

The Holy Days of August

Celebrations. Observances and Information about Religious, Spiritual, and Cultural Occasions

Office of InterFaith Senior Chaplain Rev. Kathleen Ennis-Durstine extension 3321/room 4201 Staff Chaplain Janie Brooks extension 5050/room 4115

Catholic Chaplain August contains a wide variety of observances, such as: Cataract Awareness extension 2626/room 4115 Month. Children's Eye Health and Safety Month, Children's Vision and Learning Month, National Immunization Awareness Month, National Runaway Prevention Month, National Spinal Muscular Atrophy Month, National Win With Civility Month, What Will Be Your Legacy Month. It also is: Simplify Your Life Week (1—7), <u>International Clown Week</u> (7—13), <u>Assistance Dog Week</u> (7—13), Exercise with Your Child Week (8—14), Little League Baseball World

Series (19-28), In addition: Spiderman Day (1), Watermelon Day (3), National Mustard Day (6), Lighthouse Day (7), Sneak Some Zucchini Onto Your Neighbor's Porch Night (8), Smithsonian Day (10), Kool-Aid Day (12—14), Vinyl Record Day (12), National Medical Dosimetrist Day (17), International Homeless Animals Day (20), Be An Angel Day (22), National Waffle Day (24), National Toasted Marshmallow Day (30), and last, but not least, Love Litigating Lawyers Day (31)

Pastoral and Spiritual Care

Staff/Spanish Language Chaplain Margarita Roque extension 2626/room 4115

Fr. Tukura Michael

Catholic Mass: Thursday at 12:00 pm (East Chapel, room 3033, third floor East Tower) and Saturday at 4:00 pm (Main Chapel, room 3201, 3rd Floor Main Hospital)

Prayer and Meditation Tuesday 12:45 pm East Chapel, room 3033, third floor East *Tower*—please listen for the announcement**

Friday: Jummah Prayer R-114, floor 3.5 Main Hospital at 1:15 pm

Sunday Worship 4:00 pm Room 3201, Main Chapel third floor, Main Hospital - please listen for the announcement**

**Because of staffing limitations, leaders for these worship opportunities may not be available. We OVERHEAD announce them a half hour prior to the service.

Note the Information Boards and Brochure Racks for other information

Holy Days With No Fixed Date

The Plains Peoples' Sun Dance, Seminole Green Corn Dance, Hopi Snake Dance, and the Buddhist Rains Retreat Continue. (See the July newsletter)

Hopi Flute Ceremony

The purpose of the Flute Ceremony is to encourage rainfall and promote the growth of corn, which is the primary food of the Hopi nation.

The Flute Ceremony takes place in the ancestral rooms of the Flute clan. It begins with a procession into the pueblo led by the clan's chief, who is followed by the Flute boy in his white ceremonial kilt, with a Flute girl on either side wearing feathers in their hair and two white blankets, one of which serves as a skirt.

Many of the rites involved in the Flute Ceremony are actually pantomimes of what the Hopis want their gods to do. For example, the priest may scatter meal



from the six cardinal directions of the world (north, south, east, west, up, down) shows the gods that the priest wants them to send rain from six different directions. Blowing clouds of smoke on the altar shows that he wants rain clouds to appear. And a bullroarer, an instrument that makes a whizzing sound when swung in circles overhead, is used to imitate the sound of thunder.

Flute Dance Kachina (for more details, please see these pages at Brownielocks.com)

The Hopi Butterfly Dance

This dance takes place in late August, early September. The main participants are Hopi youth and young adults accompanied by a chorus of singers who are fathers, uncles, brothers, and in-laws of the participants. It is a beautiful dance full of color, song, and contentment. Up to one hundred or more pairs of dances can fill the village plaza. Girls wear an elaborate headdress made for them by their dance partners. It is known as a *kopatsoki* and becomes a keepsake for the Hopi maiden after the dance. Boys wear loose fitting velvet shirts with handsome kilts embroidered with rain and cloud symbols. Like many Hopi ceremonies,

the Butterfly Dance is a petition for rain, good health and long life for all living things. It also recognizes the butterfly for its beauty and its contribution in pollinating plant life. A lovely children's book about the Butterfly Dance is "The Butterfly Dance" by Gerald Dawavendewa.



