



EVERYTHING IS GOING TO BE ALRIGHT

Edge Hill University

THE INCLUSION CALENDAR 2021/22





# October

## 2021

**"These so-called bleak times are necessary to go through in order to get to a much, much better place."** David Lynch.



In this year's calendar we continue our inclusion theme but cannot disregard the immense impact the coronavirus has had right across the entire World. Coronavirus does not discriminate; anyone can get the virus. During this challenging time, people are coming together and are supporting one another. We are showing that, even in some of the most difficult and tough times, we can all choose to be kind. Helping each other has been shown to be good for our own mental health, helping to reduce stress and improving overall wellbeing.

Edge Hill University

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 39					1	2	3
Week 40	4	5	6	7	8	9	10
Week 41	11	12	13	14	15	16	17
Week 42	18	19	20	21	22	23	24
Week 43	25	26	27	28	29	30	31

October is Breast Cancer Awareness Month | Down Syndrome Awareness Month | Black History Month | Lupus Awareness Month | Global Diversity Awareness Month.

○ Last Quarter    ● New Moon    ○ First Quarter    ○ Full Moon

## Special Days

- 1st International Day of Older Persons,
- 2nd International Day of Non-Violence, Feast of the Guardian Angels – Christian,
- 4th Saint Francis' Day – Christian, Blessing of the Animals – Christian,
- 6th Navaratri begins – Hindu, World Cerebral Palsy Day,
- 9th Birthday of Guru Ram Das – Sikh,
- 10th World Mental Health Day,
- 11th International Day of the Girl Child,
- 14th World Sight Day,
- 15th International Day of Rural Women, Dussehra – Dasara – Hindu, Global Handwashing Day,
- 16th World Food Day,
- 17th International Day for the Eradication of Poverty,
- 18th Feast of Saint Luke – Christian,
- 19th Mawlid al-Nabi – Islam,
- 24th United Nations Day,
- 25th Bank Holiday – ROI,
- 26th Intersex Awareness Day,
- 28th Feast of Saints Simon and Jude – Christian,
- 29th World Stroke Day,
- 31st All Hallows' Eve – Christian, Samhain (Halloween) – Beltane – Wicca/Pagan Northern and Southern hemispheres, Reformation Day – Protestant Christian, British Summer Time ends.

All Jewish holidays begin at sundown on the evening before.





# November 2021





*"It is only in our darkest hours that we may discover the true strength of the brilliant light within ourselves that can never, ever, be dimmed."*  
Doe Zantamata.



## Random Act of Kindness

Leave a bouquet of flowers at the hospital, the nurses will know who needs it the most.



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 44	1	2	3	4 	5	6	7
Week 45	8	9	10	11 	12	13	14
Week 46	15	16	17	18	19 	20	21
Week 47	22	23	24	25	26	27 	28
Week 48	29	30					

November is Lung Cancer Awareness Month | Pancreatic Cancer Awareness Month |  
Mouth Cancer Action Month | COPD Awareness Month |  
Movember Men's Health Awareness Month.

 Last Quarter    New Moon    First Quarter    Full Moon

## Special Days

- 1st All Saints' Day – Christian,
- 2nd All Souls' Day – Christian,  
Coronation of Emperor Haile Selassie I – Rastafari,
- 4th Diwali – Deepavali – Hindu, Sikh, Jain,  
Bandi Chhor Divas – Sikh,
- 6th Birth of the Báb – Baha'i,
- 7th Birth of Baha'u'llah – Baha'i,
- 8th Intersex Day of Solidarity,
- 9th Dedication of the Lateran Basilica – Catholic Christian,
- 11th Armistice Day – Interfaith,
- 13th World Kindness Day,
- 14th Remembrance Sunday,  
14–21 UK Interfaith Week,  
World Diabetes Day,
- 15th Nativity Fast begins – Orthodox Christian,
- 17th International Students' Day,
- 19th International Men's Day,  
Birthday of Guru Nanak Dev – Sikh,
- 20th Universal Children's Day,  
Transgender Day of Remembrance,
- 21st Presentation of the Theotokos – Orthodox Christian,  
Feast of Christ the King – Christian,
- 24th Martyrdom of Guru Tegh Bahadur – Sikh,
- 25th International Day for the Elimination of Violence against Women,  
Day of the Covenant – Baha'i,  
Thanksgiving – USA,
- 27th Ascension of Abdu'l-Bahá – Baha'i,
- 28th Advent Sunday – Christian,
- 29th Chanukah – Judaism,
- 30th Saint Andrew's Day – Christian,  
Bank Holiday – Scotland.

