

Chaplaincy Services

Holy Days, Celebrations and Observances of May 2024

May 1 Beltane Pagan/Wicca

Beltane is a Pagan holiday, and one of the eight Sabbats. It falls about halfway between the spring equinox (Ostara) and the coming summer solstice, Litha. 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.



This festival is often commemorated with bonfires, maypoles, dancing, and performing fertility rituals. Beltane is a Celtic word, meaning "the fires of Bel." Bel, likely referred to the Celtic sun god, Belenus. The Celts used to light two bonfires because they believed it would purify themselves, as well as increase their fertility. They would pass cattle between the two fires, with the belief that it would purify the cattle, and ensure

the fertility of the herd. Although this is not a ritual that is practiced now, modern pagans still light bonfires and practice fertility rituals on this day.

Modern-day pagans celebrate Beltane in a variety of ways. One way to celebrate is with a maypole. In this custom, a pole is placed in a field with ribbons attached. Each person (usually women and girls) will grab a hold of their own ribbon, and dance around the pole in a special way, so as to weave the ribbons into a specific pattern. 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. They give the baskets to someone in need of care, such as an elderly friend, or someone who is recovering from an illness.





May 2 12th of Ridvan Baha'i

From the evening of May 1 to the evening of May 2 Baha'is will celebrate the last and Twelfth Day of Ridván. Ridván, which translates to paradise, is a twelve day Baha'i festival that commemorates the historic events during which Bahá'u'lláh, founder of the Baha'i faith, declared himself the messenger of God. The holiday is named for the Garden of Ridván in which he made the declaration. The first, ninth, and twelfth days are holy days of the festival. They mark Bahá'u'lláh's arrival, the arrival of his family, and their departure from the garden, respectively.

After his arrival in the garden, Bahá'u'lláh made his declaration for the first time to a small group of family and friends. For the next eleven days Bahá'u'lláh received many visitors. However, his family was not able to join him until April 30, the ninth day, because the Tigris river had risen and made travel to the garden difficult. On the twelfth day of their stay, Bahá'u'lláh and his family left the garden and started on their journey to Constantinople. He was banished by the government of the Ottoman Empire as a result of their fear of the Baha'i faith namely, how quickly it spread and how popular it was becoming.

Baha'is carefully reflect on Bahá'u'lláh's exile when celebrating the Twelfth Day of Ridván. They observe this holiday by gathering in prayer and celebration. School and work are prohibited on the Twelfth Day of Ridván because it is a holy day.

Photo: Facebook/NorthernSouls

May 3 Feast of Saints Philip and James Christian

Philip and James were both apostles, and both served Christ faithfully during the very early days of the Church.

Philip seems to have been an enthusiastic person. He was the one who brought his friend Nathanael to Jesus, insisting to Nathanael that he had found the person about whom Moses had written. Some years later it was Philip who made arrangements, with the help of Andrew, to have a group of Greek Gentiles brought to Jesus. Philip the apostle is not to be confused with the deacon Philip of Acts 8, who preached in Samaria and baptized the Ethiopian, although some writers say that they are the same person. Philip also had a practical, down-to-earth mind. He was the apostle who commented that it would take a considerable amount of money to feed a crowd of more than 5,000 hungry men, women, and children. It was Philip who asked to see the Father when Jesus spoke about him at the Last Supper.

James was the son of Alphaeus and seems to have been born in Caesarea. He is mentioned less frequently in the New Testament than Philip is. Sometimes James is called the Less, which might be a hint that he was a short person or else that he was younger than the other apostle named James.

After Jesus' death James continued to preach the Gospel and is believed to have become the first bishop of Jerusalem. Assuming that James and the first bishop of Jerusalem are one and the



same person, then he met his death as a martyr in that city about the year 62 C.E.. Tradition identifies James as the author of the epistle associated with his name.

May 5 Coptic/Orthodox Easter Coptic/Orthodox Christian

Easter, or Pascha, is the celebration of Jesus' resurrection from death to life everlasting.

Traditions vary throughout the Orthodox community. For instance, In Bulgaria many worshipers celebrate outside churches after midnight liturgy, carrying candles to symbolize the resurrection of Jesus Christ. Painted eggs are cracked or smashed and richly-painted Orthodox churches are filled with clouds of incense and choir songs.



In Greece, Easter Sunday is also a widely celebrated occasion. Lambs are roasted on a spit and the provision of wine is abundant. The roasted lamb is served in honor of Jesus Christ, who was sacrificed and rose again on Easter. Lamb is the most traditional Greek Easter food. Red-dyed eggs are cracked against each other and the person with the last remaining uncracked egg will have good luck. Easter Sunday is a time of festivity and people eat, chat or dance throughout the night.