Being a Butterfly by Grandmother Mona Polacca

The Hopi believe that for man, darkness precedes a spiritual transformation. While the caterpillar may become the butterfly and begin moving within its cocoon, it doesn't break out of the cocoon until its ready.

"At the level of existence, when it crawls on Mother Earth in the form of a caterpillar, it only sees what is right in front of it. Then there comes a time in the development when it puts itself into a little cocoon and enters into the darkness. In this darkness, it completely breaks down. During that time a great change takes place...

"Finally, it emerges into this world, into this life as a beautiful creature. Yet it doesn't immediately fly away. It sits there as if to be making a connection again with the elements of life: the water, the air, the fire, the earth. Then there is a moment when its wings start fluttering, developing strength within itself using these elements of life. When the moment comes and the butterfly takes flight, it suddenly sees the world from a completely different point of view, a view of vaster beauty and a much, much wider worldview. This is what I was told about being a butterfly."



Barbados Coconut Bread

Ingredients

- •6 ounces brown sugar
- •6 ounces shortening
- •1 large egg, beaten
- •3 cups grated coconut
- •1 teaspoon powdered cinnamon
- •1 teaspoon powdered nutmeg
- •2 teaspoons almond extract
- •1/4 pound raisins or mixed fruit
- •1 cup milk
- •11/4 pounds flour, sifted
- •1/2 teaspoon salt
- •1 Tablespoon baking powder

Directions

- 1.Preheat oven to 350° F.
- 2. Combine shortening and sugar.
- 3.Add the beaten egg, and mix thoroughly.
- 4.Mix in the spices, almond extract, fruit or raisins, grated coconut, and milk.
- 5.Add flour, salt, and baking powder and mix thoroughly.
- 6.Pour the batter into two greased loaf pans—a one-pound pan and a two-pound pan.
- 7.Bake loaves for one hour, or until browned. Cool on racks before serving.



World Eskimo Indian Olympics These events are held each year in Fairbanks, Alaska. The modern tradition began in 1961. Frank Whaley, a pilot for Wien Airlines convinced his employer and the Fairbanks Chamber of Com-

merce to include these games as a part of the city's annual Golden Days Celebration to help assure that the tradition would not disappear. Some of the events include the Knuckle Hop, the Arm Pull, Ear Pull, High Jump and toe Kicks. These events challenge pain endurance, balance skills and agility, or are associated with skills needed for hunting or whaling—like the Blanket Toss.

Over the years it has had many sponsoring organizations, but now there is a non-profit, independent organization dedicated to planning, organizing, promoting, and running this event.



2009 High Kick Contest



Holy Days with Fixed Date

August 1 Kadooment Day Barbados This is a public holiday when all Bajans gather to celebrate the end of the sugarcane harvest. It begins early in the morning as

costumed bands assemble and prepare a parade for judges. Prizes include best band, best costumes, and "Tune of the Crop" - the most popular song of the day. Food stalls are everywhere. Feasting, music, dancing continue in the streets all day. In the evening there is a fireworks display.

August 1 Joseph of Arimathaea Anglican Christian A native of Arimathea, in Judea, Joseph was apparently a man of wealth—and probably a member of the Sanhedrin. According to Mark , Joseph was an "honorable counselor, who waited for the kingdom of God". In Matthew he is not described as a counselor, but as a rich man and a disciple of Jesus. In John he was secretly a disciple of Jesus: as soon as he heard the news of Jesus' death, he "went in boldly unto Pilate, and craved the body of Jesus." Pilate, reassured by a centurion that the death had taken place, allowed Joseph's request. Joseph immediately purchased fine linen and proceeded to Golgotha to take the body of Jesus down from the cross. There, assisted by Nicodemus, Joseph took the body and wrapped it in the fine linen and applied myrrh and. Jesus' body then was conveyed to the place that had been prepared for Joseph's own body, a man-made cave hewn from rock in the garden of his house nearby. This was done speedily, "for the Sabbath was drawing on".

According to Roman law, a close family member could come and take away the body of an executed person. But there was no entitlement for a non-relative. There was a risk that a request from a non-relative would be denied and the body dumped, denying it proper burial. Tradition and sentiment also demanded that the body be interred with those of other family members, and not in the tomb of a stranger.

