



Religion Resource Guidebook

Religious identity and development is an important part of the university experience for many, affecting how we all understand and interact with the greater world around us.

The Religion Resource Guidebook serves as a general education and reference tool for our IUP community. It includes information for significant dates, practices and accommodations, places of worship, and student religious organizations. It is intended to help expand understanding and strengthen relationships of the diverse religious and non-religious groups here at IUP.

Make this Guide Work for You:

CHECK dates before scheduling critical deadlines, events, or activities.

ACCOMMODATE observant individuals with reasonable support. Consider food and beverage restrictions when planning menus. Provide opportunities for time away from the classroom and work place. Allow vacation time off and avoid important academic and workplace deadlines and activities.

ACKNOWLEDGE these important dates in the classroom, residential halls and offices - through websites, email, social media, newsletters and bulletin boards.

ASK others how they commemorate their occasion. Many individuals affiliated with the same group observe one important day in various ways.

DISCOVER new experiences and learn about the history, culture, and significance of the day with special foods, speakers, displays and more.

*This document is a project of the Office of Social Equity
B-17 Delaney Hall, 724-357-3402
social-equity@iup.edu, www.iup.edu/socialequity*



Places of Worship

The Places of Worship directory demonstrates the religious diversity at the university and in the greater Pittsburgh area. This information is available to help our IUP community of faith identify an important source of support and community.

BUDDHIST

Karma Thegsum Choling
574 Philadelphia Street
Indiana, PA 15701
(724) 463-0144
<http://www.indianacountykctc.org>

Pittsburgh Shambhala Meditation Center
733 North Highland Avenue
Pittsburgh, PA 15206
(412) 345-1759
<http://www.shambhala.org>

HINDU

Hindu Jain Temple
615 Illini Drive
Monroeville, PA 15146
(724) 325-2054
<http://www.hindujaintemple.org>

Sri Venkateswara Temple
1230 South McCully Drive, P.O. Box 17280
Penn Hills, PA 15235
(412) 373-3380
<http://www.svtemple.org>

Sri Shirdi Sai Baba Temple
1449 Abers Creek Road
Monroeville, PA 15146
(412) 374-9244
<http://www.baba.org>

ISLAMIC

Islamic Center of Indiana PA
132 Philadelphia Street
Indiana, PA 15701
(724) 349-6170
<http://www.ici-pa.org>

Islamic Center
4100 Bigelow Boulevard
Pittsburgh, PA 15213
(412) 682-5555
<http://www.icp-pgh.org>

JEWISH

Beth Israel Synagogue
South 5th and Washington Streets,
Indiana, PA 15701
(724) 465-6721
bisynindiana@gmail.com

Beth Israel Congregation
414 Weldon Street
Latrobe, PA 15650
(724) 537-6888
<http://www.greaterlatrobe.net>

Beth Shalom Congregation
700 Indiana Street
Johnstown, PA 15905
(814) 536-0647
<http://www.bethsholomjohnstown.org>

Congregation Emanu-El Israel
222 North Main Street
Greensburg, PA 15601
(724) 834-0560
<http://www.congregationemanuelisrael.org>

Temple David Congregation
4415 Northern Pike
Monroeville, PA 15146
(412) 372-1200
<http://www.templedavid.org>



continued

CHRISTIAN

(A sampling of Indiana area denominations)

Beulah Baptist Church
778 North 5th Avenue
Indiana, PA 15701
(724) 349-7177

Calvary Presbyterian Church
695 School Street
Indiana, PA 15701
(724) 463-9197
<http://www.calvarychurchpa.com>

Christ Episcopal Church
902 Philadelphia Street
Indiana, PA 15701
(724) 465-6129
<http://www.asmuhl.com/christchurchindiana>

Christ Our Savior Orthodox Church
6768 Tanoma Road
Indiana, PA 15701
(724) 463-1535

Christian Missionary Alliance
2510 Warren Road
Indiana, PA 15701
(724) 463-0862
<http://www.indianaalliance.com>

Divine Destiny Ministries
207 Old Route 119 Hwy South
Indiana, PA 15701
(724) 349-1856
<http://www.ddmin.org>

First Unitarian Universalist Church
285 Twolick Drive
Indiana, PA 15701
(724) 349-2776
<http://www.firstuu-indianapa.org>

