Published on *University of Colorado* (https://www.cu.edu)

Monthly Awareness Calendar [1]

Holy days, Heritage, and History Months

This calendar includes a listing of holy days / holidays, heritage, history and awareness months. This is meant to serve as a resource and tool to help promote awareness and share information. This is not exhaustive of all major holy days in every religious tradition and some variances of dates will exist due to regional differences. Our CU community is encouraged to find opportunities to learn about and honor identities and cultures year-round as a part of our on-going commitment to advancing inclusive excellence.

Points to remember

Dates are assembled from several calendars. Lunar calendars vary based on region and practice.

? Denotes a day that may have a work restriction and/or may be commonly taken off.
? Denotes a day that may commonly be observed with fasting.

- Common dietary considerations for event planning
    - Kosher refers to the dietary guidelines of Jewish law which apply daily throughout the year. Restrictions include pork, shellfish (fish is usually allowed) and mixing meat with dairy.
    - Halal refers to the foods permitted according to Islamic dietary law throughout the year. Meat should be prepared in a specific way and will be certified. Restrictions include alcohol and pork.
    - Vegetarian is a diet that does not include meat and may include restrictions on other animal products.
    - Pescatarian is a vegetarian diet that includes fish or other aquatic animals.
    - Vegan refers to a diet that does not include any meat or food derived from animals (e.g., eggs, dairy products, etc.).
    - Gluten-free refers to a diet that excludes any food that contains gluten, a protein found in wheat, barley, and rye.
    - Lactose intolerance
    - Nut allergies (peanuts and/or tree nuts)
    - Shellfish allergies

Monthly Observances

January

Month-long:

- National Mentoring Month [2]
- Slavery and Human Trafficking Prevention Month [3]
- Stalking Awareness Month [4]

Days:

12/21-1/1	Yule [5]	Paganism and Wicca	
12/26-1/1	Kwanzaa [6]	African American and Pan-African holiday	?
1/1	New Year's Day [7]	U.S. federal holiday	?
1/7	Eastern Orthodox Nativity [8]	Orthodox Christianity	
1/11	National Human Trafficking Awareness Day [9]	U.S. observed	
1/16	National Religious Freedom Day [10]	U.S. observed	
1/20	Martin Luther King Jr. Day [11]	U.S. federal holiday	?
1/20	Inauguration Day [12]	U.S. observed	
1/26-1/27	Lailat al Miraj [13]	Islam	
1/27	International Holocaust Remembrance Day [14]	United Nations	

1/29	Lunar New Year [15]	Cultural	

February

Month-long:

- African American / Black History Month [16]
- Financial Aid Awareness Month [17]
- National Slavery and Human Trafficing

Days:

2/1	National Freedom Day [18]	National Slavery and Human Trafficking Month	
2/12	Chinese Lantern Festival [19]	Chinese and Buddhism	
2/14	Valentine’s Day [20]	Paganism	
2/15	Parinirvana [21]	Buddhism	
2/17	President’s Day [22]	U.S. federal holiday	?
2/13-2/14	Laylat al Bara’at [23]	Islam	
2/26	Maha Shivaratri [24]	Hinduism	? ?
2/28-3/30	Ramadan [25]	Islam	?

March

Month-long:

- Irish American Heritage Month [26]
- National Women’s History Month [27]

Days:

2/28-3/30	Ramadan [25]	Islam	?
3/4	Mardi Gras [28]	Christianity	
3/5	Ash Wednesday [29]	Christianity	?
3/5–4/17	Lent [30]	Christianity	?
3/7	Employee Appreciation Day [31]	Capitalism	
3/8	International Women's Day [32]	United Nations	
3/13-3/14	Purim [33]	Judaism	
3/14	Holi [34]	Hinduism	
3/17	St. Patrick's Day [35]	Secular	
3/20	Norwuz [36]	United Nations	
3/21	International Day for the Elimination of Racial Discrimination [37]	United Nations	
3/22	Anniversary of Boulder King Sooper shooting [38]	Colorado	
3/25	International Day of Remembrance of the Victims of Slavery and Transatlantic Slave Trade [39]	United Nations	

3/27	Laylat al-Qadr [40]	Islam	
3/29-3/30	Eid al-Fitr [41]	Islam	?
3/31	International Transgender Day of Visibility [42]	GLSEN	
3/31	Cesar Chavez Day [43]	State of Colorado holiday	?

