Educators

Inter-Faith Holiday Calendar

This is, by far, not an exhaustive list of religiously or culturally important holidays. We only identified some of the larger holidays that should be considered when scheduling. We recommend searching your specific dates to see if they conflict with any major observances. Consider the significance and limitations of the observance, and the demographics of your team and guests. If scheduling during a holiday is unavoidable, consider if reasonable accommodations can be made to ensure guests can celebrate or observe appropriately.

General things to consider:

- Hebrew days start and end at sunset, so Jewish holidays typically begin the night prior.
- The Islamic calendar is about 11 days shorter than the Gregorian calendar, so each year, Islamic holidays will occur earlier than the previous year.
- Orthodox Christians celebrate fixed holidays 13 days later than the Gregorian calendar. Moveable holidays, like Pascha (Easter), vary year to year, typically later than Western Christian holidays.

Below, when months are listed, the holiday occurs sometime within those months, and not on a fixed date every year.

Ramadan (Islam) *Varies*

Holy month. Observed with fasting from dawn to sunset.

Eid Al Fitr (Islam) *Varies*

End of Ramadan; Breaking the Fast.

Eid Al Adha (Islam) *Varies*

Abraham's willingness to sacrifice his son in obedience to God's command.

Chinese New Year (Chinese) *January/February*

The start of the new year according to the traditional lunisolar Chinese calendar.

Parinirvana Day (Buddhist) *February 15th*

The Buddha's achievement of complete nirvana through death.

Ash Wednesday (Christianity) *February/March*

The start of Lent. Observed with fasting and abstinence from meat, particularly on Fridays.

Purim (Judaism) *February/March*

The rescue of the Jews of ancient Persia from a plot to destroy them as told in the Book of Esther.

Holi (Hinduism & Sikhism) *February/March*

Marks the end of winter and is a celebration of love and new beginnings.

Passover (Judaism) *March/April*

The deliverance of the Israelites from slavery in Egypt. May be observed with abstinence from grain products.

Holy Week (incl. Palm Sunday, Maundy Thursday, Good Friday) (Christianity)

March/April

End of Lent. Jesus's entry into Jerusalem, through his death, and up to his resurrection.

Easter (Christianity) *March/April*

The resurrection of Jesus.

Vaisakhi (Baisakhi) (Sikhism) *April 13th or 14th*

Spring harvest. Indian Solar New Year.

Vesak (Buddha Day) (Buddhist) *April/May/June*

The birth, enlightenment, and passing of Buddha.

Shavuot (Judaism) *May/June*

The revelation of the Torah at Mount Sinai.

Asalha Puja Day (Dhamma Day) (Buddhist) *July*

The Buddha's first sermon following his attainment of enlightenment.

Rosh Hashanah (Judaism) *September/October*

The new year according to the Jewish calendar, followed by 10 days of repentance and prayer.

Yom Kippur (Judaism) *September/October*

The holiest day in Judaism. Day of Atonement, marking the end of 10 days of repentance. Observed with fasting.

Sukkot (Judaism) *September/October*

The pilgrimage of the Jews escaping slavery in Egypt. Celebrated for 7 days.

Diwali (Hindu) *October/November*

Victory of light over darkness, good over evil, and knowledge over ignorance. Celebrated for 5 days.

Hanukkah (Judaism) *November/December*

The victory of the Maccabean Jews over Syrian Greeks. Celebrated for 8 days.

Feast of the Immaculate Conception (Christianity) *December 8th*

The conception of Virgin Mary.

Bodhi Day (Buddhist) *December 8th*

The day of Buddha's enlightenment.

Christmas (Christianity) *December 25th*

The birth of Jesus.

If you feel that we missed an important cultural or religious holiday that should be highlighted in this list, or have misrepresented a holiday on the list, [please let us know](#).