On the island of Crete, many villages prepare for a bonfire effigy of Judas Iscariot, who betrayed Jesus Christ, as described in the New Testament of the Bible. In the lead up to the bonfire event, people gather sticks and branches to prepare to burn the effigy.

Coptic Easter is one of the two most important holy days for Egyptian Christians, the other being Coptic Christmas on Jan. 7. Coptic Easter marks the end of the 55-day Lent, commonly known as the Great Fast, where all animal products – including milk, cheese and butter – are prohibited.

While Coptic fasting time is unequalled in any other Christian community, with a total of 210 days in 365, the pre-Easter fast is the longest. That is why the feasting that follows it is the most remarkable in Egyptian Coptic culture.

On Easter eve or Holy Saturday, which falls this year on April 11, Coptic Christians start their Easter Vigil, also known as The Great Vigil, which lasts until the dawn of Easter. It is preferable for those who can to fast completely – that is, abstain from food and drink – on Good Friday and Holy Saturday, and break the fast upon the end of Mass.

The Easter Eve ceremony includes a symbolic reenactment of Christ's ascension, also called the "resurrection play." The play shows the gates of heaven closed following Adam's sin and his expulsion from the Garden of Eden. Lights are turned off to symbolize the darkness humanity lived in before the advent of Christ. The light that follows indicates that Christ has risen and was able to open the gates of heaven, thus cleansing humanity from the original sin.

May 9 Ascension of Jesus Christian

Ascension Day marks Jesus Christ's ascension into heaven, according to Christian belief.

Ascension Day is officially celebrated on a Thursday on the 40th day of Easter, or 39 days after Easter Sunday. Some churches in the United States join forces to celebrate a combined Day of Prayer and Ascension Day service, which may include a time for reflection. A few churches also organize a "church crawl", where people travel from one church to another and experience the different prayer events.

Other churches may feature combined cathedral choirs that offer a special solemn Eucharist written especially for Ascension Day. A social time usually follows the service. Some Lutheran churches hold a special ceremony where the Paschal candle is extinguished and removed after the reading of the gospel on



Ascension Day.

Ascension Day is one of the earliest Christian festivals dating back to the year 68 CE. According to the New Testament in the Bible, Jesus Christ met several times with his disciples during the 40 days after his resurrection to instruct them on how to carry out his teachings. It is believed that on the 40th day he took them to the Mount of Olives, where they watched as he ascended to heaven.

Ascension Day occurs ten days before Pentecost and it always falls on a Thursday. However, some churches, particularly in the United States, celebrate it on the following Sunday.

Ascension Day celebrations include processions symbolizing Christ's entry into heaven and, in some countries, chasing a "devil" through the streets and dunking it in a pond or burning it in effigy – symbolic of the Messiah's triumph over the devil when he opened the kingdom of heaven to all believers.

The liturgical color in many churches is white on Ascension Day. Symbols include the ascending Christ, birds flying homeward, open gates, a lion conquering a dragon, Elijah's fiery chariot and a broken chain.

May 15 Buddha's Birthday Buddhist

The Buddha's Birthday is an important day of celebration for Buddhists around the world.

The holiday is traditionally celebrated in most of East Asia to commemorate the birth of the Prince Siddhartha Gautama. He is the founder of Buddhism, and is also known as the Gautama Buddha. The Buddha was born into the royal family around 563/480 BCE in Nepal. After six years of ascetic practice, Siddhartha attained full enlightenment at the age of thirty five. As a result



he became known as Buddha, or the awakened one. He died at the age of eighty in India. The exact date of Buddha's birthday is based on the Asian lunisolar calendars. It is primarily celebrated in Baisakh month of the Buddhist calendar and the Bikram Sambat month of the Hindu calendar. The date varies from year to year in the Western Gregorian calendar. However, it usually occurs in April or May and in leap years it may be celebrated in June.

The Buddha's Birthday is a holiday for both celebration and reflection for Buddhists. Celebration varies among the different types of Buddhists. Theravada Buddhists combine observance of Buddha's birth, enlightenment, and death into one holiday, called Vesak or Visakha Puja. Tibetan Buddhists also combine observance of these three events into one holiday, Saga Dawa Duchen, which usually falls in June. (Photo below: dreamstime.com)

Most Mahayana Buddhists, however, separate observance of Buddha's birth, death, and enlightenment into three distinct holidays held at different times of the year. In Mahayana countries, Buddha's birthday usually falls on the same day as Vesak. But in some countries, such as Korea, it is a week-long observance that begins a week ahead of Vesak. In Japan, which adopted the Gregorian calendar in the 19th century, Buddha's Birthday always falls on April 8.