April

Month-long:

- Autism Acceptance Month [44]
- Celebrate Diversity Month [45]
- Genocide Awareness Month [46]
- National Arab American Heritage Month [47]
- National Deaf History Month [48]
- National Volunteer Month [49]
- Sexual Assault Awareness Month [50]
- Lesbian Visibility Week [51] (4/28-5/4)
- National Library Week [52] (4/6-12)
- Undergraduate Research Week [53] (4/21-25)

Days:

3/5–4/17	Lent [30]	Christianity	?
4/8	Equal Pay Day [54]	U.S. observed	
4/2	World Autism Awareness Day [55]	United Nations	
4/6	International Asexuality Day [56]	International	
4/11	Day of Silence [57]	GSLEN	
4/12-4/20	Passover [58]	Judaism	?

4/13	Palm Sunday [59]	Christianity	
4/18	Good Friday [60]	Christianity	? ?
4/20	Eastern Orthodox Pascha [61]	Orthodox Christianity	
4/20	Easter [62]	Christianity	?
4/20	Anniversary of Columbine HS Massacre [63]	Colorado	
4/22	Earth Day [64]	U.S. observed	
4/23	Administrative Professionals Day [65]	U.S. observed	
4/23-4/24	Yom HaShoah / Holocaust Remembrance Day [66]	Judaism	
4/30	Denim Day [67]	For Sexual Assault Awareness Month	

May

Month-long:

- Asian American Pacific Islander Heritage Month [68]
- Haitian Heritage Month [69]
- Jewish American Heritage Month [70]
- Mental Health Awareness Month [71]
- National Military Appreciation Month [72]

Days:

5/1	National College Decision Day [73]	Higher education

5/11	Mother’s Day [74]	U.S. observed	
5/17	International Day Against Homophobia, Transphobia and Biphobia [75]	United Nations	
5/12	Vesak [76]	Buddhism	
5/26	Memorial Day [77]	U.S. federal holiday	?

June

Month-long:

- Caribbean American Heritage Month [78]
- Immigrant Heritage Month [79]
- LGTBQ+ / Pride Month [80]
- National Safety Month [81]

Days:

6/1-6/3	Shavuot [82]	Judaism	?
6/4-6/9	The Hajj [83]	Islam	
6/15	Father’s Day [84]	U.S. day of observance	
6/6-6/7	Eid al-Adha [85]	Islam	?
6/19	Juneteenth [86]	U.S. federal holiday	?
6/20	World Refugee Day [87]	United Nations	
6/21-6/22	Denver Pride [88]	Colorado	

6/26-6/27	Hijri New Year / Islamic New Year [89]	Islam	

July

Month-long:

- Disability Pride Month [90]

Days:

7/4	Independence Day [91]	U.S. federal holiday	?
7/5-7/6	Day of Ashura [92]	Muslim	
7/14	International Non-binary People's Day [93]	Human Rights Campaign	
7/18	Nelson Mandela International Day [94]	United Nations	
7/20	Anniversary of Aurora theater shooting [95]	Colorado	
7/26	National Disability Independence Day [96]	U.S. Observed	

August

Month-long:

- National Back to School Month

Days:

8/1	Colorado Day [97]	Colorado	
8/2-8/3	Tisha B'Av [98]	Judaism	?
8/5	National Night Out [99]	U.S. observed	

8/9	International Day of the World's Indigenous Peoples [100]	United Nations
8/14-8/15	Arbaeen Day [101]	Islam
8/15	Krishna Janmashtami [102]	Hinduism
8/19	World Humanitarian Day [103]	United Nations
8/23	International Day for the Remembrance of the Slave Trade and its Abolition [104]	United Nations Educational, Scientific and Cultural Organization (UNESCO)
8/26	Women's Equality Day [105]	U.S. observed

September

Month-long:

- Hispanic / Latinx Heritage Month [106] (9/15-10/15)
- Suicide Prevention Month [107]
- Bisexual Awareness Week [108] (9/16-23) and Bisexual Visibility Day [109] (9/23)

Days:

