











# Multifaith Calendar 2023



-  Buddhism
-  Christianity
-  Hinduism
-  Islam
-  Judaism
-  Sikhism

-  Cultural Events
-  Bank Holidays

# JANUARY 2023

MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY SUNDAY

						1	★
2	📖	3		5	🕉️	6	✝️
		4			7	✝️	8
9		10		12		14	ॐ
		11		13			15
				13-20 Obesity Week			
16	🕉️	17		19		21	
		18		20		22	🕉️ ★
23		24		26	★	28	
		25	ॐ ★				29
30		31					

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\* Muslim festivals begin in the evening before the Gregorian dates shown in this calendar.

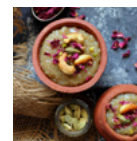
## RELIGIOUS EVENTS

5 JAN	Birth of Guru Gobind Singh	🕉️
6 JAN	Epiphany	✝️
7 JAN	Coptic/Orthodox Christmas	✝️
14 JAN	Makar Sankranti/Lohri/Pongal	ॐ
16 JAN	Shinran Memorial Day	🕉️
22 JAN	Sonam Losar	🕉️
25 JAN	Sarasvati Puja / Vasant Panchami	ॐ

## CULTURAL EVENTS

1 JAN	New Year's Day	★
2 JAN	Substitute Bank Holiday	📖
22 JAN	Chinese New Year	★
25 JAN	Burns Night	★
27 JAN	Holocaust Memorial Day	★

## FOOD FACTS



### Makar Sankranti/Lohri/Pongal | 14 January

Maghi – Lohri is a combination of the Maghi Hindu festival that's celebrated in Punjab and Himachal Pradesh, and the Lohri folk festival that's celebrated in Northern India. In Punjab, Maghi is celebrated by people eating kheer such as Rauh di kheer which is an old dish where rice is cooked in sugarcane juice. The dish is prepared in the evening before Maghi and is kept to cool. It is served cold next morning on Maghi with red-chilli mixed curd.



### Chinese New Year | 22 January

Chinese New Year is the festival that celebrates the beginning of a new year on the traditional lunisolar and solar Chinese calendar. Chinese New Year food traditions are hugely symbolic. Traditions include serving two whole fish and saving one for leftovers to represent surplus in the new year, serving a whole chicken to represent wholeness and prosperity, and serving items like spring rolls, which resemble gold bars and symbolize wealth.



### Burns Night | 25 January

Burns Night marks the anniversary of the poet Robert Burns' birth. The centrepiece of a Burns' Supper menu is the haggis, a savoury pudding containing sheep's pluck (heart, liver, and lungs), minced with onion, oatmeal, suet, spices, and salt, mixed with stock, and cooked while encased in an animal's stomach, traditional accompaniments to the haggis are neeps and tatties (turnip and potatoes).

# F E B R U A R Y 2 0 2 3

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
		1	2	3	4	5
				Time to talk day	World Cancer Day	
6 6-12 Student Volunteering Wk National Apprenticeship Wk	7	8	9	10	11	12
13 13-19 Heart Unions Week	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28					

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RELIGIOUS EVENTS		
6 FEB	Tu B'Shevat	✳️
15 FEB	Parinirvana	🌀
18 FEB	Isra and Mi'raj	🌙
18 FEB	Mahashivratri	ॐ
21 FEB	Shrove Tuesday	✚
22 FEB	Ash Wednesday	✚
CULTURAL EVENTS		
14 FEB	Valentines Day	★

### FOOD FACTS



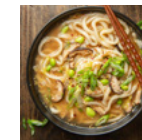
#### Tu B'Shevat (Arbor Day) | 6 February

Tu B'Shevat, also known as the birthday of the trees. The day is celebrated as an ecological awareness day, and trees are planted in celebration. It's traditional to eat Israeli fruits, such as figs, dates, and carobs. It's also customary to eat fruits you haven't tasted before, and to say the Shehecheyanu (a blessing of gratitude when experiencing something new).



#### Valentines Day | 14 February

Valentine's Day originated as a Christian feast day honouring one or two early Christian martyrs named Saint Valentine and, through later folk traditions, has become a significant cultural, religious, and commercial celebration of romance and love in many regions of the world. This can be expressed by giving flowers, chocolates, Valentine's cards and gifts.