Some commonalities in celebration between the different branches of Buddhists are the hanging of lanterns, enjoying communal meals, parades, and visits to temples with offerings. Another tradition that is observed is the washing of the Baby Buddha. Some Buddhists believe that when the Buddha was born, he stood up, took seven steps, and said "I alone am the World-Honored One." He then pointed up, to heaven, with one hand and down, to earth, with the other. The seven steps the Buddha took are thought to represent seven directions—north, south, east, west, up, down, and here. The ritual of "washing the baby Buddha" commemorates this moment. Typically, a small standing figure of the baby Buddha, with the right hand pointing up and the left hand pointing down, is placed on an elevated stand within a basin on an altar. People approach the altar, fill a ladle with water or tea, and pour it over the figure to "wash" the baby.

May 19 Pentecost or Whitsunday Christian

Pentecost is a Christian holiday commemorating the descent of the Holy Ghost upon the disciples of Jesus Christ, according to the New Testament of the Bible. It is also known as Whitsunday, or Whit Sunday.

According to Christian texts, the Holy Spirit, often symbolized by a dove, descended on the apostles who received the gift of tongues. Pentecost celebrates this event.

In many parts of the world, Pentecost has become a traditional day for baptisms to take place. On this day, many people enjoy family gatherings, picnics, or outings to the country. Pentecost is called "the Green Holiday" in Poland. It is a time when people decorate their houses with green branches to bring blessings on the home and the people living in it. Whitsunday is linked to pagan spring rites, such as the English custom of Morris dancing and the drinking of "Whitsun ale".

In the United States, Christians share their perspective about the meaning of Pentecost as well as how the diversity of languages and cultures can enhance their worship and fellowship with each another. Christians see Pentecost as an expansion of God's favor and care from Judaism to all peoples. Many churches celebrate Pentecost with a mass or worship service on this day.

As recorded in the New Testament of the Bible, it was on the 50th day after Easter that the apostles were praying together and the Holy Spirit descended on them. They received the "gift of tongues", the ability to speak in other language and immediately began to preach about Jesus Christ to Jewish people from all over the world who flocked to Jerusalem for the Feast of Shavuot.

Christian Pentecost became not only a commemoration of the Holy Spirit's visit but also marks the birth of the Christian Church. Although it is not certain when Pentecost began to be observed by Christians, it may have been early as the first century. Whitsuntide, also referred to as Whitsun in modern times, is the period beginning with the Saturday before Whitsunday and ending the following Saturday.

According to church tradition, Pentecost is always about seven weeks after Easter Sunday, or 50 days after Easter, including Easter Day



The symbols of Pentecost are those of the Holy Spirit and include flames, wind, the breath of God and a dove. In Estonia and Finland eggs are dyed as at Easter because their hens don't lay eggs until this time. In Germany the day is called "Pfingsten" and pink and red peonies, called "Whitsun roses", are the symbols along with the birch trees. The English refer to the holiday as Whitsunday with reference to the white garments worn on Pentecost by the newly baptized.

May 22/23 (sundown/sundown) Declaration of the Bab Baha'i

On May 23, Baha'is around the world will celebrate the holiday known as the Declaration of the Bab. It commemorates when the Bab announced in 1844 that he was the new messenger of God. The holiday begins two hours and eleven minutes after sunset on May 22, which is the exact time the Bab made his declaration.

The Bab was born Siyyid Ali-Muhammad on October 20, 1918, in Shiraz, Iran. He was the founder of Babism, and one of the central figures of the Bahá'í Faith. In 1844, at the age of twenty-four, he claimed to be a messenger of God and took the name "Báb," which means "gate" or "door" in Arabic to emphasize his role as the portal through which the revelation of God would enter. He served as a herald for Bahá'u'lláh, who is the central prophet of the Baha'i faith.

Baha'is celebrate the Declaration of the Bab by gathering together and sharing prayers, stories,

and reflections. It is one of the nine holy days in the Bahá'í Faith which means that work and school are suspended. (Photo: pinterest.com)



May 23 Vesak Buddhist

The holiday has been observed in different parts of Asia for hundreds of years, but its significance varied by region. In Sri Lanka, for example, it was a religious day simply celebrated at temples, not a public celebration. In Korea, on the other hand, the Buddha's birthday became a more commercial festival under the Choson dynasty, which frowned upon Buddhist religious practices and ended in 1910.

Buddhist reformers in the 19th and 20th centuries, however, deliberately emphasized the Buddha's birthday in their efforts to unite Buddhist populations across countries and protect traditions from Christian missionaries. In the late 1800s, Sri Lankans successfully petitioned the British colonial government to allow celebrations for the Buddha's birthday, which they deliberately modeled on Christmas – a model that caught on around Asia.

These efforts helped the Buddha's birthday become a major global holiday, but celebrations still take place on different dates and with different traditions.

