Holy days, Heritage, and History Months

This calendar includes a listing of holy days / holidays, heritage, history and awareness months. This document 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 diversity, equity, and inclusion.

**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

Note: If you see a mistake or something missing on the document, please reach out to systemdei@cu.edu [2]
Month-long:
- National Mentoring Month
- Slavery and Human Trafficking Prevention Month
- Stalking Awareness Month

Days:

1/1 New Year’s Day U.S. federal holiday
1/7 Eastern Orthodox Nativity Orthodox Christianity
1/11 National Human Trafficking Awareness Day U.S. observed
1/16 Martin Luther King Jr. Day U.S. federal holiday
1/16 National Religious Freedom Day U.S. observed
1/22 Lunar New Year ?
1/27 International Holocaust Remembrance Day United Nations

February

Month-long:
- African American / Black History Month [3]
- Financial Aid Awareness Month [4]

Days:

2/1 National Freedom Day [5]
2/14 Valentine’s Day [6]
2/15 Chinese Lantern Festival [7]
2/15 Parinirvana [8] Buddhism
2/17-18 Lailat al Miraj [9] Islam
2/18 Maha Shivaratri [10] Hinduism ?
2/21 Mardi Gras [12]
2/22 Ash Wednesday [13] Christianity ?
2/23 – 4/6 Lent [14] Christianity ?

March
Month-long:

- Irish American Heritage Month [15]
- National Women’s History Month [16]

Days:

2/23 – 4/6 Lent [14] Christianity ?
3/3 Employee Appreciation Day [17]
3/6-3/7 Purim [18] Judaism
3/7-3/8 Laylat al Bara’at [19] Islam
3/8 Holi [21] Hinduism
3/17 St. Patrick’s Day [22]
3/21 Norwuz [24]
3/22 Anniversary of Boulder King Sooper shooting [25] Colorado
3/22-4/21 Ramadan [26] Islam ?
3/31 International Transgender Day of Visibility [28] GLSEN
3/31 Cesar Chavez Day [29] State of Colorado holiday

April

Month-long:

- Autism Acceptance Month [30]
- Celebrate Diversity Month
- Genocide Awareness Month [31]
- National Arab American Heritage Month [32]
- National Deaf History Month [33]
- National Volunteer Month [34]
- Sexual Assault Awareness Month [35]
- Lesbian Visibility Week [36] (4/24-30)
• National Library Week [37] (4/23-29)
• Undergraduate Research Week [38] (4/19-23)

Days:

2/23 – 4/6  Lent [14]  Christianity  ?
4/2  Equal Pay Day [39]  U.S. observed
3/22-4/21  Ramadan [26]  Islam  ?
4/2  World Autism Awareness Day [40]
4/2  Palm Sunday [41]  Christianity
4/5-4/13  Passover [42]  Judaism  ?
4/6  International Asexuality Day [43]
4/7  Good Friday [44]  Christianity  ??
4/9  Easter [45]  Christianity  ?
4/14  Day of Silence [46]  GSLEN
44/16  Eastern Orthodox Pascha [47]  Orthodox Christianity
4/18  Yom HaShoah / Holocaust Remembrance Day [48]  Judaism
4/18  Laylat al-Qadr [49]  Islam
4/20  Anniversary of Columbine HS Massacre [50]  Colorado
4/21-22  Eid al-Fitr [51]  Islam  ?
4/22  Earth Day [52]  U.S. observed
4/26  Administrative Professionals Day [53]  U.S. observed
4/26  Denim Day [54]  For Sexual Assault Awareness Month

May

Month-long:
• Asian American Pacific Islander Heritage Month [55]
• Haitian Heritage Month [56]
### Jewish American Heritage Month [57]
### Mental Health Awareness Month [58]
### National Military Appreciation Month [59]

#### Days:

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
<th>Details</th>
</tr>
</thead>
<tbody>
<tr>
<td>5/1</td>
<td>National College Decision Day [60]</td>
<td>Higher education</td>
</tr>
<tr>
<td>5/4</td>
<td>Vesak [61]</td>
<td>Buddhism</td>
</tr>
<tr>
<td>5/14</td>
<td>Mother’s Day [62]</td>
<td>U.S. observed</td>
</tr>
<tr>
<td>5/17</td>
<td>International Day Against Homophobia, Transphobia and Biphobia [63]</td>
<td>United Nations</td>
</tr>
<tr>
<td>5/25-27</td>
<td>Shavuot [64]</td>
<td>Judaism</td>
</tr>
<tr>
<td>5/29</td>
<td>Memorial Day [65]</td>
<td>U.S. federal holiday</td>
</tr>
</tbody>
</table>