#### Parinirvana | 15 February

Nirvana Day is an annual Buddhist festival that remembers the death of the Buddha when he reached Nirvana at the age of 80. Because the day is a time for simple reflection, typical Nirvana Day recipes are uncomplicated, vegetarian fare. Miso Udon Soup is one typically enjoyed by Japanese Buddhists.



#### Shrove Tuesday | 21 February

Shrove Tuesday is the day before Ash Wednesday (the first day of Lent). Pancakes are associated with Shrove Tuesday, the day preceding Lent, because they are a way to use up rich foods such as eggs, milk, and sugar, before the fasting season of the 40 days of Lent. The liturgical fasting emphasizes eating simpler food, and refraining from food that would give undue pleasure: in many cultures, this means no meat, lactinia (dairy products) or eggs.

# MARCH 2023

MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY SUNDAY

	★	1	2	3	4 Obesity Day 4-11 Salt Awareness Week	5
6 6-11 National Careers Wk	7 ✪ ॐ	8 ☾★	9	10 World Kidney Day	11	12
13 13-19 Nutrition & Hydration Week	14 Swallowing Awareness Day	15	16	17 ★	18 ✪	19 ★
20	21	22 ☾★ World Water Day	23	24	25	26
27	28	29	30 ॐ	31		

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## RELIGIOUS EVENTS

<b>7 MAR</b>	Holi	ॐ
<b>7 MAR</b>	Purim	✪
<b>8 MAR</b>	Lailat-ul-Bara'ah	☾
<b>18-20 MAR</b>	Holla Mohalla	✪
<b>22-21 MAR/APR</b>	Ramadan	☾
<b>30 MAR</b>	Rama Navami	ॐ

## CULTURAL EVENTS

<b>1 MAR</b>	St David's Day (Wales)	★
<b>17 MAR</b>	St Patrick's Day (N. Ireland)	★
<b>19 MAR</b>	Mothering Sunday	★

## FOOD FACTS



### Holi | 7 March

Holi is a popular ancient Hindu festival, also known as the Festival of Spring, the Festival of Colours or the Festival of Love. On Holi, there are many foods that are specifically served to celebrate the festival of colours. Some of the most common include Papri Chaat (crispy chips made from a simple wheat dough), Dahi Vada (soft lentil fritters soaked in creamy yogurt), Chana Masala (North Indian curried dish made with white chickpeas, onions, tomatoes, spices and herbs), Puran Poli (traditional Indian flatbreads stuffed with flavoured and sweetened lentils), and Besan Papdi (Crispy savoury crackers made with gram flour).



### Purim | 7 March

Purim is a Jewish holiday which commemorates the saving of the Jewish people from Haman, an official of the Achaemenid Empire who was planning to have all of Persia's Jewish subjects killed. For Ashkenazi Jews, perhaps the most widely held food tradition on Purim is eating triangular-shaped foods such as kreplach and hamantashen pastries. Kreplach are pasta triangles filled with ground beef or chicken and hamantashen are triangles of pastry dough surrounding a filling often made with dates or poppy seeds.



### Ramadan | 21 March

Ramadan is the ninth month of the Islamic calendar, observed by Muslims worldwide as a month of fasting (sawm), prayer, reflection and community. The fast begins at dawn and ends at sunset. The predawn meal is referred to as suhur, and the nightly feast that breaks the fast is called iftar. Main dishes can include meat and fish with rice but also a lot of vegetarian dishes like peazu made with blended pink lentils or masoor dal, aloo chop (potato cakes with green chilli) and kichiri, made with rice, lentils, onions, garlic and ginger.