Grace United Methodist Church
712 Church Street
Indiana, PA 15701
(724) 463-8535
<http://www.indianagrace.org>

Indiana Wesleyan Methodist Church
1201 Church Street
Indiana, PA 15701
(724) 463-0475

Jehovah's Witnesses
450 East Pike Road
Indiana, PA 15701
(724) 463-7807

Quakers Religious Society of Friends
406 Indiana Theater Building
637 Philadelphia Street
Indiana, PA 15701

Sovereign Grace Church
921 Hospital Road
Indiana, PA 15701
(724) 349-7940
<http://www.scgindianapa.org>

St. Thomas More University Center
1200 Oakland Avenue
Indiana, PA 15701
(724) 463-2277
<http://www.stmup.org>

The Church of Jesus Christ of Latter-day Saints
1580 Old Route 119 Hwy North
Indiana, PA 15701
(724) 349-1337
<http://www.lds.org>

The Summit Church
2707 West Pike Road
Indiana, PA 15701
(724) 349-8180
<http://www.summittogether.com>

Victory Christian Assembly
418 Church Street
Indiana, PA 15701
(724) 463-8877
<http://www.myvictory.org>

Zion Lutheran Church
100 South Sixth Street
Indiana, PA 15701
(724) 465-5597
<http://www.zionlutherans.com>

Religious Student Organizations

A variety of religious and spiritual organizations led predominantly by students on campus offer an additional source for community and support among peers.

Adventist Students Campus Fellowship

oblitely@iup.edu

AMPLIFY

lippert@iup.edu

susan.venatta@iup.edu

Catholic Student Association

http://www.stmup.org

mcdevitt@iup.edu

CRU (Campus Crusade for Christ)

http://iupcru.com

phil.floyd@cru.com

mjstraw@iup.edu

Friends of Himalayan Buddhism

cjpearce@iup.edu

ljenning@iup.edu

Hindu Association

rgsoni@iup.edu

Jewish Student Union

mkingan@iup.edu

Latter Day Saints Student Association

hatfield@iup.edu

Lutheran Student Movement at IUP

tcogar@iup.edu

Orthodox Christian Fellowship

glisan@iup.edu

Spirit of the Oak (Neo-Pagan student organization)

tsmith@iup.edu

Unitarian Universalists at IUP

joansab@comcast.net

The **IUP Interfaith Council** serves the spiritual needs of the IUP community. It is comprised of one or more representative from each recognized student religious organization.

Contact information for the Interfaith Council:

Rev. Joan Sabatino, President: 724-349-2776
or *joansab@comcast.net*

Ms. Malinda Levis, Advisor, Center for Health and Well-Being: 724-357-1358 or
malinda@iup.edu

Center for Student Life: 724-357-2598



For a complete list of religious organizations at IUP see: <http://www.iup.edu/page.aspx?id=53447>

Holidays & Accommodations

This section is provided to faculty, staff, and students as an educational resource for the countless number of religious holy days celebrated at IUP. Not only does this section offer information about dates and practices, it is also hoped that the information about recommended academic and food accommodations will be valuable to those planning classroom activities and other academic and co-curricular events. Questions about reasonable accommodations for religious holy days may be sent to the Office of Social Equity at social-equity@iup.edu.

Points to Remember

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

Kosher restrictions refer to dietary guidelines of Jewish law which apply daily, throughout the year. Restrictions include: pork, shellfish (fish is allowed) and mixing meat with dairy.

Halal dietary restrictions refer to foods prohibited according to Islamic dietary law, throughout the year. Restrictions include alcohol and pork.



Bahá'í Holidays

ASCENSION OF THE BAHÁ'U'LLAH

Description: Commemorates the death of the founder of the Bahá'í faith; Baha'llah died on May 29, 1892.

General practices: Devotional programs and reading from the scriptures.

Observed Dates: Observed annually on May 29

BIRTH OF BAHÁ'U'LLÁH (Holiday with significant work restriction)

Description: This holiday celebrates the birthday of Bahá'u'lláh, one of the Bahá'í faith's most important figures. For Bahá'ís, the Birth of Bahá'u'lláh is a Holy Day celebrating the rebirth of the world through the love of God, just as Christmas is for Christians.

Recommended accommodations: Avoid scheduling important academic deadlines, events, or activities on this date. (Baha'i employees will likely request to have this day off.)