### June

#### Month-long:

- Caribbean American Heritage Month [66]
- Immigrant Heritage Month [67]
- LGTBQ+ / Pride Month [68]
- National Safety Month [69]

#### Days:

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
<th>Details</th>
</tr>
</thead>
<tbody>
<tr>
<td>6/18</td>
<td>Father’s Day [70]</td>
<td>U.S. day of observance</td>
</tr>
<tr>
<td>6/19</td>
<td>Juneteenth [71]</td>
<td>U.S. federal holiday</td>
</tr>
<tr>
<td>6/24-6/25</td>
<td>Denver Pride [73]</td>
<td>Colorado</td>
</tr>
<tr>
<td>6/26-7/1</td>
<td>The Hajj [74]</td>
<td>Islam</td>
</tr>
<tr>
<td>7/28-7/29</td>
<td>Eid al-Adha [75]</td>
<td>Islam</td>
</tr>
</tbody>
</table>

### July

#### Month-long:

- Disability Pride Month [76]

#### Days:

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
<th>Details</th>
</tr>
</thead>
<tbody>
<tr>
<td>6/26-7/1</td>
<td>The Hajj [74]</td>
<td>Islam</td>
</tr>
<tr>
<td>Date</td>
<td>Event</td>
<td>Location</td>
</tr>
<tr>
<td>--------</td>
<td>----------------------------------------------------------------------</td>
<td>----------------</td>
</tr>
<tr>
<td>7/4</td>
<td>Independence Day [77]</td>
<td>U.S. federal holiday</td>
</tr>
<tr>
<td>7/14</td>
<td>International Non-binary People’s Day [78]</td>
<td>Human Rights Campaign</td>
</tr>
<tr>
<td>7/20</td>
<td>Anniversary of Aurora theater shooting [79]</td>
<td>Colorado</td>
</tr>
<tr>
<td>7/18</td>
<td>Nelson Mandela International Day [80]</td>
<td>United Nations</td>
</tr>
<tr>
<td>7/18-19</td>
<td>Hijri New Year / Islamic New Year [81]</td>
<td>Islam</td>
</tr>
<tr>
<td>7/26-27</td>
<td>Tisha B’Av [83]</td>
<td>Judaism</td>
</tr>
</tbody>
</table>

**August**

**Month-long:**
- National Back to School Month

**Days:**

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>8/1</td>
<td>Colorado Day [84]</td>
<td>Colorado</td>
</tr>
<tr>
<td>8/2</td>
<td>National Night Out [85]</td>
<td>U.S. observed</td>
</tr>
<tr>
<td>8/19</td>
<td>World Humanitarian Day [87]</td>
<td>United Nations</td>
</tr>
<tr>
<td>8/26</td>
<td>Women’s Equality Day [89]</td>
<td>U.S. observed</td>
</tr>
</tbody>
</table>

**September**

**Month-long:**
- Hispanic / Latinx Heritage Month [90] (9/15-10/15)
- Suicide Prevention Month [91]
- Bisexual Awareness Week [92] (9/17-24) and Celebrate Bisexuality Day [93] (9/23)

**Days:**

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>9/5</td>
<td>Labor Day [94]</td>
<td>U.S. federal holiday</td>
</tr>
<tr>
<td>9/5-6</td>
<td>Arbaeen Day [95]</td>
<td>Islam</td>
</tr>
<tr>
<td>9/6-7</td>
<td>Krishna Janmashtami [96]</td>
<td>Hinduism</td>
</tr>
<tr>
<td>Date</td>
<td>Event</td>
<td>Religion</td>
</tr>
<tr>
<td>------------</td>
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</tr>
<tr>
<td>9/10</td>
<td>World Suicide Prevention Day [97]</td>
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<tr>
<td>9/11</td>
<td>Patriot Day / Anniversary of 9/11 [98]</td>
<td></td>
</tr>
<tr>
<td>9/15-17</td>
<td>Rosh Hashanah [99]</td>
<td>Judaism</td>
</tr>
<tr>
<td>9/24-25</td>
<td>Yom Kippur [100]</td>
<td>Judaism</td>
</tr>
<tr>
<td>9/26-27</td>
<td>Mawlid [101]</td>
<td>Islam</td>
</tr>
<tr>
<td>9/29-10/6</td>
<td>Sukkot [102]</td>
<td>Judaism</td>
</tr>
<tr>
<td>9/29-10/14</td>
<td>Pitru Paksha [103]</td>
<td>Hinduism</td>
</tr>
<tr>
<td>9/30</td>
<td>National Public Lands Day [104]</td>
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</tr>
</tbody>
</table>