May 26 Lag BaOmer Judaism

Lag BaOmer is a minor, festive holiday that falls on the 33rd day of the seven-week period between Passover and Shavuot, a period of time is known as the Omer. This holiday gives Jews a break from the semi-mourning restrictions (no parties or events with music, no weddings, no

haircuts) that are customarily in place for some Jewish communities during the Omer.

The Omer has both agricultural and spiritual significance: it marks both the spring cycle of planting and harvest, and the Israelites' journey out of slavery in Egypt (Passover) and toward receiving the Torah at Mount Sinai (Shavuot). An omer ("sheaf") is an ancient Hebrew measure of grain. Biblical law forbade any use of the new barley crop until after an omer was brought as an offering to the Temple in Jerusalem. The Book of Leviticus (23:15-16) also commanded: "And from the day on which you bring the offering...you shall count off seven weeks. They must be complete." This commandment led to the practice of the S'firat HaOmer, or the 49 days of the "Counting of the Omer," which begins on the second day of Passover and ends with the celebration of Shavuot on the 50th day.

As in all agrarian societies, if the weather pattern deviates, it can be disastrous for the community. This is a precarious time, when everyone prays for positive results. Since Jewish ancestors saw this as a somber time, there are many prohibitions during this 49-day period, including no weddings, parties or haircuts. (Photo: painting by Alex Levin)

Among those who observe the somber days during the Omer, Lag BaOmer is a day of



wedding celebrations. During the time of the counting of the Omer there are bans on parties, music and dancing, similar to the prohibitions for a person in mourning for a loved one. For those who wish to marry in the spring, this is the only day on which one can celebrate. Many Jews also do not cut their hair during this time period. Boys, at the age of 3, often have their first haircut on Lag BaOmer, with much festivity surrounding the event.

Lag BaOmer celebrations are generally outdoor adventures, including bonfires, fun and frolic with teaching. Especially in Israel, people young and old will be outside sharing a picnic and enjoying the beautiful day; school children celebrate with a "field day." The bonfires lit in celebration are supposed to symbolize the light of Torah.

May 27/28 (sundown/sundown) Ascension of Baha'u'llah Baha'i

From the evening of May 28, 2019 through May 29, 2019, Bahá'ís around the world will celebrate the Ascension of Bahá'u'lláh. The holiday commemorates the anniversary of the death of Bahá'u'lláh, the founder of the Bahá'í Faith. Baha'u'llah was seventy-five years old when he passed away on May 29, 1892.

At the age of 27, Bahá'u'lláh became a follower of the Báb, a Persian merchant who began



preaching that God would soon send a new prophet similar to Jesus. The Báb and many of his followers were executed by the Ottoman authorities for their beliefs. Bahá'u'lláh was exiled for the same reason, despite this, in 1863 he declared that he was the expected prophet the Báb spoke of. Since then, Bahá'ís have seen Bahá'u'lláh to be a Manifestation of God.

Bahá'u'lláh was imprisoned by Ottoman authorities, first in Edirne, and then in the prison city of Acre, (present-day Israel), where he spent his final 24 years of life. On May 9, 1892, Bahá'u'lláh contracted a fever which became progressively worse, and resulted in his death. Just after sunset on the day he passed away, Bahá'u'lláh was buried in a simple room in a house next to the Mansion of Bahjí in Arce, where

he resided. His burial place is a destination of pilgrimage for his followers, and the Bahá'í World Centre sits in nearby Haifa. Bahá'u'lláh named Abdu'l-Bahá as his successor and head of the Bahá'í Faith. This was the first time in history that the founder of a world religion had named his successor in a written irrefutable text. This choice of a successor is central to what is known as the Covenant of Bahá'u'lláh.

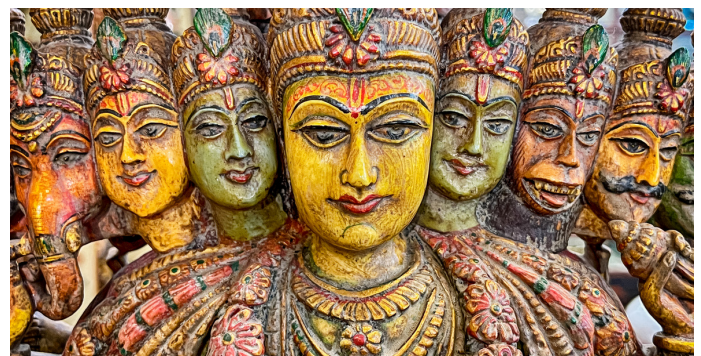
When Baha'u'llah passed, many wondered if the newly founded Bahá'í Faith would survive. However, not only did it survive, it thrived, growing rapidly and spreading throughout the world.

Baha'is will celebrate the Ascension of Baha'u'llah by gathering together in devotion and prayer. These meetings have a somber and meditative tone in remembrance of Baha'u'llah. The Ascension of Baha'u'llah is also one of the nine holy days of the year when work and school is suspended.