Observed Dates: Observed annually on November 12

NAW RUZ

Description: This is the Bahá'í New Year, a traditional celebration in Iran adopted as a holy day associated with Baha'i. It is a celebration of spring and new life.

General practices: Festive music dancing, prayers, meetings, meals.

Observed Dates: Observed annually on March 21

Buddhist Holidays

MAGHA PUJA DAY

Description: Magha Puja Day commemorates an important event in the life of the Buddha, in which the four disciples traveled to join the Buddha.

Observed Date: 3/5/2015, 3/23/2016, 3/12/2017, 3/31/2018

BUDDHA DAY / VISAKHA PUJA

Description: This holiday is traditionally known as Buddha's birthday. It is the major Buddhist festival, commemorating the birth, enlightenment, and death of the Buddha.

General practices: Buddhists often decorate their homes and visit their local temples. Observers are encouraged to refrain from slaughtering and to avoid eating meat on this date.

Recommended accommodations: Provide food accommodation as requested, and offer vegetarian options when planning menus for events on this date.

Observed Dates: 5/4/2015, 5/15/2016, 5/10/2017, 4/29/2018

Christian Holidays

ASH WEDNESDAY

Description: This is the first day of Lent, the period of forty days before Easter in which many Christians sacrifice ordinary pleasures to reflect on Christ's sacrifice.

General Practices: On this day, there are special church services, and the faithful wear a cross of ashes marked on foreheads. Most Christians abstain from meat on this day.

Recommended accommodations: Provide food accommodation as requested-prohibitions include animal products.

Observed Dates: 2/18/2015, 2/10/2016, 3/1/2017, 2/14/2018

CHRISTMAS (Holiday with significant work restriction)

Description: Christmas is an annual celebration commemorating the birth of Jesus of Nazareth, the Messiah whose message and self-sacrifice began the Christian religion.

General Practices: Many celebrate this holiday by giving gifts, attending church services, decorating Christmas trees, and visiting family.

Date details: Begins at sundown on the 24th annually and continues with all day celebration on the 25th.

Recommended accommodations: This is a national holiday in the United States, so special accommodations are likely not required.

Observed Dates: Observed annually on December 25

EASTER (Holiday with significant work restriction)

Description: Annual commemoration of the resurrection of Jesus Christ.

General practices: Celebratory meals, family gatherings, distribution of colored eggs, baskets and chocolate bunnies. It is a celebration of renewal.

Date details: Easter Sunday is determined by the Gregorian calendar (Gregorian calendar regulates ceremonial cycle of the Roman Catholic and Protestant churches).

Observed Dates: 4/5/2015, 3/27/2016, 4/16/2017, 4/1/2018

EPIPHANY / TWELFTH NIGHT / THREE KINGS DAY

Description: This date is also known as Befana Day; commemorates the revelation of God through Jesus Christ and marks the time the three wise men arrived in Bethlehem and presented gifts to the baby Jesus.

General practices: Prayer, festive meals, offerings, and gifts.

Observed Date: Observed annually on January 6

GOOD FRIDAY

Description: Friday before Easter, commemorates the crucifixion of Jesus Christ; among some sects of Christianity and in many countries marks a day of fasting.

General practices: Prayer, fasting, and noon or afternoon services in some Christian denominations.

Date details: Always falls on the Friday before Easter Sunday.

Recommended accommodations: Provide food accommodation as requested—meat (fish is not considered meat) is prohibited during meals for some.

Observed Dates: 4/3/2015, 3/25/2016, 4/14/2017, 3/30/2018

MAUNDY THURSDAY

Description: Thursday before Easter, commemorates the Last Supper of Jesus with the Apostles.

General practices: Prayer, Communion (Eucharist), meals, and foot-washing ceremonies among some Christian denominations.

Date details: Always falls on the Thursday before Easter Sunday.

Observed Dates: 4/2/2015, 3/24/2016, 4/13/2017, 3/29/2018

PALM SUNDAY

Description: A commemoration of Jesus' entry into Jerusalem as crowds lined his path with palm fronds

General practices: Prayer, distribution of palm leaves commemorating Jesus' entry into Jerusalem prior to his crucifixion.

Observed Dates: 3/29/2015, 3/20/2016, 4/9/2017, 3/25/2018

Confucian/Taoist/Buddhist Holidays

CHINESE NEW YEAR (Holiday with significant work restriction)

Description: This is the most important of traditional Chinese holidays.