**October**

**Month-long:**

- Hispanic / Latinx Heritage Month [90] (9/15-10/15)
- Cybersecurity Awareness Month [105]
- Domestic Violence Awareness Month [106]
- Filipino American History Month [107]
- Italian American Heritage Month [108]
- LGBTQ+ History Month [109]
- National Bullying Prevention Month [110]
- National Disability Employment Awareness Month [111]
- Polish American History Month [112]
- Fire Prevention Week [113] (10/8-10/14)

**Days:**

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
<th>Religion</th>
<th>Notes</th>
</tr>
</thead>
<tbody>
<tr>
<td>9/29-10/6</td>
<td>Sukkot [102]</td>
<td>Judaism</td>
<td>?</td>
</tr>
<tr>
<td>9/29-10/14</td>
<td>Pitru Paksha [103]</td>
<td>Hinduism</td>
<td></td>
</tr>
<tr>
<td>10/2</td>
<td>Frances Xavier Cabrini Day [114]</td>
<td></td>
<td>Colorado state holiday</td>
</tr>
<tr>
<td>10/9</td>
<td>Indigenous People’s Day [115]</td>
<td></td>
<td></td>
</tr>
<tr>
<td>10/9</td>
<td>Columbus Day [116]</td>
<td></td>
<td>U.S. federal holiday</td>
</tr>
<tr>
<td>10/10</td>
<td>World Mental Health Day [117]</td>
<td></td>
<td>World Health Organization</td>
</tr>
<tr>
<td>10/11</td>
<td>National Coming Out Day [118]</td>
<td></td>
<td></td>
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<tr>
<td>10/15-10/24</td>
<td>Navaratri [119]</td>
<td>Hinduism</td>
<td></td>
</tr>
<tr>
<td>10/19</td>
<td>International Pronouns Day [120]</td>
<td></td>
<td></td>
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<tr>
<td>10/23</td>
<td>Dussehra [121]</td>
<td>Hinduism</td>
<td></td>
</tr>
</tbody>
</table>

**November**
Month-long:

- Academic Writing Month [122]
- National American Indian / Alaska Native Heritage Month [123]
- National Career Development Month [124], Week (TBD) and Day (TBD)
- National Family Caregivers Month [125]
- National Military Families Appreciation Month [126]
- National Scholarship Month [127]
- American Education Week [128] (11/13-17)
- Transgender Awareness Week [129] (11/13-19)

Days:

11/1  All Saints Day [130]  Christianity
11/1-2  Día de los Muertos [131]  Mexico, many Latinx countries, U.S.
11/8  National STEM and STEAM Day [132]
11/11  Veterans Day [133]  U.S. federal holiday
11/8  Intersex Day of Solidarity [134]
11/12  Diwali [135]  Hinduism  ?
11/20  Transgender Day of Remembrance [136]  GLAAD
11/23  Thanksgiving [137]  U.S. federal holiday
11/24  Native American Heritage Day [139]  U.S. observation
11/29  Anniversary of Sand Creek Massacre [141]  Colorado

December

Month-long: none

Days:

12/1  World AIDS Day [142]  Global observance
12/3  International Day of Persons with Disabilities [143]  United Nations
12/7  National Pearl Harbor Remembrance Day [144]  U.S. observance
<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
<th>Religion/Region</th>
<th>Notes</th>
</tr>
</thead>
<tbody>
<tr>
<td>12/8</td>
<td>Bodhi Day [145]</td>
<td>Buddhism</td>
<td>?</td>
</tr>
<tr>
<td>12/10</td>
<td>International Human Rights Day [146]</td>
<td>United Nations</td>
<td></td>
</tr>
<tr>
<td>12/12</td>
<td>Feast of Our Lady of Guadalupe [147]</td>
<td>Catholicism</td>
<td></td>
</tr>
<tr>
<td>12/16-24</td>
<td>Las Posadas [148]</td>
<td>Mexico and additional parts of Latin America</td>
<td></td>
</tr>
<tr>
<td>12/18-26</td>
<td>Hanukkah [149]</td>
<td>Judaism</td>
<td></td>
</tr>
<tr>
<td>12/21-1/1</td>
<td>Yule [150]</td>
<td></td>
<td></td>
</tr>
<tr>
<td>12/25</td>
<td>Christmas [151]</td>
<td>U.S. federal holiday</td>
<td>?</td>
</tr>
<tr>
<td>12/26-1/1</td>
<td>Kwanzaa [152]</td>
<td>African American and Pan-African holiday</td>
<td>?</td>
</tr>
<tr>
<td>12/31</td>
<td>New Year's Eve [153]</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Groups audience:
Diversity, Equity, and Inclusion

