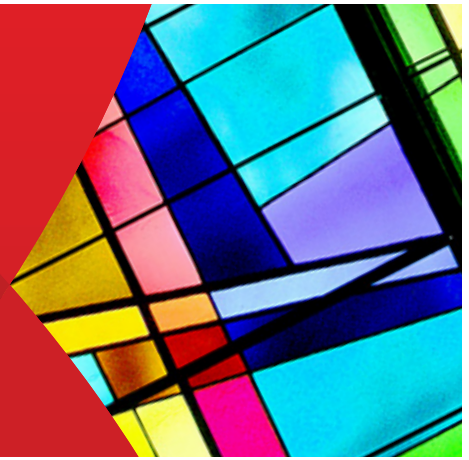


Chaplaincy Services



Holy Days, Celebrations and Observances of October 2023

October 1 World Communion Sunday Christian

World Communion Sunday takes place on October 01, 2023. World Communion Sunday is a celebration observed by several Christian denominations, taking place on the first Sunday of every October, that promotes Christian unity and ecumenical cooperation. The tradition originated in the Shadyside Presbyterian Church in 1933, was adopted throughout the US Presbyterian Church in 1936, and subsequently spread



to other denominations. In 1940, the Federal Council of Churches (now the National Council of Churches), led by Jesse Moren Bader, endorsed World Communion Sunday and began to promote it to Christian churches worldwide.

The churches who participate all have a celebration of Communion as a part of their services on this day - emphasizing that there is some unity among differing Christian communities.

October 4 Feast of Saint Frances Christian (Catholic/Anglican)

The feast of St Francis of Assisi is the most important festival of the Franciscan calendar in Assisi, Italy. It commemorates the saint's transition from this life to the afterlife, according to the Catholic Church. For two days, starting on October 3, the town of Assisi is illuminated by oil lamps burning consecrated oil brought from a different Italian town each year. Solemn religious services are held in the Basilica of St Francis and in the Basilica of Santa Maria degli Angeli.

Many children in countries such as the United States bring their pets to the church to be blessed on St Francis' feast day because of his love for animals as expressed in his Canticle of Creatures. People may also plan a nature walk and teachers, caregivers or parents may spend time helping children write about plants, insects and animals that they see. For many educators, caregivers and animal rights organizations, this day is an opportunity to teach children about endangered or abused animals and what can be done to help save these animals. This feast coincides with World Animal Day.





In addition to this feast, a secondary feast is still observed amongst traditional Roman Catholics and Franciscans around the world to honor the stigmata St Francis received. This day is celebrated on September 17 and is known as "The Impression of the Stigmata of St Francis, Confessor".

St Francis (1181 or 1182 – 1226), founder of the Franciscan order of the Catholic Church, lived during the late 12th and 13th centuries in Italy. He is remembered for his generosity to the poor and his willingness to minister to the lepers. However, what many people recall about him is his love for animals and nature. St Francis died at Portiuncula, Italy on October 4, 1226.

Pope Gregory IX pronounced St Francis a saint in 1228. The pope also laid the foundation stone for the Basilica of St Francis in Assisi, Italy. The church, also known as Basilica of San Francesco d'Assisi, is a UNESCO world heritage site.

Symbols associated with St Francis of Assisi are:

Birds and animals, a bag of gold and rich raiment at St Francis' (of Assisi) feet, a winged crucifix with five rays, stigmata, a crown of thorns, a lighted lamp, a fiery chariot, animals such as birds, deer, and a wolf, fire, a skull.

Photo is of the Basilica of San Francesco d'Assisi in Assisi, Umbria, Italy

October 6-7 (sundown to sundown) Shemini Atzeret Jewish

Although Hoshanah Rabbah may technically be the "last day" of Sukkot, the Rabbis decided to treat Shemini Atzeret (and Simchat Torah) as a part of Sukkot, because its significance is unequivocally informed by Sukkot itself.

Two cryptic references in the Torah cause the confusion about the status of Shemini Atzeret. In both

Leviticus and Numbers, God commands that the eighth (*shemini*) day –referring to Sukkot–is to be a "sacred occasion" and an *atzeret*, generally translated as "solemn gathering."

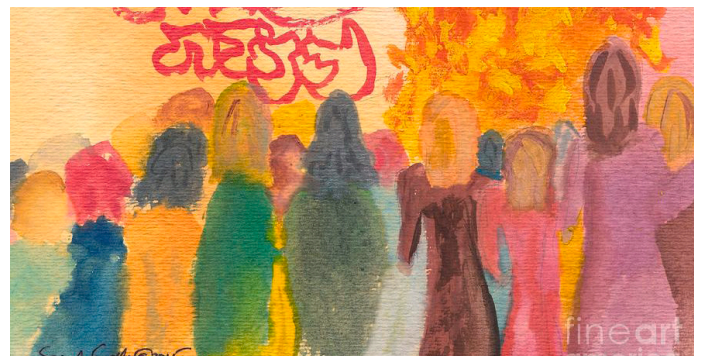
The inherent problem is that no one really knows exactly what *atzeret* means. Possibly it comes from the word *atzar*, meaning "stop," and thus implies that Jews are to refrain from work. On the other hand, *atzeret* may also be defined by its textual context, which implies that it is some sort of deliberate extension of the prior seven days. This lack of verbal clarity is likely the reason why the rabbinic sages seemed to struggle with the precise meaning of the holiday.

The earliest rabbinic reference to Shemini Atzeret calls it *yom tou aharon shel ha-hag*, the last day of the festival. The Talmud (Ta'anit 20b-31a), however, declares, "The eighth day is a festival in its own right." At the same time, the Talmud (Ta'anit 28b) attempts to distinguish it from Sukkot, as there are 70 temple sacrifices given throughout Sukkot, compared to only one given on Shemini Atzeret.