May 29 Visakha Purnima Hindu

The Purnima (full moon) that falls in the month of Vaishakh is celebrated as Vaishakh Purnima. Devotees worship and offer prayers to Lord Vishnu on the day of Vaishakh Purnima with utmost dedication and faith.

As per the Hindu scriptures and mythology, the very second month according to the Hindu calendar is known as Vaishakh month. Skanda Purana is one of the Hindu scriptures



which highlight the importance of this day. It is believed that devotees get blessed with abundance, rewards, and peace by worshiping Lord Vishnu on this particular day. By observing a fast on Vaishakh Purnima, the devotees can

attain prosperity. The day also holds immense significance as on this particular day people also celebrate Buddha Jayanti.

On the day of Vaishakh Purnima, before sunrise devotees take a holy dip in the sacred river. After that, prayers are offered to the deity Lord Vishnu. Devotees chant the 'Satyanarayana Katha' to please the deity. Sacred food is being prepared and offered to the idol of Lord Vishnu. Devotees perform a *Satyanarayan Puja* and along with that, they must offer sandalwood paste, supari, fruits, flowers, banana leaves, etc. In the evening, devotees also worship Moon God by performing other rituals.

Donating food, clothes, and money on the day of Vaishakh Purnima is also regarded as auspicious.

OTHER CULTURAL OBSERVANCES

Green Corn Ceremony Seminole and other Native

The Stomp Dance is part of the Green Corn Ceremony, a four-day gathering held each year to mark the renewal of seasons and express gratitude to the Creator for providing food and life. Along with many southeastern American Indian tribes—including those that were relocated to Oklahoma in the 1800s—the Seminole of



Florida have long practiced the Green Corn Ceremony, and it is the center of traditional Seminole religion and social customs. A separate ceremony is held in each Seminole community.

Generally, the medicine man, who is from the Panther Clan, decides each year when the ceremony will be held. The date is set for late spring or early summer, based on the dates of the full moon. The Bird Clan oversees logistics and maintains the ceremonial site. Historically the

Bird Clan also chose the site itself, but today each Seminole community holds its ceremony in the same place every year.

Once the date has been established, a stick



man is selected. The stick man works with the medicine man and the Bird Clan, assuming the role of master of ceremonies. Since the stick man usually is popular and outgoing, it is not difficult for him to be the motivator. During the Green Corn Ceremony, he will move through the crowd, calling out to those who are not participating. Obviously, the stick man gets his name from the stick he carries. The stick—his motivational tool—is a palmetto branch taken from the thatched roof of the chickee chubee, the biggest chickee (a traditional Seminole open-air house) on the ceremonial grounds. The stick man also announces each dance as it begins.

Stomp dance is a non-Native term that refers to the stomp-and-shuffle of the dance structure. In the Cow Creek (Muscogee) language the dance is called *opunku hacogee*, which means drunken, crazy, or spirited dance. Since the Stomp Dance is a social dance, all community members—men, women, and children—are encouraged to participate. The introductory dance to the Green Corn Ceremony, it is meant to energize the community for other Corn Ceremony events and dances. It is not meant to be physically challenging but, rather, to be a positive, encouraging experience for young and old alike. During the first few evenings of the ceremony, stomp dancing takes place five or six times before midnight. On the last evening, an all-night Stomp Dance brings in the new year and a time of renewal. (Photo opposite: americanindian.si.edu) Photo above: naaer.hoodmuseum.dartmouth.edu)

The Stomp Dance is led by the tribe's senior men, each in turn assuming leadership responsibility. The lead man calls out the verses, and the other men respond. The dance continues for at least four rounds, or four songs, which include as many as twenty-three verses. The lead men use the Stomp Dance to teach boys and younger men the songs, the language, and the traditions of dance.

At least one woman (usually many more) supports the male dancers, carrying the rhythm by stomping with her shell shakers. Tied to the legs, shell shakers are traditionally made from box-turtle shells. Since the early 1900s, shell shakers also have been made from condensed milk cans. Male and female dancers alternate in the dance line, with children usually tagging on at the end. Today, as the Stomp Dance becomes increasingly popular, however, many youths perform with such enthusiasm that they intermingle with the adults. As the dancers shuffle with short steps, they form a continuous spiral, which circles counter-clockwise around the fire. More than a hundred participants may join in. Their increasing energy creates a wind that forces the smoke upward. The swirling smoke carries the song's message up to the Creator, who blesses and approves of the message, song, and dance.

Everyone who participates in the Stomp Dance at the Green Corn Ceremony wears their best Indian patchwork clothing. Traditional Seminole patchwork is made of brightly colored strips and geometrically shaped pieces of cloth sewn together. The fabric is made into jackets, shirts, and capes. Because the ceremony marks a time of renewal, new shirts are sewn for men, and women wear their finest-quality patchwork skirts. Everyone looks their best.