Joseph of Arimathea is venerated as a saint by the Catholic, Lutheran, Eastern Orthodox and some Anglican churches.

August 1 Ramadan begins Islam The ninth month of the Islamic calendar, which lasts 29 to 30 days. It is the Islamic month of fasting, in which participating Muslims refrain from eating and drinking during daylight hours and is intended to teach Muslims about patience, spirituality, humility and submissiveness to God. Muslims fast for the sake of God (Arabic: منالت المعاقبة المع

August 1 Fast of the Mother of God Orthodox Christian Every year the Orthodox Church sets aside the first fourteen days of August in honor of the Virgin Mary. This fast period is climaxed on August 15th, when

the Church gathers to celebrate the Great Feast of the *Dormition* (Falling-Asleep) of the *Theotokos*. During this fourteen day fast period, the Orthodox Church prescribes that the *Paraclesis* Service be held in honor of the Mother of God.

The word "paraclesis" has two different meanings: the first is "consolation," from which the Holy Spirit is called the "Paraclete," or "Consoler"; the second is "supplication" or "petition". The Service of the Paraclesis to the Theotokos consists of hymns of supplication to obtain consolation and courage. It should be recited in times of temptation, discouragement or sickness. It is used more particularly during the two weeks before the Dormition, or Assumption, of the Theotokos, from August 1 to August 14. The theme of these Paraclesis Services cen-

ters on the petition. . "Most Holy Mother of God, save us."

August 1 Luchnasadh Celtic Harvest Festival The festival takes its name from the Celtic god, Lugh, one of the chief gods of the Tuatha De Danaan (a race of people in Irish mythology). Lugh dedicated this feast to his foster-mother, Tailtiu, the last queen of the Fir Bolg, who died from exhaustion after clearing a great forest so that the land could be cultivated. When the men of Ireland gathered at her deathbed, she told them to hold funeral games in her honor. As long as they were held, she prophesied that Ireland would not be without song.

The festival evolved into a tribal assembly where legal agreements were made, political problems discussed, and sporting contests held on the scale of a Medieval Olympics. Artists and entertainers displayed talents, traders came from far and wide to sell food, farm animals, fine crafts and clothing. There was much storytelling, music, and revelry.

Today it is still celebrated in the country. It is thought to be unlucky NOT to eat *colcannon* on this day, made from the first digging of potatoes. Try this recipe—- don't skimp on the butter!

Colcannon

1 1/4 lbs cabbage, 1 tablespoon oil, 1 1/4 lbs potatoes, peeled and cut into quarters, water, 1 cup leeks, cleaned and chopped (white part only), 1 cup milk, 1 pinch mace, ground, salt and pepper, 1/2 cup butter, melted parsley (optional)

- 1 In a large pot, simmer the cabbage along with oil and 2 cups water for 10 minutes.
- 2 Drain cabbage and cool a bit before chopping it finely. Set aside and cover to keep it warm.
- 3 In a small pot, bring potatoes and water to a boil and simmer until tender.
- 4 In another small pot, simmer leeks in milk for 10 minutes; turn off heat and cover to keep warm.
- 5 Drain the potatoes and mash them with a potato masher, return to large pot.
- 6 Add leeks with the milk, and chopped cabbage.
- 7 Beat with a spoon or whisk until fluffy.
- 8 Season with mace, salt and pepper.
- 9 Top with melted butter; garnish with parsley if desired.
- 10 Yields 6 servings.



August 5/6 Transfiguration of our Lord Orthodox, Catholic, Anglican Christian The feast of the Transfiguration of Christ celebrates the revelation of Christ's divine glory on Mount Tabor in Galilee After revealing to His disciples that He would be put to death in Jerusalem Christ, along with Peter, James, and John, went up the mountain. There, Matthew writes, "he was transfigured before them. And his face did shine as the sun: and his garments became white as snow."

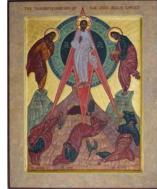
The brightness was not something added to Christ but the manifestation of His true divine nature.