All Jewish holidays begin at sundown on the evening before.



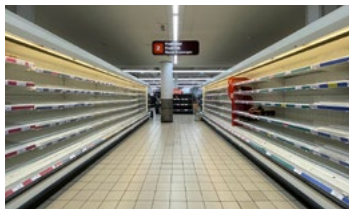
**> diversiton**  
It's all about inclusion

The Inclusion Calendar 2021



# December 2021

*"Pandemics are an especially demanding test... because we are not just trying to protect people we know, but also people we do not know or even, possibly, care about". Nicholas Christakis, Yale University.*



## Random Act of Kindness

Offer to help wrap presents for elderly neighbours, friends or family.



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 48			1	2	3	4 <sup>●</sup>	5
Week 49	6	7	8	9	10	11 <sup>○</sup>	12
Week 50	13	14	15	16	17	18	19 <sup>○</sup>
Week 51	20	21	22	23	24	25	26
Week 52	27 <sup>○</sup>	28	29	30	31		

December is Universal Month for Human Rights | AIDS Awareness Month |  
Decembeard | Spiritual Literacy Month.

○ Last Quarter    ● New Moon    ○ First Quarter    ○ Full Moon

## Special Days

- 1st World AIDS Day,
- 2nd International Day for the Abolition of Slavery,
- 3rd International Day of Persons with Disabilities,
- 8th Feast of the Immaculate Conception – Christian,  
Rohatsu (Bodhi Day) – Buddhist,
- 9th International Anti-Corruption Day,
- 10th Human Rights Day,
- 18th International Migrants Day,
- 20th International Human Solidarity Day,
- 21st Winter Solstice,  
Yule – Litha – Wicca/Pagan Northern and Southern hemispheres,
- 24th Christmas Eve – Christian,
- 25th Christmas Day – Christian,  
Feast of the Nativity – Orthodox Christian,
- 26th Saint Stephen's Day – Christian,  
Boxing Day,  
Feast of the Holy Family – Catholic Christian,  
Zarathosht Diso (Death of Prophet Zarathushtra) – Zoroastrian,
- 27th Bank Holiday – England, Wales, Scotland, Northern Ireland and ROI,
- 28th Bank Holiday – England, Wales, Scotland, Northern Ireland and ROI,  
Holy Innocents – Christian,
- 31st New Year's Eve/Hogmanay,  
Watch Night – Christian.

All Jewish holidays begin at sundown on the evening before.





# January 2022

"We are all navigating this new normal together. As we lock arms virtually and try to help one another in the ways we can, our vast world suddenly feels a little smaller and a lot more connected. And for that, we are grateful." Michael Dell, CEO of Dell.



## Random Act of Kindness

Check in with your colleagues and ask how they are feeling with the change in working routine.



Edge Hill University

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 52						1	2
Week 1	3	4	5	6	7	8	9
Week 2	10	11	12	13	14	15	16
Week 3	17	18	19	20	21	22	23
Week 4	24	25	26	27	28	29	30
Week 5	31						

January is Cervical Health Awareness Month | Celebration of Life Month | Alcohol Concern Dry January | Thyroid Awareness Month.