The Green Corn Ceremony has always been a part of life for the Seminole, and the Stomp Dance is one part of the Corn Ceremony that continues to reinforce Seminole social traditions. More and more Seminoles are participating in the Stomp Dance, proof that the traditional way of Seminole life will never disappear.

Ute Bear Dance

The original meaning of the Bear Dance has

long dropped by the wayside as modern ways have intervened with the old methods of telling the meaning of the Bear Dance. It was the men who usually prepared the Bear Dance corral and any other functions connected with the Bear



Dance. The women's role was to prepare the family's clothes that they were to wear during the dance. It was the role of the story teller to tell the family about the way of life and this was done in the winter time when the family was gathered around the camp fires.

The origin of the Ute Bear Dance relates the time when two brothers were out hunting in the mountains and as they became tired, they laid down to rest. One of the brothers noticed a bear standing upright facing a tree and seemed to be dancing and making a noise while clawing the tree. Ute legends or stories remember the time when the elders asked the hunters to go out and gather meat. As they were out hunting, they encountered some small people who ran into the rocks in the hills. They told the elders about them and the elders told them that they were called cliff dwellers which according to archaeologists were called Anasazi, the ancient ones. The one brother went on hunting while the other brother continued to observe the bear. The bear taught the young man to do the same dance and also taught the young man the song that went with the dance. (Photo: southernnute-nsn.gov)

He told the young man to return to his people and teach them the dance and songs of the bear. The songs according to legends show respect for the spirit of the bear and the respect to the bear spirit makes one strong. After a long winter, everyone was ready to be outside. The Bear Dance was one way which people could release their

tensions. The men and women, as they entered the corral, would wear some sort of plumes which at the end of the fourth and final day, they would leave on a cedar tree at the east entrance of the corral. As the Ute's say, leaving the plume on the tree was to leave your troubles behind and start your life anew.

This information is from the article Bear Dance, by the Southern Ute Drum.

OTHER IMPORTANT OBSERVATIONS

Asthma Awareness Month

Since 1984, the Asthma and Allergy Foundation of America (AAFA) has declared May to be "National Asthma and Allergy Awareness Month." It is a peak season for people with asthma and allergies and a perfect time to educate patients, family, friends, co-workers, and other people about allergic diseases. (see: aafa.org)

Celiac Disease Awareness Month

May is Celiac Awareness Month. Celiac disease is an autoimmune disease that affects at least 1% of the world, and the only treatment is the gluten-free diet—if a coworker avoids the work potluck, it may be out of concern for their health, not because they don't want to try your dish. Invisible illnesses can affect life in ways you may not expect. (see: beyondceliac.org or celiac.org) (Photo: crmcinc.org)

Cystic Fibrosis Awareness Month

Cystic Fibrosis Awareness Month is observed



each year during May in the U.S. This month is an opportunity for people to educate themselves about the lung disease that affects more than 30,000 people in America. Cystic fibrosis is a genetic disease that

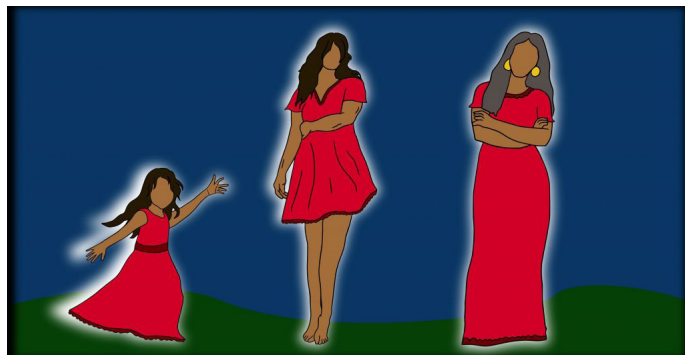
causes constant lung infections. It affects more than just the lungs, though. It may also impact other organs in the body where there's an accumulation of mucus, such as the pancreas and the male reproductive system. While we still haven't found a cure for cystic fibrosis, advancements in medical science have made it possible for patients with the condition to live a normal life.

Pediatric Feeding Disorder Month

Each May, we celebrate Pediatric Feeding Disorder (PFD) Awareness Month, both in the United States and around the world. (see: feedingmatters.org)

May 5 National Missing and Murdered Indigenous Women Day

In 2017, Senators Steve Daines and Jon Tester from Montana introduced a resolution recognizing May 5, as a National Day of Awareness for Missing and Murdered Native Women and Girls. It was in response to the murder of Hanna Harris on the Northern Cheyenne Reservation and other abductions and killings of Native



women across the United States. Since 2017, actions on May 5th to honor MMIW at the local, regional, and national level continue to grow across the United States and internationally. These efforts are as varied as the Indian Nations, where they are being organized. The silence of tolerance and inaction is being challenged. (see: niwrc.org)

It has been said that red is a color that transcends the physical world and calls to the ancestors in the spirit world. For ceremony and pow-wow, Native Americans dressed their children in red as an introduction to the ancestors – calling upon them as guardians to the young. Today, the role of red is being used to call attention to the invisible – missing and murdered.