9/1	Labor Day [110]	U.S. federal holiday	?
9/4-9/5	Mawlid [111]	Islam	
9/10	World Suicide Prevention Day [112]	World Health Organization	
9/11	Patriot Day / Anniversary of 9/11 [113]	U.S. day of observance	
9/7-9/21	Pitru Paksha [114]	Hinduism	

9/22-9/24	Rosh Hashanah [115]	Judaism	?
9/22-10/1	Navaratri [116]	Hinduism	
9/27	National Public Lands Day [117]	U.S. day of observance	

October

Month-long:

- Hispanic / Latinx Heritage Month [106] (9/15-10/15)
- Cybersecurity Awareness Month [118]
- Domestic Violence Awareness Month [119]
- Filipino American History Month [120]
- Italian American Heritage Month [121]
- LGBTQ+ History Month [122]
- National Bullying Prevention Month [123]
- National Disability Employment Awareness Month [124]
- Polish American History Month [125]
- Fire Prevention Week [126] (10/5-10/11)

Days:

9/22-10/1	Navaratri [116]	Hinduism	
10/1-10/2	Yom Kippur [127]	Judaism	? ?
10/2	Dussehra [128]	Hinduism	
10/6	Frances Xavier Cabrini Day [129]	Colorado state holiday	
10/6-10/13	Sukkot [130]	Judaism	?
10/9	National Stop Bullying Day [131]	U.S.observed	

10/10	World Mental Health Day [132]	World Health Organization	
10/11	National Coming Out Day [133]	U.S. observed	
10/13	Indigenous People’s Day [134]	U.S. observed	?
10/13	Columbus Day [135]	U.S. federal holiday	?
10/15	International Pronouns Day [136]	International	
10/20	Diwali [137]	Hinduism	?

November

Month-long:

- Academic Writing Month [138]
- National American Indian / Alaska Native Heritage Month [139]
- National Career Development Month [140]
- National Family Caregivers Month [141]
- National Military Families Appreciation Month [142]
- National Scholarship Month [143]
- American Education Week [144] (11/17-21)
- Transgender Awareness Week [145] (11/13-19)

Days:

11/1	All Saints Day [146]	Christianity
11/1-2	Día de los Muertos [147]	Mexico, many Latinx countries, U.S.
11/8	National STEM and STEAM Day [148]	U.S.
11/8	Intersex Day of Solidarity [149]	

11/11	Veterans Day [150]	U.S. federal holiday	?
11/20	Transgender Day of Remembrance [151]	GLAAD	
11/25	International Day for the Elimination of Violence Against Women [152]	United Nations	
11/27	Thanksgiving [153]	U.S. federal holiday	?
11/27	National Day of Mourning / Indigenous People's Sunrise Ceremony [154]	U.S. observation	
11/28	Native American Heritage Day [155]	U.S. observation	
11/29	Anniversary of Sand Creek Massacre [156]	Colorado	
11/29	International Day of Solidarity [157]	United Nations	

December

Month-long: none

Days:

12/1	World AIDS Day [158]	Global observance	
12/3	International Day of Persons with Disabilities [159]	United Nations	
12/7	National Pearl Harbor Remembrance Day [160]	U.S. observance	
12/14-12/22	Hanukkah [161]	Judaism	
12/8	Bodhi Day [162]	Buddhism	?

12/10	International Human Rights Day [163]	United Nations	
12/12	Feast of Our Lady of Guadalupe [164]	Catholicism	
12/16-12/24	Las Posadas [165]	Mexico and additional parts of Latin America	
12/21-1/1	Yule [5]		
12/25	Christmas [166]	U.S. federal holiday	?
12/26-1/1	Kwanzaa [6]	African American and Pan-African holiday	?
12/31	New Year's Eve [167]		

Groups audience:
Office of Collaboration

Source URL:https://www.cu.edu/collaboration/monthly-awareness-calendar

Links
[1] https://www.cu.edu/collaboration/monthly-awareness-calendar
[2] https://www.mentoring.org/campaigns/national-mentoring-month/
[3] https://www.state.gov/national-slavery-and-human-trafficking-prevention-month/#:~:text=January%20is%20National%20Slavery%20and,and%20how%20to%20spot%20it.
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