○ Last Quarter   ● New Moon   ○ First Quarter   ○ Full Moon

## Special Days

- 1st **Mary, Mother of God** – Catholic Christian,  
**Gantan-sai (New Year)** – Shinto,  
**New Year's Day/Hogmanay**,  
**Global Family Day**,
- 3rd **Bank Holiday** – England, Wales,  
Scotland, Northern Ireland and ROI,
- 4th **World Braille Day**,  
**Bank Holiday** – Scotland,
- 5th **Twelfth Night** – Christian,
- 6th **Epiphany** – Christian,  
**Feast of the Theophany** – Orthodox Christian,
- 7th **Feast of the Nativity** – Orthodox Christian,
- 9th **Baptism of the Lord Jesus** – Christian,  
**Birthday of Guru Gobind Singh** – Sikh,
- 10th **Seijin no hi (Coming of Age Day)** – Shinto,
- 13th **Lohri/Maghi** – Hindu, Sikh,
- 14th **Old New Year** – Orthodox Christian,  
**Makar Sankranti** – Hindu,  
**Pongal** – Hindu,
- 16th **World Religion Day**,
- 17th **Tu B'Shvat** – Judaism,  
**17–19 Mahayana New Year** – Buddhist,  
**Martin Luther King Jnr. Day**,
- 18th **18–25 Week of Prayer for Christian Unity** – Christian,  
**Thaipusam** – Hindu,
- 19th **Timkat** – Ethiopian Orthodox Christian,
- 24th **International Day of Education**,
- 25th **Robert Burns Night (Burns Night)**,  
**Conversion of Saint Paul** – Christian,
- 27th **Holocaust Memorial Day**,
- 28th **Data Privacy Day**,
- 31st **Birthday of Guru Har Rai** – Sikh.

All Jewish holidays begin at sundown on the evening before.