# A P R I L 2 0 2 3

MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY SUNDAY

					1	2
						Autism Day
3	4	5	6	7	8	9
				World Health Day		
10	11	12	13	14	15	16
					Micro-Volunteering Day	
17	18	19	20	21	22	23
			20-25 IBS Awareness Wk	Advancing Healthcare Awards	Earth Day	
24	25	26	27	28	29	30

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## RELIGIOUS EVENTS

<b>5 APR</b>	Hanuman Jayanti	
<b>6-13 APR</b>	Passover	
<b>7 APR</b>	Good Friday	
<b>9 APR</b>	Easter Sunday	
<b>13-15 APR</b>	Songkran	
<b>14 APR</b>	Vaisakhi	
<b>18 APR</b>	Yom Ha-Shoah	
<b>22 APR</b>	Eid-ul-Fitr	

## CULTURAL EVENTS

<b>10 APR</b>	Easter Monday	
<b>23 APR</b>	St George's Day (England)	

## FOOD FACTS



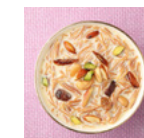
### Passover | 6 April

Passover, also called Pesach is a major Jewish holiday that celebrates the exodus of the Israelites from slavery in Egypt. Traditional dishes among Ashkenazi Jews generally include gefilte fish (poached fish dumplings), matzo ball soup, brisket or roast chicken, potato kugel (somewhat like a casserole) and tzimmes, a stew of carrots and prunes, sometimes including potatoes or sweet potatoes.



### Easter Sunday | 9 April

Easter, also called Pascha or Resurrection Sunday, is a Christian festival and cultural holiday commemorating the resurrection of Jesus from the dead. The holiday of Easter is associated with various Easter customs and foodways. Preparing, colouring, and decorating Easter eggs is one such popular tradition. Lamb is eaten in many countries, mirroring the Jewish Passover meal.



### Eid ul-Fitr | 22 April

Eid al-Fitr, 'Holiday of Breaking the Fast', is celebrated by Muslims worldwide because it marks the end of the month-long dawn-to-sunset fasting of Ramadan. The breakfast of Eid-ul-Fitr are sweet dishes, including Boeber, a dish made by cooking vermicelli with dates. The vermicelli and dates, cooked separately in milk, are also consumed as breakfast before offering Eid prayer. Another variety includes balaleet, popular in the Persian Gulf region.

# M A Y 2 0 2 3

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1 International Workers Day	2	3	4	5	6	7
8 8-14 Coeliac Awareness Wk	9	10	11	12 Fibromyalgia Day	13	14
15 15-21 Mental Health Awareness Week	16	17 Hypertension Day	18 Accessibility Awareness Day	19	20	21 Cultural Diversity Day
22 22-26 - European Public Health Week	23	24	25	26	27	28
29 Digestive Health Day	30	31				

May | Stroke Awareness Month

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## RELIGIOUS EVENTS

9 MAY	Lag B'Omer	✡
18 MAY	Ascension Day	✝
19-26 MAY	Vesakha Puja	☸
26 MAY	Buddha Purnima	☸
26 MAY	Shavuot	✡
28 MAY	Pentecost	✝

## CULTURAL EVENTS

1 MAY	Early May Bank Holiday	📅
8 MAY	Bank Holiday for the Coronation of Charles III	📅
29 MAY	Spring Bank Holiday	📅

## FOOD FACTS



### Vesakha Puja | 19 May

Vesak, also known as Buddha Jayanti, Buddha Purnima and Buddha Day. The festival commemorates the birth, enlightenment, and death of Gautama Buddha. Vegetarianism is predominantly practiced during Vesak day (though it can differ between communities) and traditional foods such as Lo Han Jai (a vegetarian stew, sometimes referred to as Buddha's delight) and Monk's soup, that is prepared with pumpkins, beans, noodles, and sweet potato are served.



### Shavuot | 26 May

Shavuot, commonly known in English as the Feast of Weeks, is a Jewish holiday that occurs on the sixth day of the Hebrew month of Sivan (in the 21st century, it may fall between May 15 and June 14 on the Gregorian calendar). Popular Shavuot foods include cheesecake, blintzes, and kugels. Some Sephardic Jews make a seven-layered bread called siete cielos (seven heavens), which is supposed to represent Mt. Sinai.











### Pentecost | 28 May

Pentecost (also called Whit Sunday, Whitsunday or Whitsun) is a Christian holiday which takes place on the 50th day (the seventh Sunday) after Easter Sunday. It commemorates the descent of the Holy Spirit upon the Apostles while they were in Jerusalem celebrating the Feast of Weeks. Churches in some parts of England may hold Whit Walks, or parades of choirs and wind instruments. Whitsun celebrations may also feature cheese rolling, where participants roll cheese down a hill and then chase after it, and morris dancing, a type of English folk dance.


