

# Spring Semester:

## Jewish High Holidays Guide

As we begin the spring semester, the Office of Transformational and Inclusive Excellence (TIE) wanted to highlight a few key religious holidays and observances for our campus community. Below you will find a description of the holiday, best practices, and customary greetings to support our active investment in fostering an inclusive campus community.

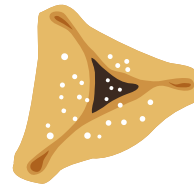


### Purim

March 24\*, 2024  
(begins at sunset the day before)

#### About Purim:

Purim celebrates the survival of Jewish people who were marked for death by Persian rulers. It celebrates how they were saved by Esther, reflecting how Jewish people can find hope in times of oppression.



#### Purim Themes to be Mindful of:

Purim is a holiday that reflects the situation of a people in the Diaspora surviving by their own wiles within a world of moral uncertainty. Purim's customs include retelling the story of Purim, attending feasts, and going to Purim carnivals. Many communities perform plays/skits of the Purim stories. Around the world, people usually dress up to celebrate. The day prior to Purim is a fasting day, from sunrise to sunset.

#### Supporting Our Campus Community During Purim:

The day before Purim is a time of fasting for observers. Please be mindful of scheduling around Purim, as this is an important date for the Jewish community. The common way to wish someone well during Purim is to say "Happy Purim" or "Purim Sameach" (sum-ay-uh).

To learn more about Religious Observances and Inclusive Scheduling, scan the QR code below.



### Passover

April 23\*-24, 2024  
April 29-23, 2024  
(begins at sunset the day before)

#### About Passover:

Passover commemorates the liberation of the Israelites from slavery in Egypt and the "passing over" of the forces of destruction from God in Exodus.



#### Passover Themes to be Mindful of:

Passover is about freedom, as Jewish people celebrate a group of people who escaped slavery and persecution. It's about justice, redemption, and leaving behind our struggles—just as the Jews in Egypt did—in order to become who we all are meant to be. It's about asking questions and figuring out identities. Passover is celebrated with a big ceremony. On the first night, a special family meal called a Seder is held. The seder foods symbolize Jewish liberation. People also recite traditional prayers. During Passover, Jews eat unleavened bread for seven days.

#### Supporting Our Campus Community During Passover:

When providing food at functions, please consider Kosher and Kosher-for-Passover (non-leavened) food accommodations. Please consider avoiding scheduling deadlines or activities on the first two and last two days of Passover, as these are holy days during which observers follow work and other restrictions. The common way to wish someone well during Passover is to say "Happy Passover" or "Happy Pesach" (pay-sah-kh).

# Winter Semester: Cultural Observance Guide

As we begin the winter semester, the Office of Transformational and Inclusive Excellence (TIE) wanted to highlight a few key religious holidays and observances for our campus community. Below you will find a description of the holiday, best practices, and customary greetings to support our active investment in fostering an inclusive campus community.



## Lunar New Year

### About Lunar New Year:

Lunar New Year is a time when many cultures celebrate and recognize the beginning of a new calendar year. This is a time when individuals return home to their families, honor their ancestors, give gifts, and conduct celebrations to bring luck and good fortune in the new year.

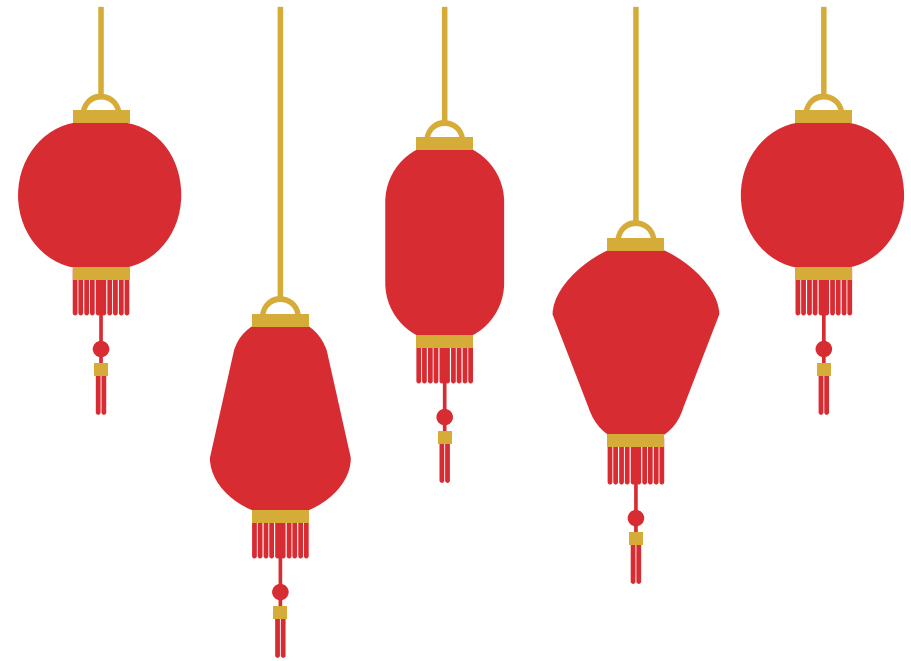
### Lunar New Year Themes to be Mindful of:

Lunar New Year is celebrated by a wide range of cultures and traditions. While common themes for Lunar New Year include new beginnings, reflection, and being with members of your community in celebration. For many cultures, Lunar New Year is a time to bring good fortune, happiness, and prosperity into one's life and home.

### Supporting Our Campus Community During Lunar New Year:

While there are no work restrictions during the Lunar New Year, please be mindful that observers may wish to take time to be with their families and celebrate the holiday. It is also important to be mindful that since many cultures celebrate the Lunar New Year, observers may have varied practices during this time. A common way to wish someone well during the Lunar New Year is to say "Happy New Year!"

January 30, 2025



To learn more about Religious Observances and Inclusive Scheduling, scan the QR code to the right.



# Spring Semester:

## Islamic High Holidays Guide

As we begin the fall semester, the Office of Transformational and Inclusive Excellence (TIE) wanted to highlight a few key religious holidays and observances for our campus community. Below you will find a description of the holiday, best practices, and customary greetings to support our active investment in fostering an inclusive campus community.



### Ramadan

March 11-April 9, 2024



#### About Ramadan:

Islamic tradition states that it was during Ramadan, on the “Night of Power,” that Allah revealed to the Prophet Muhammad the Qur’ān, Islam’s holy book. Ramadan is considered one of the holiest months of the year for Muslims.

#### Ramadan Themes to be Mindful of:

Ramadan is a period of introspection, communal prayer (ṣalāt) in the mosque, and reading of the Qur’ān. Allah forgives the past sins of those who observe the holy month with fasting, prayer, and faithful intention. Practicing Muslims who are able to do so are expected to fast from sunrise to sunset every day of the month. This means no food, and no water during that time.

#### Supporting Our Campus Community During Ramadan:

The month of Ramadan is a time of fasting for observers. Please consider the practice of fasting and focus of the month when scheduling any events, “lunch meetings,” or scheduling lengthy presentations. Please also consider times and spaces for prayer. The common way to wish someone well during Ramadan is to say "Ramadan Mubarak" (MOO-bah-ROK).

### Eid al-Fitr

April 9-10, 2024

#### About Eid al-Fitr:

Eid al-Fitr, as it follows the fasting of Ramadan, is also seen as a spiritual celebration of Allah’s provision of strength and endurance. At the end of Ramadan, Muslims celebrate one of their major holidays called Eid al-Fitr or the “Festival of the Breaking of the Fast.” It is the feast that breaks the month-long fast of Ramadan.

#### Eid al-Fitr Themes to be Mindful of:

Eid is celebrated with a four-day feast. Muslims often will dress up in their best new clothes and decorate their houses to celebrate. Two of the days in Eid also include special morning prayers. Amid the reflection and rejoicing, Eid al-Fitr is a time for charity, known as Zakat al-Fitr. Eid is meant to be a time of joy and blessing for the entire Muslim community and a time for distributing one’s wealth.

#### Supporting Our Campus Community During Eid al-Fitr:

When providing food at functions, please consider foods that are Halal. It is also recommend to avoid scheduling deadlines or activities on these days since this is a time of celebration and prayer. The common way to wish someone well during Eid al-Fitr is to say "Eid Mubarak" (MOO-bah-ROK) or “Happy Eid.”