General Practices: Families gather together to spend the evening preparing boiled dumplings and festive meals and giving of money to children in red envelopes.

Date details: Corresponds to the New Moon in Aquarius, which can fall from late January to mid-February

Recommended accommodations: Avoid scheduling important academic deadlines, events, and activities on this date. Many Chinese employees will probably request this day off.

Observed Date: 2/19/2015, 2/8/2016, 1/28/2017, 2/16/2018

Hindu Holidays

DIWALI / DEEPAVALI / FESTIVAL OF LIGHTS (Holiday with significant work restriction)

Description: Diwali – the Hindu “festival of lights” – is an extremely popular holiday for multiple religions throughout Southern Asia. Diwali extends over five days, and celebrates the victory of good over evil. The Times of India described Diwali as “a reaffirmation of hope, a renewed commitment to friendship and goodwill, and a religiously sanctioned celebration of the simple.” Fireworks, oil lamps, and sweets are common, making this a favorite holiday for children. The lamps are lit to help the goddess Lakshmi find her way into people's homes.

General practices: Lighting oil lamps and candles, setting off fireworks, and prayer.

Recommended accommodations: Avoid scheduling important academic deadlines, events, and activities on this date. Hindu employees will likely request a vacation day on this date.

Observed Dates: 11/11/2015, 10/30/2016, 10/19/2017, 11/7/2018

HOLI

Description: Also known as the “Festival of Colors,” this holiday can be traced to Hindu scriptures commemorating good over evil. This date is also a celebration of the colorful spring and a farewell to the dull winter.

General practices: Hindus often sprinkle colored water and powder on others bonfires and lights, signifying victory of good over evil.

Date details: Celebrated at the end of the winter season on the last full moon day of the lunar moon in late February or early March.

Observed Dates: 3/6/2015, 3/23/2016, 3/13/2017, 3/3/2018

KRISHNA JANMASHTAMI

Description: This two-day festival celebrates the birth of Krishna, a widely worshipped Hindu god. Krishna is considered to be a warrior, hero, teacher, and philosopher.

General Practices: During this festival, Hindus are likely to forgo sleep in order to sing bhajans, traditional Hindu songs. Many Hindus also fast during the first day of the festival. Dances, songs, and plays depicting the life of Krishna are common.

Date details: The first day is called Krishan ashtami or Gokul ashtami. The second day is known as Kaal ashtami or more popularly Janam ashtami.

Recommended accommodations: Avoid scheduling major academic deadlines on this day; it is likely that students will be operating on very little sleep.

Observed Dates: 9/5/2015, 8/25/2016, 8/15/2017, 9/3/2018

NAVARATRI

Description: Navarati is one of the greatest Hindu festivals, celebrates the triumph of good over evil. During this time, Hindus worship Durga, Lakshmi, and Saraswati.

General Practices: Durga is the mother goddess, and so Hindus try to visit their mothers and other relatives’ during this time. Some Hindus will pray and fast, and there are often feasts and dances.

Observed Dates: 10/13-21/2015, 10/1-10/10/2016, 9/21-9/29/2017, 10/9-10/16-2018

RAKSHA / BANDHAN

Description: The Rakhi festivity falls in the holy month of Shraavan; The origin and history of Rakhi can be dated back to the mythological Pauranic times.

General practices: A day to acknowledge siblings and their relationships.

Observed Dates: 8/29/2015, 8/18/2016, 8/7/2017, 8/29/2018

Islamic Holidays

EID AL-ADHA (*Holiday with significant work restriction*)

Description: Eid al-Adha is a major festival that celebrates the willingness to make sacrifices in the name of one’s faith. According to legend, the prophet Ibrahim was ordered to sacrifice his son in God’s name. When Ibrahim was prepared to kill his son, God stepped in and gave him a sheep to sacrifice instead. This holiday celebrates Ibrahim’s total faith in God, and Muslims view this holiday as an important annual reminder.

General practices: Prayers, gift giving, and on occasion the slaughter of sheep, with a portion of the meat gifted to the poor.

Date details: All Islamic days begin at sunset of the prior day.

Recommended accommodations: Avoid scheduling important academic deadlines, events, and activities on the first day. If planning an evening event, provide food accommodations if requested (halal dietary restrictions apply).