For Peter, James, and John, it was also a glimpse of the glories of heaven and of the resurrected body promised to all Christians. As Christ was transfigured, two others appeared with Him: Moses, representing the Old

Testament Law, and Elijah, representing the prophets. Thus Christ, Who stood between the two and spoke with them, appeared to the disciples as the fulfillment of both the Law and the prophets.

Despite the importance of this event, the Feast of the Transfiguration was not among the earliest of the Christian feasts. It was celebrated in Asia starting in the fourth or fifth century and spread throughout the Christian East in the centuries following. The Catholic Encyclopedia notes that it wasn't commonly celebrated in the West until the tenth century.

August 8/9 Tisha B'Av Jewish Tisha B'Av, the Fast of the Ninth of Av, is a day of mourning to commemorate the many tragedies that have befallen the Jewish people, many of which coincidentally have occurred on the ninth of Av. **Tisha B'Av** primarily commemorates the destruction of the first and second Temples, both of which were destroyed on the ninth of Av (the first by the Babylonians in 586 B.C.E.;



Icon, Transfiguration by Betsy

the second by the Romans in 70 C.E.). Although this holiday is primarily meant to commemorate the destruction of the Temple, it is appropriate to consider on this day the many other tragedies of the Jewish people, many of which occurred on this day, most notably the expulsion of the Jews from Spain in 1492.

Tisha B'Av is the culmination of a three week period of increasing mourning, beginning with the fast of the 17th of Tammuz, which commemorates the first breach in the walls of Jerusalem, before the First Temple was destroyed. During this three week period, weddings and other parties are not permitted, and people refrain from cutting their hair. From the first to the ninth of Av, it is customary to refrain from eating meat or drinking wine (except on the Sabbath) and from wearing new clothing.

The restrictions on *Tisha B'Av* are similar to those on Yom Kippur: to refrain from eating and drinking (even water); washing, bathing, shaving or wearing cosmetics; wearing leather shoes; and engaging in sexual relations. Work in the ordinary sense of the word is also restricted. People who are ill need not fast on this day. Many of the traditional mourning practices are observed: people refrain from smiles, laughter and idle conversation, and sit on low stools.

In synagogue, the book of Lamentations is read and mourning prayers are recited. The ark (cabinet where the Torah is kept) is draped in black.

August 10 O-Bon Festival Buddhist (alternate date) - - see description in the July Newsletter

August 13 Narali Purnima, or Rakhi Hindu Narali Purnima or Narial Pournami is regional and traditional festival of Maharashtra. On the day of the Narali Festival, fishermen of Maharashtra worship Samudra (Sea God) and Varuna Deva (Rain God). Coconuts are offered to the Sea God to ask for protection from natural calamities. Coconut is offered because it is considered to be the purest offering to gods. The water and the kernel inside the coconut are considered to be unadulterated. Some believe that Narali, or coconut, has three eyes - therefore coconut is considered as the three eyed God, Lord Shiva. There is also another legend associated with Narial Purnima which suggests the ritual is a sort of thanksgiving to Lord Varuna for holding aloft the bridge that enabled Lord Ram to go to Lanka in the epic, Ramayan.



August 14 Zhongyuan Jie (Ghost Festival) Taoism The Chinese Ghost Festival has similarities to what we in the United States call Halloween – and is sometimes called Chinese Halloween. It's also similar to the Mexican "Day of the Dead" and is sometimes called the "All Souls Festival." For Chinese Buddhists, it is known as *Ullambana*, or the "Hungry Ghost Festival."

At the time of the Ghost Festival, the lines of communication between the three realms of Heaven, Hell and the Earthly realm of the living are more open than at other times. Because of this, it's easier to communicate, and rituals of honoring and healing are more effective and powerful.

On Tomb Sweeping Day (*Qingming Jie*), the living pay homage to their deceased ancestors. In the Ghost Festival (*Zhongyuan Jie*) the roles are reversed: the ghosts and spirits pay visits to the living - are the honored guests.

Offerings made during the Ghost Festival are similar to those of Tomb Sweeping Day, and include: incense, joss paper ("spirit Money" or "Ghost Money"), prepared food, wine and tea, as well as gold and other valuables. While for the Tomb Sweeping Festival these offerings are made at the graves of the ancestors, for the Ghost Festival they are offered in the homes of the living, in the context of elaborate feasts. Traditionally, empty seats are left at the family table, as though the deceased ancestors were actually going to be attending the feast prepared in their honor. In this way, the living and the dead are able to sit down together, and share in a meal.