# February

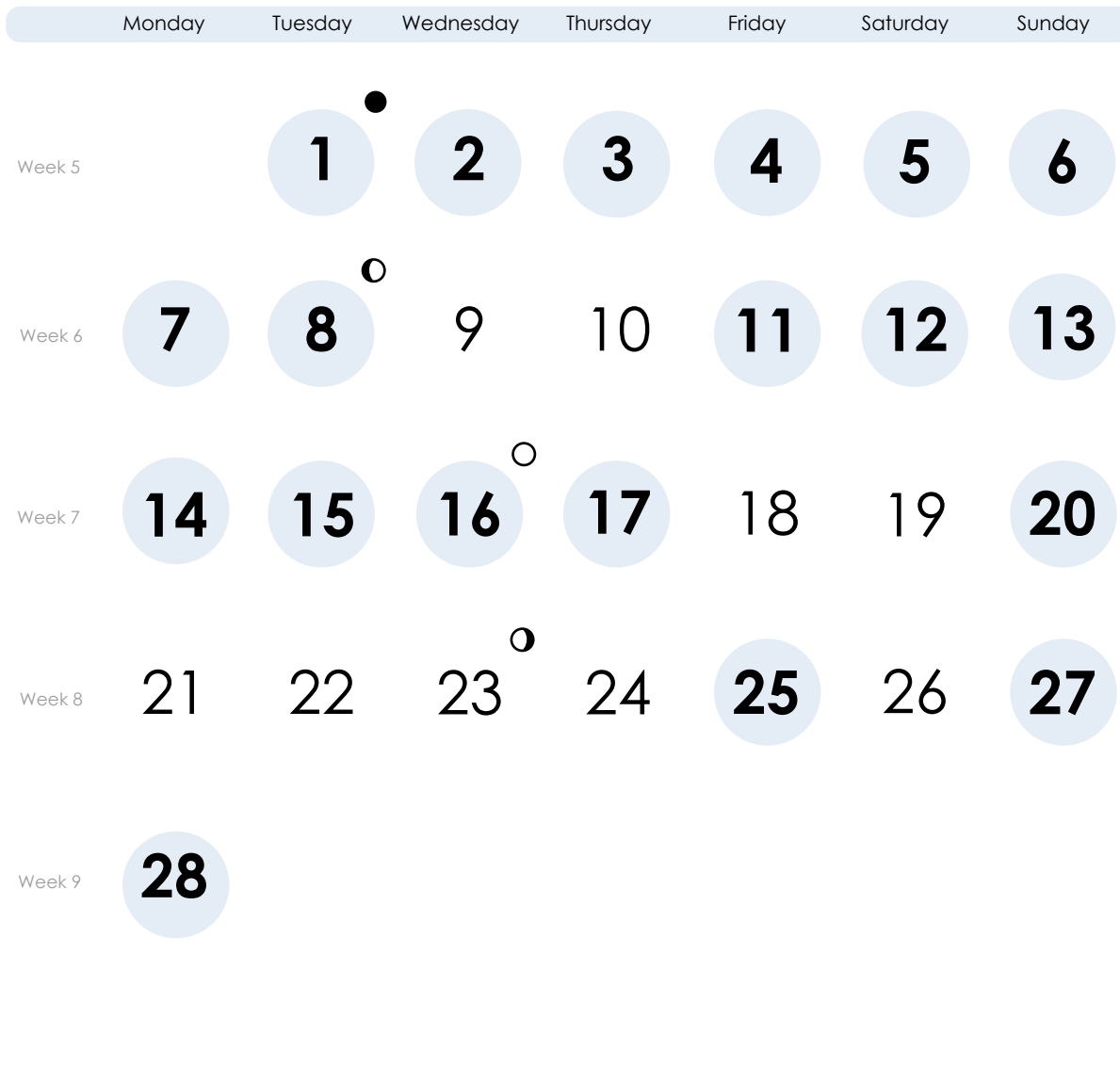
2022

"Covid-19 offers us a great opportunity for individual and collective recession. It is a time to go back to the drawing board and rewrite the next phase of our existence. The upcoming generation has to read about how we fought this pandemic with or without vaccines in order to overcome similar situations during their times." Olawale Danie.



## Random Act of Kindness

Call a friend that you haven't spoken to for a while.



February is UK National Heart Month | Lesbian Gay Bisexual Trans History Month | Raynaud's and Scleroderma Awareness Month.

○ Last Quarter    ● New Moon    ○ First Quarter    ○ Full Moon

## Special Days

- 1st World Hijab Day,  
1–7 World Interfaith Harmony Week,  
Chinese New Year – Confucian, Daoist,  
Buddhist,  
Imbolc – Lughnassadh – Wicca/Pagan  
Northern and Southern hemispheres,
- 2nd Candlemas (Presentation of Christ in  
the Temple) – Christian,
- 3rd Setsubun-sai – Shinto,
- 4th World Cancer Day,
- 5th Vasant Panchami – Hindu,
- 6th Zacchaeus Sunday – Orthodox  
Christian,
- 7th 7–13 UK Race Equality Week,
- 8th Safer Internet Day,
- 11th International Day of Women and Girls  
in Science,  
World Day of the Sick,
- 12th Red Hand Day for Child Soldiers,
- 13th Triodion begins – Orthodox Christian,  
Autism Sunday,
- 14th Saint Valentine's Day,
- 15th International Childhood Cancer Day,  
Parinirvana Day/Nirvana Day  
– Buddhist,
- 16th Magha Puja (Sangha Day) – Buddhist,
- 17th World Human Spirit Day,
- 20th Sunday of the Prodigal Son – Orthodox  
Christian,  
World Day of Social Justice,
- 25th Intercalary Days begin – Baha'i,  
International STAND UP to Bullying Day,
- 27th Meatfare Sunday – Orthodox Christian,
- 28th Lailat al Miraj – Islam.

All Jewish holidays begin at sundown  
on the evening before.





# March

## 2022

*"It took a pandemic to make me realise that I do have a family; that I do have friends; that I do have a heart and that I do have faith."*

Anthony T. Hincks.



### Random Act of Kindness

Tell your family members how much you love and appreciate them.



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 9		1	2	3	4	5	6
Week 10	7	8	9	10	11	12	13
Week 11	14	15	16	17	18	19	20
Week 12	21	22	23	24	25	26	27
Week 13	28	29	30	31			

March is Prostate Cancer Awareness Month | Ovarian Cancer Awareness Month | UK Marie Curie Cancer Care Great Daffodil Appeal Month.