To learn more about Religious Observances and Inclusive Scheduling, scan the QR code below.



## Spring Semester:

# Christian High Holidays Guide

As we begin the spring semester, the Office of Transformational and Inclusive Excellence (TIE) wanted to highlight a few key religious holidays and observances for our campus community. Below you will find a description of the holiday, best practices, and customary greetings to support our active investment in fostering an inclusive campus community.



## Good Friday

March 29, 2024

### About Good Friday:

Good Friday commemorates the day that Jesus was crucified and died. It is considered a day of mourning, and is a part of holy week. Even though it is a sad day, it is called Good Friday because it led to the victory over death and sin.



### Good Friday Themes to be Mindful of:

Good Friday is a time of reflection and mourning. Many services are held around midday which is the same hours that Jesus was hung on the cross. Good Friday is a day of fasting and abstinence for many Catholics.

### Supporting Our Campus Community During Good Friday:

Please consider the practice of fasting when scheduling any events, “lunch meetings,” or scheduling lengthy presentations. Not all Christians will fast or take time off, but they may still observe in various ways. There is no traditional greeting for this day, as it is a somber holiday typically associated with reflection and mourning.

To learn more about Religious Observances and Inclusive Scheduling, scan the QR code below.



## Easter

March 31, 2024

### About Easter:

Easter celebrates the belief in the resurrection of Jesus Christ. Three days after his crucifixion on Good Friday, he resurrected on Easter, or Resurrection Sunday. Easter is the culmination of the Passion of Jesus Christ, preceded by Lent, a 40-day period of fasting, prayer, and penance.

### Easter Themes to be Mindful of:

For many Christians, Easter is positive because it is the end of the Lent season of fasting and penitence. Christians worldwide attend an Easter mass with special services, music, flowers, and the ringing of church bells. The Easter Eggs symbolize rebirth and fertility, along with Jesus' resurrection from the burial tomb. In countries around the world, people hold easter egg hunts, egg decorating events, or just give them as gifts. Traditional Catholics sometimes continue the Good Friday fast until the Easter Vigil.

### Supporting Our Campus Community During Easter:

Please consider the practice of fasting when scheduling any events, “lunch meetings,” or scheduling lengthy presentations. Not all Christians will fast or take time off, but they may still observe in various ways. The common way to wish someone well during Easter is to say “Happy Easter.”



# Spring Semester: Pagan/Wiccan/Druid High Holidays Guide

As we begin the spring semester, the Office of Transformational and Inclusive Excellence (TIE) wanted to highlight a few key religious holidays and observances for our campus community. Below you will find a description of the observance, best practices, and customary greetings to support our active investment in fostering an inclusive campus community.



## Imbolc

### About Imbolc:

Imbolc or Imbolg, also called Saint Brigid's Day, marks the beginning of spring, and for Christians, it is the feast day of Saint Brigid. Imbolc celebrates the coming of Spring and symbolizes the halfway point between the winter solstice (Yule) and the spring equinox (Ostara). The word "imbolc" means "in the belly of the Mother," because the seeds of spring are beginning to stir in the belly of Mother Earth.

February 1, 2024



### Imbolc Themes to be Mindful of:

Modern Imbolc celebrations are a time to celebrate the first signs of spring and the new beginnings that are developing. Imbolc is a good time to reflect on the Wheel of the Year, as Imbolc is a time of rebirth and renewal. The modern celebration of Imbolc is considered a low-key, loose and sometimes private affair concerned with reconnecting with nature.

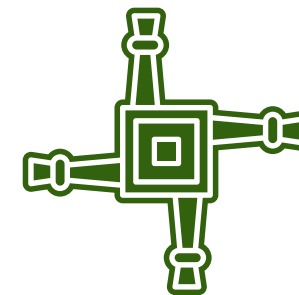
### Supporting Our Campus Community

#### During Imbolc:

Please keep in mind that many Pagan, Wiccan, and Druid practices are highly individualistic and vary from one observer to the next. While not all observers will take time off, devout observers may request time off in recognition of their individual practices. The common way to wish someone well during Imbolc is to say "Imbolc Blessings" or "Happy Imbolc!"