May 6 National Nurses Day and Week

The American Nurses Association is celebrating National Nurses Week 2024 May 6 – May 12, and throughout May. This year’s theme, “Nurses Make the Difference,” honors the incredible nurses who embody the spirit of compassion and care in every health care setting.

Join us in recognizing the invaluable contributions of nurses worldwide. Whether you’re a health care professional, a patient, or simply someone who appreciates nurses’ dedication, this is your chance to express gratitude and support for their capability and fortitude. Let’s come together to celebrate Nurses Week 2024 and show our appreciation for these extraordinary professionals!

May 7 Children’s Mental Health Awareness Day

Each year, National Children’s Mental Health Awareness Day (May 7) seeks to raise awareness about the importance of children’s mental health and show that positive mental health is essential to a child’s healthy development.

May 12 National Hospital Week

This week is National Hospital Week! Join us in celebrating our hospitals and health systems that care



for us and our communities using #WeAreHealthCare.

May 25 National Missing Children Day

In 1983, President Ronald Reagan proclaimed May 25th as National Missing Children’s Day. Each year, the U.S. Department of Justice commemorates Missing Children’s Day to honor the heroic and exemplary efforts of agencies, organizations, and individuals to protect children.

Missing Children’s Day is dedicated to encouraging parents, guardians, caregivers, and others concerned with the well-being of children to make child safety a



priority.

HISTORY OF MEMORIAL DAY

Originally called Decoration Day, from the early tradition of decorating graves, Memorial Day is a day for remembrance of those who have died in service to our country. It was first widely observed on May 30, 1868 to commemorate the sacrifices of Civil War soldiers. During that first national commemoration, former Union General and sitting Ohio Congressman James Garfield made a speech at Arlington National Cemetery, after which 5,000 participants helped to decorate the graves of the more than 20,000 Union and Confederate soldiers who were buried there.

This national event galvanized efforts to honor and remember fallen soldiers that began with local observances at burial grounds in several towns throughout the United States.

In 1873, New York was the first state to designate Memorial Day as a legal holiday. By the late 1800s several states had declared it a legal holiday.

After World War I, it became an occasion for honoring those who died in all of America’s wars and was then more widely established as a national holiday throughout the United States.


In 1971, Congress passed the Uniform Monday Holiday Act and established that Memorial Day was to be commemorated on the last Monday of May.