○ Last Quarter    ● New Moon    ○ First Quarter    ○ Full Moon

## Special Days

- 1st Shrove Tuesday – Christian,  
Saint David's Day – Christian,  
Maha Shivaratri – Hindu,  
Intercalary Days (end) – Baha'i,  
Zero Discrimination Day,  
Self Injury Awareness Day (SIAD),  
International Wheelchair Day,
- 2nd Ash Wednesday – Christian,  
Nineteen Day Fast begins – Baha'i,
- 3rd World Hearing Day,
- 6th Cheesefare Sunday – Orthodox Christian,
- 7th Great Lent begins – Clean Monday – Orthodox Christian,
- 8th International Women's Day,
- 13th Sunday of Orthodoxy – Orthodox Christian,
- 14th Nanakshahi (New Year) – Sikh,
- 15th Lord's Evening Meal – Jehovah's Witness,
- 17th Saint Patrick's Day – Christian,  
Bank Holiday – Northern Ireland and ROI,  
Purim – Judaism,  
Holika Dahan – Hindu,
- 18th Holi – Hindu,  
Lailat al Bara'ah – Islam,  
Global Recycling Day,
- 19th Saint Joseph's Day – Christian,  
Hola Mohalla – Sikh,
- 20th Spring Equinox,  
Ostara – Mabon – Wicca/Pagan  
Northern and Southern hemispheres,  
International Day of Happiness,
- 21st Naw-Rúz (New Year) – Baha'i,  
Norooz (New Year) – Persian/Zoroastrian,  
International Day for the Elimination of Racial Discrimination,  
World Down Syndrome Day,
- 22nd World Water Day,
- 24th World TB Day,
- 25th Annunciation to the Theotokos – Orthodox Christian,  
The Annunciation of the Virgin Mary – Christian,
- 26th Khordad Sal (Birth of Prophet Zarathushtra) – Zoroastrian,
- 27th Mothering Sunday,  
British Summer Time begins,
- 30th World Bipolar Day,
- 31st International Transgender Day of Visibility.

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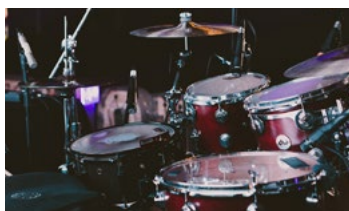






# April 2022

"The CEO is of no more importance than somebody cleaning the floors or that takes a bucket and mops the floors. I think that this is a time as a reset where we really have to re-evaluate how we treat workers, how people are paid, how can we get them into a role where they receive an equity as part of their compensation... they have something that appreciates. All these things I think are important as we go through this reset in business." Mark Cuban – Entrepreneur and owner of Dallas Mavericks.



## Random Act of Kindness

Leave an online review for your favourite lunch spot or restaurant, telling everyone how great they are.



Edge Hill University

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 13					1	2	3
Week 14	4	5	6	7	8	9	10
Week 15	11	12	13	14	15	16	17
Week 16	18	19	20	21	22	23	24
Week 17	25	26	27	28	29	30	

April is Autism Awareness Month | Stress Awareness Month |  
Bowel Cancer Awareness Month | Parkinson's Awareness Month.

○ Last Quarter ● New Moon ○ First Quarter ○ Full Moon

## Special Days

- 1st April Fool's Day,
- 2nd Ramayana begins – Hindu,  
Ramadan begins – Islam,  
Ugadi/Telugu New Year – Hindu,  
World Autism Awareness Day,
- 7th World Health Day,
- 8th International Romani Day,
- 10th Palm Sunday – Christian,  
Rama Navami – Hindu,
- 13th Songkran (Thai New Year) – Buddhist,
- 14th Maundy Thursday – Christian,  
Tamil New Year,  
Birth of the Khalsa (Vaisakhi) – Sikh,  
Mahavir Jayanti – Jain,
- 15th Good Friday – Christian,  
Bank Holiday – England, Wales,  
Scotland and Northern Ireland,
- 16th Theravada New Year – Buddhist,  
Hanuman Jayanti – Hindu,  
Lazarus Saturday – Orthodox Christian,  
Passover – Judaism,
- 17th Easter Sunday – Christian,  
Palm Sunday – Orthodox Christian,
- 18th Easter Monday – Christian,  
Bank Holiday – England, Wales,  
Northern Ireland and ROI,  
Birthday of Guru Tegh Bahadur – Sikh,  
Birthday of Guru Angad Dev – Sikh,
- 21st First Day of Ridvan – Baha'i,
- 22nd Holy Friday – Orthodox Christian,  
Earth Day,
- 23rd Saint George's Day – Christian,
- 24th Pascha (Easter) – Orthodox Christian,
- 25th World Malaria Day,  
Feast of Saint Mark the Evangelist  
– Christian,
- 28th Yom HaShoah (Holocaust  
Remembrance Day) – Judaism,  
World Day for Health & Safety at Work,  
Lailat al-Qadr – Islam,
- 29th Ninth Day of Ridvan – Baha'i,
- 30th Saint James the Great's Day  
– Orthodox Christian.