### Pagan Traditions:

To celebrate Imbolc, some modern day pagans focus on celebrating Brigid. They do this by setting up an altar with the symbols of Brigid, like a corn husk doll, white flowers, a bowl of milk, and candles. Other pagans aim their rituals towards the cycles of the season. Some people do house cleaning rituals as a part of getting ready for spring. Other families find a pile of snow, gather some musical instruments, and chant to drive away the winter.



### Wiccan Traditions:

Imbolc rituals can include decorating your altar with symbols of Brigid, white flowers, a bowl of milk, and candles. If there is a group gathering, they might cast a circle, and recite prayer to receive a blessing from Brigid; some people do house cleanings.



### Druid Traditions:

Observers will reflect and set intentions during this time of things to come as the spring season develops, both for things past and for things to come. This is a time of renewal and setting intentions for the spring. Feasts and bonfires may take place during this time, along with rituals and ceremonies around manifestations, rebirth, and renewal.

To learn more about Religious Observances and Inclusive Scheduling, scan the QR code below.



# Spring Semester: Pagan/Wiccan/Druid High Holidays Guide

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## Ostara

### About Ostara:

Ostara celebrates the spring equinox. It is a celebration of the German goddess Eostre, the goddess of fertility of humans as well as crops. Like many other spring celebrations in other cultures, Ostara symbolizes fertility, rebirth, and renewal. This time of year marked the beginning of the agricultural cycle, and farmers would start planting seeds.

March 20, 2024



### Ostara Themes to be Mindful of:

Modern Ostara is a good time to start taking action on the ideas and goals you started thinking about around Yule and Imbolc. As the beginning of spring Ostara is a good time to literally and figuratively plant seeds for the future. What you plant during Ostara will be ready to be harvested during the coming summer months and the sabbats of Beltane, Litha and Lughnasadh.

### Supporting Our Campus Community

#### During Ostara:

Please keep in mind that many Pagan, Wiccan, and Druid practices are highly individualistic and vary from one observer to the next. While not all observers will take time off, devout observers may request time off in recognition of their individual practices. The common way to wish someone well during Ostara is to say “Ostara Blessings” or “Happy Ostara!”

### Pagan Traditions:

Symbols of Ostara include spring flowers, fairies, butterflies, renewal, and rebirth. In some communities, a woman and man are chosen to act as the Spring God and Goddess, which plant symbolic seeds. Festivals can take place during this time, and some practitioners may choose to take the day off in celebration.

### Wiccan Traditions:

Ostara rituals can include decorating your altar with symbols of spring, including flowers, eggs, lambs, and rabbits. If there is a group gathering, they might cast a circle, and recite prayer. Some people do house cleanings. Many will use this time to set intentions for renewal and rebirth.

### Druid Traditions:

Observers will reflect and set intentions during this time of things to come as the spring season develops. This is a time of renewal and setting intentions. Feasts and bonfires may take place during this time, along with rituals and ceremonies around manifestations, rebirth, and renewal.

# Spring Semester: Pagan/Wiccan/Druid High Holidays Guide

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## Beltane

May 1, 2024



### About Beltane:

Beltane is a celebration of the beginning of the pastoral summer season. It falls about halfway between the spring equinox and the coming summer solstice. The holiday celebrates spring at its peak and the coming summer. Beltane also sometimes goes by the name May Day. This holiday is associated very strongly with fertility for pagans.



### Beltane Themes to be Mindful of:

For many modern Pagans, Beltane has become associated with the idea of fertility, both physical and in terms of creativity. Wiccans in particular may celebrate the wedding of the lord and lady at this time, as this is a time of celebrating unions. There is often a celebration of sexuality, creativity and growth. Many will celebrate with bonfires and festivals, as this is a time of celebrating the coming summer season.

### Supporting Our Campus Community

#### During Beltane:

Please keep in mind that many Pagan, Wiccan, and Druid practices are highly individualistic and vary from one observer to the next. While not all observers will take time off, devout observers may request time off in recognition of their individual practices. The common way to wish someone well during Beltane is to say “Beltane Blessings” or “Happy Beltane!”