# JUNE 2023

MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY SUNDAY



			1 1-7 Volunteers Week	2	3	4 
5 World Orthoptic Day	6 6-12 Carers Week	7 7-15 British Heart Week World Food Safety Day	8 	9	10 	11
12 12-18 Diabetes Week 12-16 Healthy Eating Week	13	14	15	16 	17	18 
19 	20 20-26 Learning Difficulties Week	21	22 Windrush Day	23	24	25
26 19-23 Dietitians Week	27 	28 	29	30		

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## RELIGIOUS EVENTS

<b>4 JUN</b>	Chokor	
<b>8 JUN</b>	Corpus Christi	
<b>16 JUN</b>	Guru Arjan Dev Day	
<b>19-20 JUN</b>	Ratha Yatra	
<b>27 JUN-1 JULY</b>	Hajj	
<b>28 JUN-2 JULY</b>	Eid-ul-Adha	

## CULTURAL EVENTS

<b>10 JUN</b>	King's Birthday	
<b>18 JUN</b>	Father's Day	

## FOOD FACTS



### Guru Arjan Dev Day | 16 June

This festival is one of the major Sikh gurburbs. It marks the day when the fifth Guru was put to death after severe tortures on the orders of the Moghul Emperor, Jehangir. Traditionally, a cooling drink known as a Chabeel (Kachi lassi, Rose Flavored Summer Drink) is distributed on this day, recalling that the Guru was tortured in the extreme heat of June.



### Ratha Yatra | 19 June

Rath Yatra or Jatra is the celebration of the Lord Jagannath, who is believed to be the Lord of Universe's journey towards his aunt's house. Rathayatra is celebrated all over the world. Huge wooden carts are pulled by hand in a grand procession by pilgrims and devotees. High up on the carts are Deities of Jagannatha, Balarama and Subhadra. After the procession there's a celebration festival with fresh cooked vegetarian food such as rice, dalma (medley of lentil and vegetables) and khatta (chutney made from raw mangoes/ fresh tomatoes).



### Eid-ul-Adha | 28 June

Eid-ul-Adha is the second and the bigger of the two main holidays celebrated in Islam (the other being Eid al-Fitr). It honours the willingness of Ibrahim (Abraham) to sacrifice his son Ismail (Ishmael) as an act of obedience to Allah's command. A larger variety of dishes than those served during Eid-ul-Fitr are savoury, including beef or mutton depending on the animal slaughtered. The fried liver of the animal is used as breakfast and different dishes include different varieties of kebabs (boneless meat that has been meshed and fried or roasted), Nihari, haleem, Korma, Curries and other varieties. Rice dishes, including different forms of Pulao and Biryani, are also very popular in South Asia.

# J U L Y 2 0 2 3

MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY SUNDAY

					1	2
3	4	5 NHS Birthday (75)	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

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## RELIGIOUS EVENTS

<b>3 JUL</b>	Asalha Puja	🌀
<b>7 JUL</b>	Eid Ul Ghadeer	🌙
<b>19 JUL</b>	Al-Hijra 1445AH	🌙
<b>27 JUL</b>	Tisha B'av	🌙
<b>28 JUL</b>	Ashura	🌙

## FOOD FACTS



### Asalha Puja | 3 July

Asalha Puja, also known as Dhamma Day, is one of Theravada Buddhism's most important festivals, celebrating as it does the Buddha's first sermon, the "Sermon in the Deer Park" at Sarnath, in which he set out to his five former associates the doctrine that had come to him following his enlightenment. People participate by giving foods to monks, nuns, and the poor on this day, some will avoid eating meat and doing anything that gives them luxury. People often eat bread with sweet sauce on it for dessert. There's a variety of fruits people eat too such as dragon fruit, pomelo and mangosteen.



### Muharram/Islamic New Year | 19 July

Muharram (fully known as Muharram ul Haram) is the first month of the Islamic calendar. It is one of the four sacred months of the year when warfare is forbidden. It is held to be the second holiest month after Ramadan. The tenth day of Muharram known as Ashura is the most important and on this day, a dessert porridge also called ashura or ashure is widely consumed across the world. This dessert combines whole wheat, dried fruits, rose water, spices and sugar and is a wholesome porridge or pudding that is meant to be shared among family and friends after the fasting period.