May

Spiritual Healing Center/Chapel Activities/Services

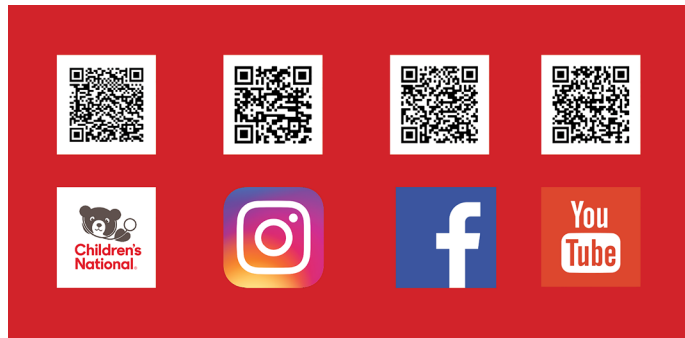
2024

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT/SUN
		Room # 3113 Thurs Meals - Overbook meeting Garden/Prayer to left of Garden doors.	1 Catholic Mass 12:00 Noon	2 11:00 am Meals for the Soul 11:00 am Meditation 1:00 pm Spiritual Prep 1:00 pm Catholic Prayer	3 12:00 pm Lunch Prayer/Penance/ Devotion 12:45 pm/ NOT PLANNED	4/5 Sun- 1:00pm-Catholic Mass
6	7 11:00 am Meditation in THE HEALING GARDEN	8 Catholic Mass 12:00 Noon	9 11:00 am Meals for the Soul 11:00 am Meditation 1:00 pm Spiritual Prep 1:00 pm Catholic Prayer	10 12:00 pm Lunch Prayer/Penance/ Devotion 12:45 pm/ NOT PLANNED	11/12 Sun- 1:00pm-Catholic Mass	
13	14 11:00 am Meditation in THE HEALING GARDEN	15 Catholic Mass 12:00 Noon	16 11:00 am Meals for the Soul 11:00 am Meditation 1:00 pm Spiritual Prep 1:00 pm Catholic Prayer	17 12:00 pm Lunch Prayer/Penance/ Devotion 12:45 pm/ NOT PLANNED	18/19 Sun- 1:00pm-Catholic Mass	
30	31 11:00 am Meditation in THE HEALING GARDEN	32 Catholic Mass 12:00 Noon	33 11:00 am Meals for the Soul 11:00 am Meditation 1:00 pm Spiritual Prep 1:00 pm Catholic Prayer	34 12:00 pm Lunch Prayer/Penance/ Devotion 12:45 pm/ NOT PLANNED	25/26 Sun- 1:00pm-Catholic Mass	
27	28 11:00 am Meditation in THE HEALING GARDEN	29 Catholic Mass 12:00 Noon	30 11:00 am Meals for the Soul 11:00 am Meditation 1:00 pm Spiritual Prep 1:00 pm Catholic Prayer	31 12:00 pm Lunch Prayer/Penance/ Devotion 12:45 pm/ NOT PLANNED		
WORLD - Apostrophe INTERNATIONAL Meditation - practice of Soh-die	OCTV - 89-1 WORLDWIDE EVENTS WILL STREAM					

iChaplain

Contact a chaplain or access spiritual/religious resources

Many resources for Staff and for families and patients can be found at the sites listed above as well as on our GetWell Network.



Chaplaincy Staff

Rev. Kathleen Ennis-Durstine

Room 4201 | x3321

Rev. Eliezer Oliveira

Habla Español | x5050

Rev. Whitney Barnes

x6736

Rev. Lavender Kelley

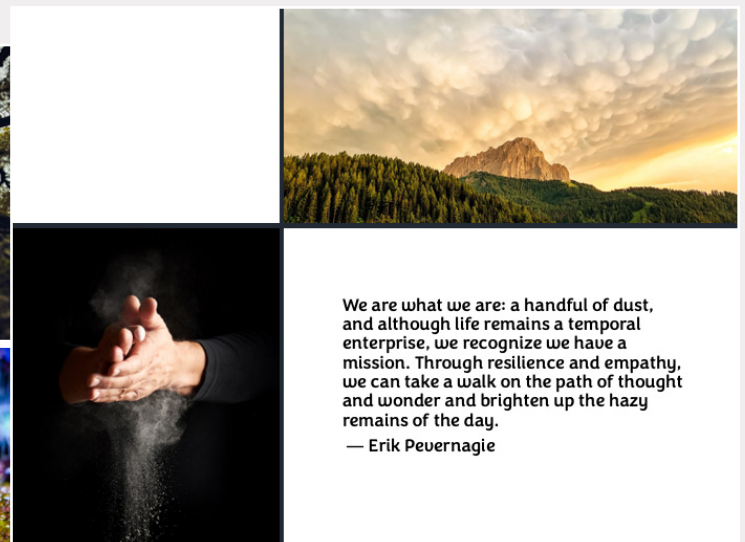
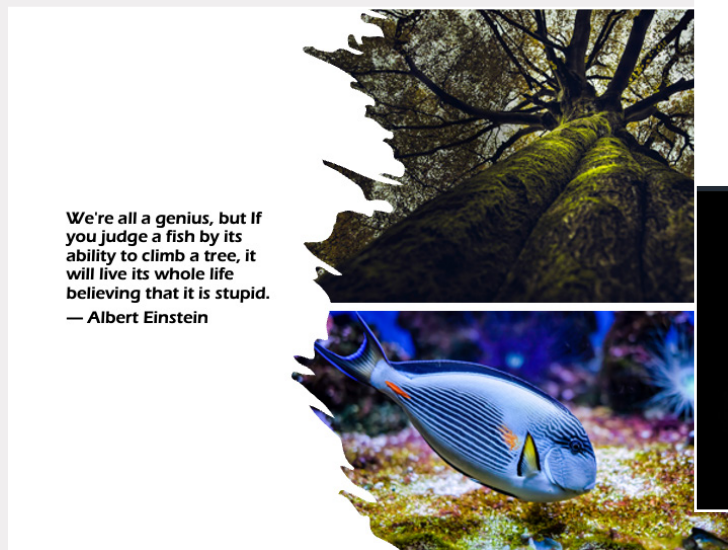
x4638

Rev. Bryan Baker

x2626

We hope you will join our Grace Notes Community!

Grace Notes is a daily (weekday) email inspirational message sent only to a subscription list. If you would like to participate please email Kathleen Ennis Durstine and ask to be added. Below are two recent example of a Grace Note:



Resources: All pictures are from iStock or Envato Elements unless otherwise identified. bpl.org, loyolapress.com, timeanddate.com, theconversation.com, reformjudaism.org, southernute-nsn.gov, americanindian.si.edu