Observed Dates: 9/23-26/2015, 9/11-9/14/2016, 9/1-9/4/2017, 8/22-8/25-2018

EID AL-FITR (*Holiday with significant work restriction*)

Description: Eid al-Fitr means “break the fast”, and is the last day of Ramadan, marking the end of a month of fasting.

General practices: Muslims often pray, exchange gifts, give money to children, feast, and celebrate with friends and family.

Date details: Dates are determined by the lunar calendar. Eid al Fitr is a three-day celebration.

Recommended accommodations: Avoid scheduling important academic deadlines these dates, events, or activities on this date. Employees will likely ask to take vacation time off, and that request should be granted if at all possible. If planning an evening event, provide food accommodations if requested (halal dietary restrictions apply).

Observed Dates: 7/18-21/2015, 7/7-7/9/2016, 6/26-6/28/2017, 6/15-6/17/2018

RAMADAN (*Holiday with significant work restriction*)

Description: Ramadan is an occasion to focus on faith through fasting and prayer, and is one of the most important Muslim holidays. Ramadan is notable because the Qur’an was first revealed during this month, and Muslims see the Qur’an as the ultimate form of guidance for humanity. The night that the Qur’an was revealed to Muhamad is called Lailat ul Oadr, and standing in prayer this one night is thought to eclipse months of worship.

General practices: Fasting is required during the entire month of Ramadan. Muslims refrain from food and beverages during the daylight hours, and smoking and sexual relations are forbidden. Worshipers break the fasting each night with prayer, reading of the Qu’ran, and a meal called the iftar. In addition, many Muslims also attend night prayers at Mosques. Muslims also believe that their good actions bring a greater reward during this month than any other time of the year, so almost all Muslims try to give up bad habits during Ramadan.

Date details: Dates are determined by the lunar calendar. The observed date marks the beginning of a 30 day observation.

Recommended accommodations: If possible, avoid scheduling major academic deadlines during this time. Be aware that students and employees celebrating Ramadan will be fasting during the day (continuously for 30 days) and will likely have less stamina as a result. If planning an evening event, provide food accommodations if requested (halal dietary restrictions apply).

Observed Dates: 6/18-7/18/2015, 6/6-7/7/2016, 5/27-6/26/2017, 5/16-6/15/2018

Jewish Holidays

HANUKKAH / CHANUKAH

Description: Hanukkah is the Jewish festival of lights, and lasts for eight days. Hanukkah commemorates the Jewish struggle for religious freedom. The history of the holiday involves a historic military victory in which a Jewish sect called the Maccabees defeated the Syrian Greeks. The celebration commemorates a miracle in which a sacred temple flame burned for eight days on only one day’s worth of oil.

General Practices: On each of the eight nights of Hanukkah, Jewish families light an additional candle of the menorah candelabrum until all eight candles are lit. Jews celebrate with food and song, as well as exchanging gifts for eight days.

Date details: Hanukkah begins at sundown on the day before the listed dates.

Recommended accommodations: Academics and work permitted, not a work holiday. Provide food accommodation as requested (kosher restrictions apply - potato pancakes, doughnuts or other fried food is customary).

Observed Dates: 12/7-12/14/2015, 12/25/2016-1/1/2017, 12/13-12/20/2017, 12/3-12/10/2018

PESACH / PASSOVER (Holiday with significant work restriction)

Description: Pesach is a week-long observance commemorating the freedom and exodus of the Israelites (Jewish slaves) from Egypt during the reign of the Pharaoh Ramses II (one of three pilgrimage festivals).

General practices: Family gatherings, ritualized meals called Seders, reading of the Haggadah, lighting of Yahrzeit memorial candle at sundown on the last night of Passover.

Date details: Pesach begins at sundown on the day before the listed dates.

Recommended accommodations: Avoid scheduling important academic deadlines, events and activities on the first two and last two days of the holiday, provide food accommodation as requested (kosher restrictions apply – The use of leavening is prohibited so, for example, matzah is eaten in place of bread.)

Observed Dates: 4/4-4/11/2015, 4/23-4/30/2016, 4/11-4/18/2017, 3/31-4/7/2018

PURIM

Description: Purim commemorates the time when the Jews were living in Persia and were saved by the courage of a young Jewish woman called Esther.