### Tisha B'Av | 27 July

Tisha B'Av is an annual fast day in Judaism, on which a number of disasters in Jewish history occurred, primarily the destruction of both Solomon's Temple by the Neo-Babylonian Empire and the Second Temple by the Roman Empire in Jerusalem. In addition to fasting, other pleasurable activities are also forbidden. Traditionally, the pre-fast meal contains only bread, water, and a hard-boiled egg dipped in ashes, to symbolize the destruction that is mourned. The break-fast meal usually consists of light, dairy foods. Some Jews also refrain from eating red meat or chicken and drinking wine on the nine days leading up to Tisha B'Av.



# AUGUST 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	1  1-7 - National Breastfeeding Week	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

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RELIGIOUS EVENTS		
<b>6 AUG</b>	The Transfiguration	
<b>13-15 AUG</b>	O-Bon	
<b>15-28 AUG</b>	The Dormition Of The Mother Of God	
<b>30-31 AUG</b>	Raksha Bandhan	

CULTURAL EVENTS		
<b>28 AUG</b>	Summer Bank Holiday	

**FOOD FACTS**



**Raksha Bandhan | 30 Aug**

Raksha Bandhan is a popular, traditionally Hindu, annual rite, or ceremony, which is central to a festival of the same name celebrated in South Asia, and in other parts of the world significantly influenced by Hindu culture. On this day, sisters of all ages tie a talisman, or amulet, called the Rakhi, around the wrists of their brothers, symbolically protecting them, receiving a gift in return. Gulab jamuns along with kheer are traditional and one of the most popular sweet dishes in India. They are soft and spongy milk based balls with melt in the mouth texture. These gulab jamuns are drenched in flavored sugar syrup, and are enjoyed hot or cold.

# SEPTEMBER 2023

MONDAY      TUESDAY      WEDNESDAY      THURSDAY      FRIDAY      SATURDAY      SUNDAY

				1 Alzheimers Day	2	3
4 4-10 Know your numbers week (blood pressure)	5	6 ॐ	7	8	9	10
11	12	13	14	15	16	17 Patient Safety Day
18 ॐ	19	20	21	22	23	24
25 ✡	26	27	28	29	30 ✡	

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RELIGIOUS EVENTS	
<b>1 SEP</b>	Installation of the Guru Granth Sahib ✡
<b>6-7 SEP</b>	Janam Ashtami ॐ
<b>16-17 SEP</b>	Rosh Hashanah ✡
<b>18-19 SEP</b>	Ganesh Chaturthi ॐ
<b>25 SEP</b>	Yom Kippur ✡
<b>30 SEP- 8 OCT</b>	Sukkot ✡

## FOOD FACTS



### Janmashtami | 6 September

Janmashtami or Gokulashtami, is an annual Hindu festival that celebrates the birth of Krishna, the eighth avatar of Vishnu. Dance-drama enactments of the life of Krishna according to the Bhagavata Purana, devotional singing through the midnight when Krishna was born, fasting (upavasa), a night vigil (Ratri Jagaran), and a festival (Mahotsav) on the following day are a part of the Janmashtami celebrations. Offerings include traditional food items like Gur Ki Kheer, Dahi Kala, Sweet Potato Kheer, and Ladoos. Apart from these offerings, there are some particular foods consumed during Janmashtami fasting. People prefer eating satvik foods like sabudana khichdi, sabudana vadas, or sabudana kheer.



### Rosh HaShanah | 16 September

Rosh HaShanah is the Jewish New Year. The biblical name for this holiday is Yom Teruah, literally "day of shouting or blasting." It is the first of the Jewish High Holy Days. Rosh Hashanah customs include sounding the shofar (a cleaned-out ram's horn), as prescribed in the Torah, following the prescription of the Hebrew Bible to "raise a noise" on Yom Teruah. Its rabbinical customs include attending synagogue services and reciting special liturgy about teshuva, as well as enjoying festive meals. Eating symbolic foods is now a tradition, such as apples dipped in honey, hoping to evoke a sweet new year.