All Jewish holidays begin at sundown on the evening before.

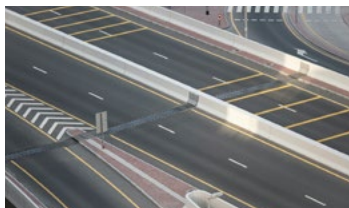






# May 2022

"We have a chance to do something extraordinary. As we head out of this pandemic we can change the world. Create a world of love. A world where we are kind to each other. A world where we are kind no matter what class, race, sexual orientation, what religion or lack of or what job we have...Let love and kindness be our roadmap." Johnny Corn.



## Random Act of Kindness

Donate to your local foodbank or to a charity that is close to your heart.



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	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 17							1
Week 18	2	3	4	5	6	7	8
Week 19	9	10	11	12	13	14	15
Week 20	16	17	18	19	20	21	22
Week 21	23	24	25	26	27	28	29
Week 22	30	31					

May is Action on Stroke Month | Mental Health Awareness Month | Hepatitis Awareness Month | UK National Walking Month | Celiac Awareness Month.

○ Last Quarter ● New Moon ○ First Quarter ○ Full Moon

## Special Days

- 1st Beltane – Samhain – Wicca/Pagan Northern and Southern hemispheres,
- 2nd Birthday of Guru Arjan Dev – Sikh, Twelfth Day of Ridvan – Baha'i, Eid al Fitr – Islam, Bank Holiday – England, Wales, Scotland, Northern Ireland and ROI,
- 3rd Feast of Saints Philip and James – Catholic Christian, Akshaya Tritiya – Hindu, Jain, World Press Freedom Day,
- 4th Yom HaZikaron (Israeli Memorial Day) – Judaism, International Firefighters Day,
- 5th Yom Ha'Atzmaut (Israeli Independence Day) – Judaism,
- 8th World Red Cross and Red Crescent Day,
- 12th International Nurses Day,
- 14th Feast of Saint Matthias – Catholic Christian,
- 15th International Day of Families,
- 16th Vesak – Buddhist,
- 17th International Day Against Homophobia, Transphobia and Biphobia,
- 19th Lag BaOmer – Judaism, Global Accessibility Awareness Day,
- 21st World Day for Cultural Diversity for Dialogue and Development,
- 22nd International Day for Biological Diversity,
- 23rd Birthday of Guru Amar Das – Sikh,
- 24th Declaration of the Báb – Baha'i,
- 26th Ascension Day – Christian,
- 29th Yom Yerushalayim (Jerusalem Day) – Judaism, Ascension of Baha'u'llah – Baha'i, International Day of United Nations Peacekeepers,
- 31st Visitation of the Blessed Virgin Mary – Catholic Christian, World No Tobacco Day.

All Jewish holidays begin at sundown on the evening before.







# June 2022

*"Only now do we value every breath that escapes our lips. Perhaps now we will learn to be grateful."*  
Saim A. Cheeda.




## Random Act of Kindness

Hold open the doors for people.



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 22			1	2	3	4	5
Week 23	6	7 	8	9	10	11	12
Week 24	13	14 	15	16	17	18	19
Week 25	20	21 	22	23	24	25	26
Week 26	27	28	29 	30			

June is Motor Neurone Disease Awareness Month | Stillbirth & Neonatal Death Awareness Month | LGBTQ Pride Month | Men's Health Awareness Month | Gypsy, Roma and Traveller History Month.