General practices: Many Jews hold carnival-like celebrations on Purim, dressing in costumes, and read the Book of Esther. Triangular, fruit-filled pastries are eaten in opposition to the villain Haman, who wore a three-cornered hat.

Recommended accommodations: Purim is not subject to the restrictions on work that affect some other holidays; however, some sources indicate that Jews should not go about their ordinary business at Purim out of respect for the festival. If planning an evening event, provide food accommodations if requested (kosher restrictions apply).

Observed Date: 3/5/2015, 3/24/2016, 3/12/2017, 3/11/2018

ROSH HASHANAH (Holiday with significant work restriction)

Description: Rosh Hashanah marks the beginning of the Jewish New Year, and stands as the Day of Judgment and remembrance. This holiday is celebrated one or two days and commemorates the creation of the world. Rosh Hashanah is also a judgment day, when followers believe that God balances a person's good deeds over the year against their bad deeds, and decides what the next year will be like for them.

General practices: Most time is spent in synagogues practicing worship and prayer, festive meals are common.

Date details: Begins at sundown of prior day.

Recommended accommodations: Avoid scheduling important academic deadlines, events, or activities on this date. If planning an event provides food accommodation as requested (kosher restrictions apply).

Observed Dates: 9/14-9/15/2015, 10/3-10/4/2016, 9/21-9/22/2017, 9/10-9/11/2018

SHAVUOT (Holiday with significant work restriction)

Description: Commemorates receipt of the Torah on Mount Sinai (two of three pilgrimage festivals).

General practices: Evening of devotional programs and studying the Torah, lighting of Yahrzeit memorial candle at sundown on the second night of Shavout.

Date details: Begins at sundown of the prior day.

Recommended accommodations: Avoid scheduling important academic deadlines, events and activities on the first two and last two days of the holiday. Provide food accommodation as requested. (Kosher restrictions apply - although it is customary to eat dairy).

Observed Dates: 5/24-5/25/2015, 6/12-6/13-2016, 5/31-6/1/2017, 5/20-5/21/2018

SHEMINI ATZERET (Holiday with significant work restriction)

Description: Also known as Atzereth, this is a fall festival, which includes a memorial service for the dead and features prayers for rain in Israel.

General practices: Jews light a Yahrzeit memorial candle at sundown on Shemini Atzereth (8th night of Sukkot).

Date details: Begins at sundown on the eighth day of Sukkot.

Recommended accommodations: Avoid scheduling important academic deadlines, events, or activities on this date. If planning an event, provide food accommodation as requested (kosher restrictions apply).

Observed Dates: 10/5/2015, 10/24/2016, 10/12/2017, 10/1/2018

SIMCHAT TORAH (Holiday with significant work restriction)

Description: Simchat Torah marks the completion of the annual cycle of the reading of the Torah in the synagogue and the beginning of the new cycle.

General practices: Practitioners dance in synagogues as all the Torah scrolls are carried around in seven circuits.

Recommended accommodations: Avoid scheduling important academic deadlines, events, and activities on this date. (kosher restrictions apply)

Observed Dates: 10/6/2015, 10/25/2016, 10/13/2017, 10/2/2018

SUKKOT (Holiday with significant work restriction)

Description: A week-long celebration which begins with the building of Sukkah for sleep and meals; Sukkot is named for the huts Moses and the Israelites lived in as they wandered the desert before reaching the promised Land.

General practices: Families in the United States commonly decorate the sukkah with produce and artwork.

Date details: Begins at sundown of prior day; work holiday varies by denomination.

Recommended accommodations: Avoid scheduling important academic deadlines, events, or activities on the first two days. If planning an event, provides food accommodation as requested (kosher restrictions apply - although it is customary to eat dairy for this celebration).

Observed Dates: 9/28-10/4/2015, 10/17-10/23/2016, 10/5-10/11/2017, 9/24-9/31/2018

TISHA B'AV

Description: Commemorates a series of Jewish tragedies including the destruction of the first and second temples in Jerusalem.

General practices: Fasting and mourning.

Date details: Begins at sundown, fast deferred because of the Sabbath.

Recommended accommodations: Plan limited activities after a fast.

Observed Dates: 7/26/2015, 8/14/2016, 8/1/2017, 7/22/2018

YOM KIPPUR (Holiday with significant work restriction)

Description: Yom Kippur is considered the holiest day of the year for Jews, and the day is dedicated to atonement and abstinence.