### Yom Kippur | 25 September

Yom Kippur is the holiest day of the year in Judaism. Its central themes are atonement and repentance. Jews traditionally observe this holy day with a day-long fast, confession, and intensive prayer, often spending most of the day in synagogue services. The evening break-fast is often a light meal of dairy foods such as sweet noodle kugel, cheesy blintzes, eggs, salads, bagels and fish such as herring, whitefish and lox.

# OCTOBER 2023

MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY SUNDAY

						1 Older Persons Day
2 ॐ	3	4	5	6	7 ✡	8 ✡
9	10 Mental Health Day	11	12	13 AHP Day	14 14 - 20 - Malnutrition Awareness Week	15 ॐ
16 World Food Day	17	18 Menopause Day	19	20 Osteoporosis Day ✡	21	22
23	24	25	26	27 ✡	28 ✡	29 World Stroke Day
30	31 ★					

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## RELIGIOUS EVENTS

2 OCT	Gandhi Jayant	ॐ
7 OCT	Shemini Atzeret	✡
8 OCT	Simchat Torah	✡
15-23 OCT	Navaratri	ॐ
20 OCT	Guru Granth Sahib	✡
27 OCT	Milad Un Nabi	✡
28 OCT	Anapanasati Day	✡

## CULTURAL EVENTS

31 OCT	Halloween	★
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## FOOD FACTS



### Navaratri | 15 October

Navaratri is a biannual and one of the most revered Hindu festivals observed in the honour of Mother Goddess Durga. It spans over nine nights, first in the month of Chaitra and again in the month of Sharada. Celebrations include worshipping nine goddesses during nine days, stage decorations, recital of the legend, enacting of the story, and chanting of the scriptures of Hinduism. Navratri fasting rules vary from community to community; the basic premise is that the food should be healthy and light. The preferred ingredients include kuttu atta, singhara atta, fresh vegetables, milk, yogurt and makhanas. Rock salt or sendha namak is used instead of regular salt since it is unprocessed.



### Miladun Nabi (Mawlid) | 27 October

Mawlid, Mawlid an-Nabi ash-Sharif or Eid Milad un Nabi is the observance of the birthday of the Islamic prophet Muhammad. Desserts such as baklava, rice pudding or semolina porridge are offered in countries all over the world. In Algeria, for example, the typical dish of Mawlid is the tamina, a cake of semolina, honey, and butter decorated with toasted almonds and powdered cinnamon.



### Allhallowtide | 31 October - 2 November

Allhallowtide is the Western Christian season encompassing the triduum of All Saints' Eve, All Saints' Day and All Souls' Day. Soul cakes are traditional English sweet cookies with raisins that are made for Samhain or Halloween, All Saints Day and All Souls Day. In Latin America, All Saints' Day coincides with the first day of the Day of the Dead. In Guatemala, All Saints' Day is a national holiday. On that day Guatemalans make a special meal called fiambre which is made of cold meats and vegetables; it is customary to visit cemeteries and to leave some of the fiambre for their dead.

# N O V E M B E R 2 0 2 3

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
		1 †	2 †	3	4	5 ★ International Volunteer Managers Day
6 6-12 - Trustees Week	7	8 ☸	9	10	11	12 ☸ ॐ ★
13	14 World Diabetes Day	15	16 16 Nov - 16 Dec Disability History Month	17	18	19 Intl Men's Day
20	21	22	23	24 ☸	25	26
27	28 ☸	29	30 ★			

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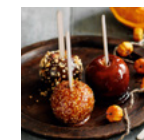
## RELIGIOUS EVENTS

<b>1 NOV</b>	All Saints Day	†
<b>2 NOV</b>	All Souls Day	†
<b>8 NOV</b>	Birthday Of Guru Nanak	☸
<b>12 NOV</b>	Diwali	ॐ
<b>12 NOV</b>	Diwali	☸
<b>24 NOV</b>	Martyrdom of Guru Tegh Bahadur	☸
<b>28 NOV</b>	Loy Kratong	☸