 Last Quarter  New Moon  First Quarter  Full Moon

## Special Days

- 1st Global Day of Parents,
- 2nd Ascension of the Lord – Orthodox Christian,  
Bank Holiday – England, Wales, Scotland and Northern Ireland,
- 3rd Platinum Jubilee Bank Holiday – England, Wales, Scotland and Northern Ireland,
- 4th International Day of Innocent Children Victims of Aggression,
- 5th Shavuot – Judaism,  
Pentecost – Christian,  
World Environment Day,
- 6th Bank Holiday – ROI,
- 11th Global Wellness Day,
- 12th Trinity Sunday – Christian,  
Pentecost – Orthodox Christian,  
World Day against Child Labour,
- 14th World Blood Donor Day,
- 15th World Elder Abuse Awareness Day,
- 16th Martyrdom of Guru Arjan Dev – Sikh,  
Corpus Christi – Catholic Christian,
- 17th World Day to Combat Desertification and Drought,
- 18th Autistic Pride Day,
- 19th Father's Day,
- 20th The Fast of the Holy Apostles – Orthodox Christian,  
World Refugee Day,
- 21st Summer Solstice,  
Litha – Yule – Wicca/Pagan Northern and Southern hemispheres,  
World Humanist Day,
- 22nd UK Windrush Day,
- 24th Nativity of Saint John the Baptist – Christian,  
Sacred Heart of Jesus – Catholic Christian,
- 26th International Day Against Drug Abuse and Illicit Trafficking,
- 29th Feast of Saints Peter and Paul – Christian.

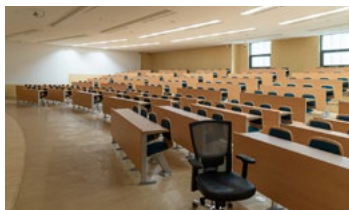
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# July 2022

**"One virus has put all mankind of our planet to a survival test challenging the ability, intelligence and knowledge of humans."** Syed Badiuzzaman.



**Random Act  
of Kindness**  
Thank a Teacher with  
a gift.



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 26					1	2	3
Week 27	4	5	6	7	8	9	10
Week 28	11	12	13	14	15	16	17
Week 29	18	19	20	21	22	23	24
Week 30	25	26	27	28	29	30	31

July is UV Safety Month | Make a Difference to Children Month |  
International Women with Alopecia Month | Group B Strep Awareness Month.

○ Last Quarter    ● New Moon    ○ First Quarter    ○ Full Moon

## Special Days

3rd Saint Thomas the Apostle – Christian,  
4th US Independence Day,  
5th Birthday of Guru Hargobind – Sikh,  
7th Hajj – Islam,  
8th Waqf al Arafah – Islam,  
9th Eid al Adha – Islam,  
10th Martyrdom of the Báb – Baha'i,  
11th World Population Day,  
12th Orangemen's Day,  
Bank Holiday – Northern Ireland,  
13th Asalha Puja (Dharma Day) – Buddhist,  
14th International Non Binary People's Day,  
15th Saint Vladimir the Great Day  
– Orthodox Christian,  
World Youth Skills Day,  
17th World Day for International Justice,  
18th Nelson Mandela International Day,  
22nd Feast of Saint Mary Magdalene  
– Christian,  
23rd Birthday of Guru Har Krishan – Sikh,  
Birthday of Emperor Haile Selassie  
– Rastafari,  
24th Pioneer Day – Mormon Christian,  
25th Saint James the Great Day – Christian,  
28th World Hepatitis Day,  
30th Al-Hijra/Muharram – New Year – Islam,  
World Day against Trafficking Persons,  
International Day of Friendship.

All Jewish holidays begin at sundown  
on the evening before.







# August 2022

*"Struggling for the right words to say. Feeling a bit helpless and anxious. I am used to being team mates with people from all over the world, something I love most about cycling. It has occurred to me that every person in the world right now is my team mate, because every single person can make a difference in this flight. We are all in this together."* Lizzie Deignan, Former World Road Racing Champion.



## Random Act of Kindness

Give a stranger  
a compliment.



Edge Hill University

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 31	1	2	3	4	5 <sup>○</sup>	6	7
Week 32	8	9	10	11	12 <sup>○</sup>	13	14
Week 33	15	16	17	18	19 <sup>○</sup>	20	21
Week 34	22	23	24	25	26	27 <sup>●</sup>	28
Week 35	29	30	31				

August is Health & Safety Month | Psoriasis Awareness Month | US Black Business Month | Children's Eye Health & Safety Month.