### Pagan Traditions:

Modern-day pagans celebrate Beltane in a variety of ways. One way to celebrate is with a maypole. This is one of the more common fertility rituals that might take place on this day. Celebrators also might weave flowers into their hair, or create a floral wreath to wear upon their head as a celebration of spring. Some pagans light a bonfire and dance around (or even over) it, which is another common fertility ritual for the day. Lastly, some people prepare “May baskets,” and fill them with flowers and goodwill.

### Wiccan Traditions:

Beltane festivals are celebrated with bonfires, maypoles, dancing, and fertility rituals. It is customary to wear green as it symbolizes the Earth. Many people also walk around bonfires and jump over flames to gain protection, health, and wealth. The rituals are hoped to cast away darkness.

### Druid Traditions:

Observers will use this time to celebrate the beginning of summer with bonfires, festivals, and unions. This is a time to celebrate youth, healing, renewal, and rejuvenation, and Beltane serves as a time of ritual celebration of these aspects of life.



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## Spring Semester:

# Buddhist Holy Days Guide

As we begin the spring semester, the Office of Transformational and Inclusive Excellence (TIE) wanted to highlight a few key religious holidays and observances for our campus community. Below you will find a description of the holiday, best practices, and customary greetings to support our active investment in fostering an inclusive campus community.



## Losar

February 10-12, 2024

### About Losar:

Initially celebrated mostly among farmers, Losar went on to become a predominantly Buddhist festival celebrating the commencement of the New Year. Celebrated for 15 days, with the main celebrations on the first three days.



### Losar Themes to be Mindful of:

Losar is a time to celebrate the new year and give thanks to the Gods. Losar is celebrated with prayers, displaying prayer flags, religious ceremonies, folk dances, passing fire torches among gatherings, and family reunions.

### Supporting Our Campus Community

#### During Losar:

Please keep in mind that many Buddhist practices vary from one observer to the next and by region. While not all observers will take time off, devout observers may request time off in recognition of their practices. The common way to wish someone well during Losar is to say “Losar Tashi Delek” or “Happy New Year.”

To learn more about Religious Observances and Inclusive Scheduling, scan the QR code below.



## Magha Puja

February 24, 2024

### About Magha Puja:

Magha Puja Day commemorates when 1,250 enlightened Buddhist monks came to see the Buddha. They saw him without being summoned on the full moon of the 3rd lunar month. On this day, the Lord Buddha gave "Ovadha Patimokkha" (fundamental teaching) to all his disciples. Sangha Day is the second most important Buddhist festival. It celebrates the Buddhist community. This holiday allows people to prove or reaffirm their faith.

### Magha Puja Themes to be Mindful of:

Western Buddhists often exchange gifts, but Eastern Buddhists typically do not. People often chant, practice meditation, and light oil lamps. The day is celebrated with gift exchanges, lighting oil lamps, attending temple, and chanting/meditation. People give offerings to monks at lunch at temples, typically sweet or savory. The spiritual aims of Magha Puja are to do good things and purify the mind. Some practitioners may choose to fast at this time.

### Supporting Our Campus Community

#### During Visakha Puja:

Please keep in mind that many Buddhist practices vary from one observer to the next and by region. While not all observers will take time off, devout observers may request time off in recognition of their practices. The common way to wish someone well during Magha Puja is to say "Amitufo" (E-mi-tuo-fo).





## Spring Semester:

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## Visakha Puja

May 23, 2024

### About Visakha Puja:

Visakha Puja celebrates Buddha's birthday. It commemorates the birth, death, and enlightenment of Buddha. For Buddhists, this is one of the most important holidays. According to Buddhist scriptures, all three of these events happened on the same day.

### Visakha Puja Themes to be Mindful of:

In the morning of Visakha Puja, followers assemble in temples to offer food to the monks. They sing hymns in praise of the Buddha, the Dharma (his teachings) and the Sangha (Disciples). It is prohibited to consume alcohol on this day. Some followers set fish and birds free to release bad karma. Some may choose to take the day off in recognition of the day. This is a time for practicing Buddhists to express gratitude and thanks to the Buddha for his goodness.

### Supporting Our Campus Community During Visakha Puja:

Please keep in mind that many Buddhist practices vary from one observer to the next and by region. While not all observers will take time off, devout observers may request time off in recognition of their practices. The common way to wish someone well during Visakha Puja is to say "Happy Visakha Puja".



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