## CULTURAL EVENTS

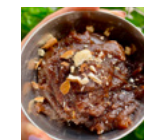
<b>5 NOV</b>	Guy Fawkes Night	★
<b>12 NOV</b>	Remembrance Sunday	★
<b>30 NOV</b>	St Andrew's Day (Scotland)	★

## FOOD FACTS



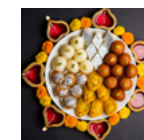
### Guy Fawkes Night | 5 November

Guy Fawkes Night, also known as Guy Fawkes Day, Bonfire Night and Fireworks Night, is an annual commemoration observed on 5 November, primarily in Great Britain, involving bonfires and fireworks. There are many food items that are associated with Bonfire Night. Toffee apples, treacle toffee, black peas and parkin, and even the jacket potato, are traditionally eaten around Bonfire Night in parts of England.



### Guru Nanak Dev Sahib | 8 November

Guru Nanak Dev Ji Gurburab, also known as Guru Nanak's Prakash Utsav, celebrates the birth of the first Sikh guru, Guru Nanak. One of the most celebrated Sikh gurus and the founder of Sikhism. On Guru Nanak Jayanti day, it is customary to eat the community lunch or 'Langar' served in Gurudwaras. The food that is served in Langar usually includes Roti, Rice, Dal, vegetables along with Chaach or Lassi. Kada Prasada made with coarse wheat, sugar and ghee is also an integral part of the Langar fare.



### Diwali | 12 November

Diwali is a festival of lights and one of the major festivals celebrated by Hindus, Jains, Sikhs, and some Buddhists. South Asian sweets and desserts are called mithai and are a staple part of Diwali celebrations. Many of the treats are fried foods made from sugar, chickpea flour and condensed milk. They vary between regions but common ones include balushahi, which are a bit like doughnuts, laddoos and barfis.

# DECEMBER 2023

MONDAY      TUESDAY      WEDNESDAY      THURSDAY      FRIDAY      SATURDAY      SUNDAY

				1	2	3
						Disabled People's Day
4	5	6	7	8	9	10
11	12	13	14	15	16	17
	12-19 Sugar Awareness Week					
18	19	20	21	22	23	24
					World AIDS day	
25	26	27	28	29	30	31

\* Jewish festivals commence at sunset on the evening of the day prior to the date shown.  
 \* Muslim festivals begin in the evening before the Gregorian dates shown in this calendar.

## RELIGIOUS EVENTS

<b>3 DEC</b> Advent Sunday	✝
<b>8 DEC</b> Bodhi Day	☸
<b>18-15 DEC</b> Hanukkah	✡
<b>24 DEC</b> Christmas Eve	✝
<b>25 DEC</b> Christmas Day	✝

## CULTURAL EVENTS

<b>26 DEC</b> Boxing Day	📖
<b>31 DEC</b> New Year's Eve	★

## FOOD FACTS



### Hanukkah | 18 December

Hanukkah, also known as the Festival of Lights, is a Jewish festival commemorating the recovery of Jerusalem and subsequent rededication of the Second Temple at the beginning of the Maccabean revolt against the Seleucid Empire in the 2nd century BCE. On Hanukkah it is customary to eat foods that are either fried in oil or made with cheese. Latkes (fried potato pancakes) are traditional, topped with applesauce or sour cream. Other fried foods for Hanukkah include sufganiyot (jelly doughnuts) and other kinds of fritters.



### Christmas Day | 25 December

Christmas is an annual festival commemorating the birth of Jesus Christ, observed primarily on December 25 as a religious and cultural celebration among billions of people around the world. Traditional Christmas dinner features turkey with stuffing, mashed potatoes, gravy, cranberry sauce, and vegetables. Other types of poultry, roast beef, or ham, are also used. Pumpkin or apple pie, raisin pudding, Christmas pudding, or fruitcake are staples for dessert.



### New Year's Eve | 31 December

In the Gregorian calendar, New Year's Eve, also known as Old Year's Day or Saint Sylvester's Day in many countries, the evening or the entire day of the last day of the year, is on 31 December. New Year's foods are dishes traditionally eaten for luck in the coming year. Many traditional New Year dishes revolve around the food's resemblance to money or to its appearance symbolizing long life, such as long noodles or strands of sauerkraut. Some cultures and religions have evolved complex food traditions associated with the new year.



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