○ Last Quarter

● New Moon

○ First Quarter

○ Full Moon

## Special Days

- 1st **Lammas** – Christian,  
**Fast in honour of Holy Mother of Lord Jesus** – Orthodox Christian,  
**Lughnasadh – Imbolc** – Wicca/Pagan Northern and Southern hemispheres,  
**Summer Bank Holiday** – Scotland and ROI,
- 6th **Transfiguration of the Lord** – Orthodox Christian,  
**Feast of Transfiguration of Our Lord** – Christian,
- 7th **Tish'a B'av** – Judaism,
- 8th **Ashura** – Islam,
- 9th **International Day of the World's, Indigenous Peoples,**
- 10th **Feast of Saint Lawrence** – Christian,
- 11th **Raksha Bandhan** – Hindu,
- 12th **International Youth Day,**
- 15th **Assumption of Blessed Virgin Mary** – Catholic Christian,  
**Dormition of the Theotokos** – Orthodox Christian,
- 18th **Krishna Janmashtami** – Hindu,
- 19th **World Humanitarian Day,**
- 22nd **Queenship of Mary** – Catholic Christian,  
**International Day Commemorating the Victims of Acts of Violence based on Religion or Belief,**
- 23rd **Paryushana Parvarambha begins** – Jain,
- 24th **Feast of Saint Bartholomew the Apostle** – Christian,
- 29th **Beheading of Saint John the Baptist** – Christian,  
**Summer Bank Holiday** – England, Wales and Northern Ireland,
- 31st **Ganesh Chaturthi** – Hindu,  
**Samvatsari** – Jain.

All Jewish holidays begin at sundown on the evening before.





# September 2022

*"We should take comfort that while we may have more still to endure, better days will return: we will be with our friends again; we will be with our families again; we will meet again." HRH, Queen Elizabeth.*



## Random Act of Kindness

Reach out to spend time with a friend, family member or neighbour who is experiencing loneliness.



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 35				1	2	3 <sup>○</sup>	4 <sup>●</sup>
Week 36	5 <sup>●</sup>	6	7	8 <sup>○</sup>	9 <sup>○</sup>	10 <sup>○</sup>	11
Week 37	12	13	14 <sup>○</sup>	15 <sup>○</sup>	16	17 <sup>○</sup>	18
Week 38	19	20	21 <sup>○</sup>	22	23 <sup>○</sup>	24	25 <sup>●</sup>
Week 39	26 <sup>○</sup>	27 <sup>○</sup>	28 <sup>○</sup>	29 <sup>○</sup>	30		

September is Sickle Cell Awareness Month | Childhood Cancer Awareness Month | International Blood Cancer Awareness Month | World Alzheimer's Month | World Dementia Awareness Month.

○ Last Quarter    ● New Moon    ○ First Quarter    ○ Full Moon

## Special Days

- 4th Ecclesiastical Year begins – Orthodox Christian,
- 5th International Day of Charity,
- 8th Nativity of Virgin Mary – Christian, Nativity of the Theotokos – Orthodox Christian,
- 9th International Literacy Day,
- 10th Anant Chaturdashi – Hindu,
- 10th World Suicide Prevention Day,
- 14th Triumph of the Cross – Christian, Exaltation of the Cross – Orthodox Christian,
- 15th International Day of Democracy,
- 21st Feast of Saint Matthew – Christian, International Day of Peace,
- World Alzheimer's Day,
- 23rd Autumn Equinox, Mabon – Ostara – Wicca/Pagan Northern and Southern hemispheres, Bi Visibility Day,
- International Day of Sign Languages,
- 25th World Deaf Day,
- 26th Rosh Hashanah – Judaism, Navaratri begins – Hindu,
- UK National Inclusion Week begins,
- 27th Meskel – Ethiopian Orthodox Christian,
- 28th International Right to Know Day,
- 29th Michaelmas – Saint Michael and All Angels – Christian, World Heart Day.

All Jewish holidays begin at sundown on the evening before.