Another ritual associated with the Ghost Festival is the purchase or creation of miniature paper boats or lanterns. These are released on lakes or rivers, as a way of "giving direction to" the ancestors. They are the ritual equivalent -- for the souls of the ancestors -- to a lighthouse for a passing boat.

August 14/15 Dormition of the Most Holy Mother of God/Assumption of Mary/St. Mary, the Virgin Christian

The *Dormition* of the *Theotokos* is a Great Feast of the Eastern Orthodox, Oriental Orthodox and Eastern Catholic Churches which commemorates the "falling asleep" or death of the *Theotokos* (Mary, the mother of Jesus; literally translated as God-bearer), and her bodily resurrection before being taken up into heaven. The *Dormition* and the Assumption are different names for the same event, Mary's departure from the earth, although the beliefs are not entirely



Dormition, Ivory, 11Century

the same. The Orthodox Church teaches that Mary died a natural death, like any human being; that her soul was received by Christ upon death; and that her body was resurrected on the third day after her repose, at which time she was taken up, bodily only, into heaven. Her tomb was found empty on the third day.

Roman Catholic teaching holds that Mary was "assumed" into heaven in bodily form. Some Catholics agree with the Orthodox that this happened after Mary's death, while some hold that she did not experience death.

August 17 Birthday of Marcus Garvey Rastafarian Marcus Mosiah Garvey, Jr., ONH (17 August 1887 – 10 June 1940) was a Jamaican publisher, journalist, entrepreneur, and orator who was a staunch proponent of the Black Nationalism and Pan-Africanism movements, to which end he founded the Universal Negro Improvement Association and African Communities League (UNIA-ACL). He founded the Black Star Line, part of the Back-to-Africa movement, which promoted the return of the African diaspora to their ancestral lands. He is claimed as a prophet by the Rastafarian community.

August 22 Krishna Janmashtami Hindu This Hindu festival celebrates the birth of Krishna, an Avatar of the Hindu deity Vishnu. Rasa lila, dramatic enactments of the life of Krishna, are a special feature. While the Rasa lila recreates the flirtatious aspects of Krishna's youthful days, the Dahi Handi celebrate God's playful and mischievous side, where teams of young men form human pyramids to reach a high-hanging pot of butter and break it. The ritual is to fast the previous day, which is followed by a night-long vigil commemorating the birth of Krishna at midnight in the jail where his maternal uncle Kansa was keeping his mother captive, and his immediate removal by his father Vasudeva to a foster-home for safe-keeping. (continued)

At midnight, the idol of the infant Krishna is bathed, adorned in new clothes and jewelry, placed in a cradle and worshiped. The fast is completed after *aarti*, a special prayer. At day break, women draw patterns of little children's footprints outside the house with rice-flour paste, walking towards the house. This symbolizes the entry of the infant Krishna into his foster-home i.e. their homes.

August 26/27 Laylatul-Qadr: Night of Power (sundown on the 26th) Islam Tradition holds that the



Night of Power is the night that the first revelation of the Qur'an was sent down to the Prophet Muhammad. Muslims are instructed to "seek" the Night of Power during the last ten days of Ramadan, particularly on the odd nights (i.e. the 23rd, 25th and 27th). It is reported that the Prophet said: "Whoever stays up (in prayer and remembrance of Allah) on the Night of *Qadr*, fully believing (in Allah's promise of reward) and hoping to seek reward, he shall be forgiven for his past sins."

Muslims worldwide spend the last ten nights of Ramadan in solid devotion, retreating to the mosque to read Qur'an, reciting special supplications (du'a), and reflecting on the meaning of Allah's message. It

is believed to be a time of intense spirituality, when the believers are surrounded by angels, the gates of heaven are open, and God's blessings and mercy are abundant.

The whole month of Ramadan is a time of renewal and reflection. As the month winds to a close, Muslims pray that the spirit of Ramadan, and the lessons learned during it, last for all throughout the year.

