

# MULTI-CULTURAL AND DIVERSITY NEWSLETTER



## Alá (19-Day Fast Begins thru Mar 20, Bahá'í)

March 2- The nineteenth and final month in the Bahá'í calendar and the time of the 19-day fast in preparation of their new year, Now Ruz. The English translation of Alá (Arabic) is Loftiness.



## World Day of Prayer

March 3- Held on the first Friday of March, the World Day of Prayer is a worldwide movement of Christian women of many traditions who came together in 1927 to observe a common day of prayer each year. It is a movement initiated and carried out by women in more than 170 countries and regions bringing together women of various races, cultures and traditions in closer fellowship, understanding and action throughout the year.



## Holi (Sikh and Hindu)

March 7- 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 colour celebrates Spring, where people play with liquid and powdered colours, light bonfires and blow horns to celebrate the destruction of Holika.





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## **Butter Lamp Festival (Tibet)**

March 7- To celebrate Shakyamuni's victory over non-Buddhist opponents in 1409, Lord Neu Dzong, a noted patron of Tsongkapa, illuminated numerous butter lamps. The tradition has since then flourished.



**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.**

Mothering  
SUNDAY

March 19- Mothering Sunday is the celebration of motherhood in UK, and takes place on the fourth Sunday of Lent. Traditionally children bring gifts of flowers and chocolates to their mothers. Breakfast in bed is also an expectation, as is a relaxing, carefree day. It originated with the Victorian practice of allowing servants to return home to visit their mothers on this day.



## **Shunbun no hi (Japan)**

March 20- During the time of the Spring Equinox, Buddhists meditate on the harmony in the universe.



## **Now Ruz (New Year) Afghanistan, Bahá'í, Iran, Zoroastrian, Islam Ismaili**

March 21- Nowruz means "New Day" and is the traditional celebration of the ancient Persian New Year. Iranians celebrate it on March 20th. It is also a holy day for Zoroastrian, Sufi, Ismaili and the Baha'i faiths. Persians (Iranians, Afghans and Tajiks) and other Indo-Iranian groups (Kurds, Armenians, Azarbaijanis and Balochs) start preparing for the Nowruz with a major spring-cleaning of their houses and the purchase of new clothes to wear for the new year. They visit the elders of their family, then the rest of their family and finally their friends. On the thirteenth day families leave their homes and picnic outdoors.

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International  
**DAY** FOR THE  
Elimination  
of **RACIAL**  
DISCRIMINATION  
**TAKE ACTION** AND  
**SPEAK UP!**  
**MARCH 21**

**CUPE**



## Ramadan Begins (Islam)

March 23- This is the holiest month in the Islamic Year and begins at the sighting of the new moon. It commemorates the period during which Prophet Mohammad received divine revelations. Observing Muslims fast between the hours of sunrise and sunset during the entire month, read the Qu'ran and worship in the mosque or at home. The dates vary by a day depending on whether the Saudi Arabia or the North American Calendar is being observed. This calendar follows the North American dates which is a day later. <https://youtu.be/tLDeKwNApd4>



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## Ram Navami (Hindu)

March 30- Ram Navami celebrates the birthday of Rama, the seventh incarnation of God Vishnu. Hindus read the Ramayan, a Hindu epic, which tells the story of Rama, during the previous eight days.

## References

Electronic multicultural calendar 2023. (n.d.). Retrieved January 10, 2023, from <https://www.multiculturalcalendar.com/ecal/main.php?lang=en&s=steDND&year=2023&id>

[Video file]. (2020, May 11). In YouTube. Retrieved February 15, 2023, from <https://youtu.be/tLDeKwNApd4>