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[2] mailto:systemdei@cu.edu
[3] [https://africanamericanhistorymonth.gov/about/](https://africanamericanhistorymonth.gov/about/)
[4] [https://www.nasfaa.org/finaidfeb](https://www.nasfaa.org/finaidfeb)
[6] [https://www.history.com/topics/valentines-day/history-of-valentines-day-2](https://www.history.com/topics/valentines-day/history-of-valentines-day-2)
[7] [https://www.chinahighlights.com/festivals/lantern-festival.htm](https://www.chinahighlights.com/festivals/lantern-festival.htm)
[8] [https://nationaltoday.com/parinirvana-day-nirvana-day/#:~:text=Parinirvana%20Day%2C%20also%20known%20as,around%20for%20over%202%2C600%20years%3A](https://nationaltoday.com/parinirvana-day-nirvana-day/#:~:text=Parinirvana%20Day%2C%20also%20known%20as,around%20for%20over%202%2C600%20years%3A)
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[10] [https://isha.sadhguru.org/mahashivratri/significance-of-mahashivratri/](https://isha.sadhguru.org/mahashivratri/significance-of-mahashivratri/)
[11] [https://www.history.com/topics/holidays/presidents-day](https://www.history.com/topics/holidays/presidents-day)
[12] [https://www.history.com/topics/holidays/mardi-gras](https://www.history.com/topics/holidays/mardi-gras)
[14] [https://www.officeholidays.com/holidays/](https://www.officeholidays.com/holidays/)
[15] [https://www.census.gov/newsroom/facts-for-features/2021/irish-american-heritage.html](https://www.census.gov/newsroom/facts-for-features/2021/irish-american-heritage.html)
[16] [https://womenshistorymonth.gov/](https://womenshistorymonth.gov/)
[19] [https://icalendars.net RELIGION/ISLAMISM/laylat-al-baraa](https://icalendars.net)
[21] [https://time.com/5799354/what-is-holi/](https://time.com/5799354/what-is-holi/)
[22] [https://www.britannica.com/topic/Saint-Patricks-Day](https://www.britannica.com/topic/Saint-Patricks-Day)
[25] [https://www.history.com/topics/holidays/ramadan](https://www.history.com/topics/holidays/ramadan)
[27] [https://www.glsen.org/activity/transgender-day-visibility](https://www.glsen.org/activity/transgender-day-visibility)
[28] [http://www.cesararchivezholiday.org/](http://www.cesararchivezholiday.org/)
[29] [https://www.autismacceptance.org/](https://www.autismacceptance.org/)
[30] [https://hmh.org/education/genocide-awareness-month-resources/](https://hmh.org/education/genocide-awareness-month-resources/)
[31] [https://www.insightintodiversity.com/national-arab-american-heritage-month/](https://www.insightintodiversity.com/national-arab-american-heritage-month/)
[32] [https://www.nad.org/2022/01/31/national-deaf-history-month-dates/](https://www.nad.org/2022/01/31/national-deaf-history-month-dates/)
[33] [https://www.rewievolution.com/celebrate-national-volunteer-month/](https://www.rewievolution.com/celebrate-national-volunteer-month/)
[34] [https://www.nsvrc.org/saam](https://www.nsvrc.org/saam)
[35] [https://www.lesbianvisibilityweek.com/](https://www.lesbianvisibilityweek.com/)
[36] [https://www.alaprograms.org/celebrationweeks/natlibraryweek](https://www.alaprograms.org/celebrationweeks/natlibraryweek)
[37] [https://www.cur.org/what/events/urw/](https://www.cur.org/what/events/urw/)
[39] [https://www.bbc.co.uk/topic/Palm-Sunday](https://www.bbc.co.uk/topic/Palm-Sunday)