August 26 Paryushana Parva Jain Paryushan means, literally, "abiding" or "coming together". It is also a time when the laity take on vows of study and fasting with a spiritual intensity similar to temporary monasticism. *Paryushan* concludes with a time of confession and forgiveness for the transgressions of the previous year.

This festival lasts for eight days. Jain festivals are not meant for eating, drinking or merry-making. Jain festivals are celebrated by penance, Jap (recitation of Mantra) prayer, worship and friendship. The most important part of *Paryushan* is daily meditation and prayer, which provides an opportunity for looking within and towards the teachings of the *Tirthankaras* (divine elements of Jainism/founders) for guidance. Beginning on the fourth day of *Paryushan*, it is customary for all Jains to read from the *Kalpa Sutra*, a scripture which recounts the life of *Mahaveera*, the 14 dreams of his mother before his birth, followed by the story of his birth, life and liberation. It also recounts the lives of other *Tirthankaras* and the rules of *Paryushan*.

The final day of *Paryushan* is *Samvastsari Pratikraman*, the annual confession. The ritual of asking forgiveness from the teacher is widened in scope to include family and friends and, finally, all living beings. The

culmination of confession is receiving forgiveness from all living beings and also granting forgiveness to all. This ritual of forgiveness is sometimes called the rite of "universal friendship". The spirit of the day is contained in this verse: "I grant forgiveness to all living beings, May all living beings grant me forgiveness; My friendship is with all living beings, My enmity is totally non-existent. Let there be peace, harmony and prosperity for all".



Tirthankaras

August 2829 Beheading of John the Baptist (fast) Orthodox Christian In Matthew 14:1-12 we read about the cruel death of John the Baptist. John had publicly reprimanded Herod for taking his brother's wife as his own, so Herod had him imprisoned. Although Herod really wanted John dead, he feared the many people who believed John to be a prophet. [Indeed, we in the Orthodox Church consider him to be the last of the Old Testament prophets.] During his riotous birthday party, Herod was so pleased with the dancing of his wife's daughter Salome that he promised her anything she wanted. Her mother prompted her to say, "the head of John the Baptist on a platter." Even though Herod regretted his promise, he had to abide by it because his guests had heard him. So he commanded that John be beheaded and that the head be given to Salome, who in turn, gave it to her mother.



The Orthodox Church keeps this day as a strict fast day (i.e. no meat, fish, dairy, wine or olive oil) as a reminder that we are to live a different style of life that Herod. In memory of this event, some Orthodox Christians keep the custom of not using dishes on this day, since John's head was served on a dish/platter. Instead, only bowls are used. Also, the food that is served on this day should not require the use of a knife, since a sharp instrument was used to behead him.

Caravaggio, The Beheading of John the Baptist

August 30 Eid al-Fitr: The Feast of Breaking Fast—the end of Ramadan Islam

During the month of Ramadan, Muslims observe a strict fast and participate in pious activities such as charitable giving and peace-making. It is a time of intense spiritual renewal for those who observe it. At the end of Ramadan, Muslims throughout the world observe a joyous three-day celebration called *Eid al-Fitr* (the Festival of Fast-Breaking).

It is a time to give in charity to those in need, and celebrate with family and friends the completion of a month of blessings and joy. Before the day of Eid, during the last few days of Ramadan, each Muslim family gives a determined amount as a donation to the poor. This donation is of actual food -- rice, barley, dates, rice, etc. -- to ensure that the needy can have a holiday meal and participate in the celebration. This donation is known as *sadagah al-fitr* (charity of fast-breaking).

On the day of Eid, Muslims gather early in the morning in outdoor locations or mosques to perform the Eid prayer. This consists of a sermon followed by a short congregational prayer. After the Eid prayer, Muslims usually scatter to visit various family and friends, give gifts (especially to children), and make phone calls to distant relatives to give well-wishes for the holiday. These activities traditionally continue for three days. In most Muslim countries, the entire 3-day period is an official government/school holiday.

August 31 Beginning of the Ecclesial Year Orthodox Christian (begins at Sundown)

I Remember August

By Pam Olsen

I remember August: that breathy space before fall; the long slow arc of the sun touching the northern horizon.

I remember the hay lying cut and straight, drying in the summer sun waiting for the baler to come.



I remember August: with the soft shade and shadows, and the long hours of twilight creeping slowly toward the night.