



September Holy Days

As we enter the month of September, 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 celebrations this month:

Mawlid al-Nabi (Sept 4-5) An Islamic holiday commemorating the birth of the Prophet Muhammad. It is observed with prayers, storytelling, and community gatherings that reflect on the Prophet's life, teachings, and legacy. Celebrations vary by culture, but often include charitable acts, poetry, and festive meals.

Mabon (Sept 21-24) A Pagan and Wiccan celebration of the autumn equinox, Mabon marks the second harvest and the balance between light and dark. It is a time of thanksgiving for the Earth's abundance and a moment to prepare for the coming winter. Rituals often include feasting, nature walks, and offerings of seasonal fruits and grains.

Rosh Hashanah (Sept 22-24*) The Jewish New Year and the beginning of the High Holy Days. It is a time of spiritual reflection, prayer, and renewal. Traditions include sounding the shofar (ram's horn), attending synagogue services, and eating symbolic foods like apples dipped in honey to wish for a sweet new year.

Navratri (Sept 22) A Hindu festival lasting nine nights, Navratri honors the divine feminine in the forms of Goddess Durga, Lakshmi, and Saraswati. Each day is dedicated to a different aspect of the goddess, celebrated with fasting, music, dance, and rituals. It symbolizes the victory of good over evil and the power of devotion.

Durga Puja (Sept 28-Oct 1) A Hindu festival celebrating the goddess Durga's triumph over the demon Mahishasura, symbolizing the victory of good over evil. Observed with elaborate rituals, artistic displays of Durga idols in decorated pandals, cultural performances, and community feasting. The festival concludes with the immersion of the idols in water, marking Durga's return to her celestial abode.

*begins at sunset.

We encourage readers to take a moment to learn about and reflect on diverse religious practices within our community. May you be embraced by the quiet blessings of this sacred time.

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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 spiritualsvccchaplains@healthcare.uiowa.com