General practices: During Yom Kippur, Jews fast from before sundown until after sunset, and light a Yahrzeit memorial candle at sundown on the night of Yom Kippur.

Date details: Begins at sundown of day before the listed date.

Recommended accommodations: Avoid scheduling important academic deadlines, events, or activities on this date and after a day of fasting.

Observed Dates: 9/23/2015, 10/23/2016, 9/30/2017, 9/19/2018

YOM HASHO'AH

Description: Holocaust Remembrance Day; a day to remember the lives and names of Jewish victims and activists of the Holocaust.

General practices: Ceremonies or events to remember Holocaust victims who died during World War II; activities may include lighting memorial candles and reciting the Kaddish, which is a prayer for the departed.

Date details: Begins at sundown. If the date falls on a Friday, Israel observes Yom Hashoah on the preceding Thursday. When the date falls on a Sunday, it is observed on the following Monday.

Recommended accommodations: Academics and work are permitted. Provide food accommodation as requested. (kosher restrictions apply)

Observed Dates: 4/16/2015, 5/5/2016, 4/23/2017, 4/12/2018

Shinto Holidays

GANTAN-SAI (*Holiday with significant work restriction*)

Description: Gantan-sai is the annual New Year festival of the Shinto religion.

General practices: Practitioners pray for inner renewal, prosperity, and health, as well as visiting shrines and visiting friends and family.

Recommended accommodations: Avoid scheduling important academic deadlines, events and activities on this date.

Observed Date: Observed annually on January 1

SETSUBUM-SAI

Description: Setsubum-sai marks the beginning of spring, and is known as the “bean-throwing festival. The faithful scatter roasted beans to bring good luck to the new season.

Observed Date: Observed annually on February 3

Sikh Holidays

VAISAKHI

Description: Vaisakhi is the Sikh new year festival and commemorates 1699, the year Sikhism was born. Vaisakhi is also a long-established harvest festival.

General practices: There are often parades, dancing, and singing throughout the day. These celebrations involve music, singing, and chanting of scriptures and hymns.

Observed Dates: Observed annually on April 14



Confronting Islamophobia on Your Campus:

Islamophobia, defined as “the fear or hatred of Islam and Muslims,” is a serious issue that needs to be addressed on college campuses nationwide. Islamophobia is characterized by the belief that the Islamic religion is inherently dangerous and/or incompatible with other cultures. However, Islamophobia can be confronted and reduced with the effort of the community.

Some suggestions for confronting Islamophobia:

- Use social media to show an accurate and positive representation of Islam.
- Make sure to establish positive relationships with all neighbors, regardless of religion, race, or ethnicity.
- Write letters that show the positive aspects of Islam to newspapers, magazines, and other local publications. Encourage others to do the same.
- Create a group of people who will write letters and make phone calls to your elected officials encouraging them to avoid Islamophobic remarks, and to portray Islam in a positive light.
- Invite speakers of Islamic heritage to speak on your campus, or hold community events at Islamic places of worship.

For further information regarding Islam and addressing Islamophobic incidents, visit <http://www.cair.com>

(Council on American-Islamic Relations, 2014)

Anti-Semitism: What Is It and How Can You Help?

Anti-Semitism is the fear or hatred of Jews based on religious beliefs, ethnicity, and/or the incorrect belief that Judaism is a race. Unfortunately, anti-Semitism is a pervasive problem on college campuses nationwide. Although anti-Semitism is a wide-spread issue, a cooperative effort of the community can help to eliminate its presence.

Some suggestions for confronting anti-Semitism:

- Arrange for speakers who are of Jewish heritage or hold pro-Israel positions to come to campus.
- Write letters to the media and elected officials to bring anti-Semitism to their attention. Offer suggestions for changing anti-Semitic practices.
- Work with campus and local Jewish organizations to provide programming which raises awareness and shows Judaism in a positive light.
- Spread a positive message about Judaism by engaging in educational conversations with a variety of people on your campus.
- Respond immediately to anti-Semitic incidents on your campus. Spread messages of support for the Jewish community on the campus.

For further support regarding Judaism and addressing anti-Semitic issues, visit <http://www.adl.org>

(Anti-Defamation League, 2008-2014)