



May Holy Days

As we enter into the month of May, Spiritual Services would like to draw your attention to several significant holy days observed by various faith traditions. These days offer opportunities for reflection, celebration, and community. Here are some of the key holy days this month:

Beltane (May 1) Celebrated by Pagans and Wiccans, Beltane marks the peak of spring and the coming of summer, symbolizing fertility and renewal.

Cinco de Mayo (May 5) This day commemorates the Mexican army's victory over the French at the Battle of Puebla in 1862. It is celebrated with parades, festivals, and cultural events, particularly in the United States and Mexico.

Vesak (May 12) Commemorating the birth, enlightenment, and death of Buddha, Vesak is a significant day for Buddhists, marked by meditation, reflection, and acts of kindness.

Lag BaOmer (May 16*) A festive Jewish day marking the end of a plague during Rabbi Akiva's lifetime, often celebrated with bonfires, picnics, and outdoor activities.

Declaration of the Báb (May 23) Commemorates the momentous day in 1844 when the Báb announced His divine mission as a forerunner to Bahá'u'lláh and the herald of a new spiritual age. This day is celebrated by the Baha'i faith with gatherings, prayer, and reflections.

Memorial Day (May 26) This Federal holiday honors those who died serving in the military. It is observed with ceremonies, parades, and moments of remembrance.

Ascension of Baha'u'llah (May 28) This Baha'i holy day commemorates the passing of Baha'u'llah, the founder of the Baha'i Faith, and is observed with prayers and reflections.

Ascension Day (May 29) This Christian feast commemorates Jesus Christ's ascension into heaven, observed 40 days after Easter. Many Christian denominations hold special services which include special readings, songs, and prayers.

Dragon Boat Festival (May 31) This traditional Chinese festival commemorates the life and death of the famous scholar Qu Yuan. It is celebrated with dragon boat races, eating zongzi (sticky rice dumplings), and other festivities.

*begins at sunset.

We encourage readers to take a moment to learn about and reflect on diverse religious practices within our community. Wishing you serenity and blessings throughout this sacred time.

→ uihc.org/spiritual-services-medical-center-university-campus

This is not a comprehensive list of all holy days. If you would like to suggest a significant day for future announcements, please email us at [spiritual_services](mailto:spiritual_services@uihc.org).