Although the observances of Shemini Atzeret generally share the characteristics of the rest of Sukkot, there are four significant differences. The first is that there is no more shaking of the lulav and etrog. Second is that although we have our meals and recite Kiddush in the sukkah (though customs vary), we no longer say the blessing to sanctify us through the commandment to dwell in it, as we did the previous seven days. The third is that in the synagogue, after the Torah reading, we recite the memorial prayer (*Yizkor*).

And finally, the special prayer for rain and thus begins the period of an additional call for rain in Jewish prayers, which lasts until Passover.

Photo: fineartamerica.com



October 6 Feast of St. Thomas Christian (Catholic/Orthodox)

Thomas was also called "The Twin", one of the original Twelve Apostles. Through his doubt in the Resurrection of Christ the Lord, a new proof was given of that wonderful and saving event. The Lord said to Thomas: Reach hither thy finger, and behold My hands; and reach hither thy hand, and thrust it into My side: and be not faithless, but believing. And Thomas replied: My Lord and my God (John 20:27-28). After the descent of the Holy Spirit, when the apostles cast lots to see where they would each go to preach, the lot fell to Thomas to go to India. Thomas converted many to the Christian Faith, and established the Church there, appointing priests and bishops. Before his martyric death, he and the other apostles were miraculously brought to Jerusalem for the burial of the Most-holy Theotokos. Arriving too late, he wept bitterly, and the tomb of the Holy Most-pure One was opened at his request. The Theotokos' body was not found in the tomb: the Lord had taken His Mother to His heavenly habitation. Thus, in his tardiness Thomas revealed to us the wondrous glorification of the Mother of God, just as he had once confirmed faith in the Resurrection of the Lord by his unbelief. Photo: Artist Michael Smither



October 7-8 (sundown to sundown) Simchat Torah Jewish

A central pillar of the Jewish faith, the Torah is the holy book that details the origins of the Jewish people, the tenets of their faith, and the early history of the religion and its prophets. On Simchat Torah, falling on October 8 this year, Jewish communities celebrate the gift of the Torah and its role in religious life with joyful acknowledgment and meaningful rituals. During this time, rabbis ceremoniously remove the Torah scrolls from their ark, carry them through the congregation, and read specific passages to close out the old cycle

and welcome the new.

Originating sometime in the Medieval period, Simchat Torah celebrates the conclusion of one and beginning of another cycle of Torah reading. The holiday lasts one to two days, with some more Orthodox communities observing it on the day following Shemini Atzeret.

Unlike other Jewish holidays, Simchat Torah doesn't appear in biblical texts. After the Prophet Moses established weekly scripture readings on Shabbat mornings and festivals, and the Prophet Ezra adding readings on Mondays, Thursdays, and Shabbat afternoons, an order was eventually established.



Babylonian Jews divided the Torah into 54 sections to be read over a year. Later, 12th century European Jews began adding the Genesis reading to the Simchat Torah ritual to assert the belief that every ending leads to a new beginning. During the 20th century, the Simchat Torah gained new significance as a public assertion of Jewish identity, using the joyful and celebratory public dancing around the Torah to affirm and take pride in the Jewish religion and culture.

By Jewish custom, a new beginning must immediately follow an ending. During the Torah reading at Simchat Torah, the beginning of Genesis is read right after the end of Deuteronomy, closing and renewing the cycle.

In contrast with other Jewish holy days that center on the family in the home, Simchat Torah activities focus on the synagogue and the community. The holiday honors the importance of the Torah, Judaism's holy book, celebrating with joyful dances and rituals that center the book as a pillar of the community. During the evening service, the rabbi brings the Torah through the congregation, who engages in a dance symbolizing their gratitude for the gift of the gospel.

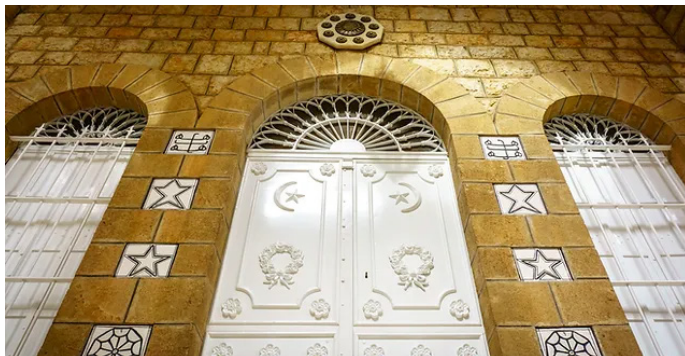
October 16 Birth of the Báb Baha'í

The Baha'í Faith is one of the most recently established religions to date. The Badí' Calendar, adopted in 2015, is a calendar of celebrations that those who practice Baha'í follow. It is a solar calendar with 19 months of 19 days. Each calendar totals 361 days, with the addition of "Intercalary Days" to adjust the calendar to the solar year. The days and months are named after the attributes of God.

Many followers of the Baha'í faith celebrate the Birth of the Báb. They believe the Báb helped awaken people to a new period in human history. The Báb, which translates to 'the gate', was born Siyyid 'Ali-Muhammad on October 20, 1819 in what was then Shiraz, Persia, now Iran. He was a prophet and a leader of the Bahá'í revelation who was often likened to John the Baptist. He encouraged people to purify themselves for the coming of the messenger of God.

The Báb announced that he was creating a new tradition and gained eighteen followers who helped spread his message throughout Persia. However, other religious leaders saw him as a heretic and the Báb was eventually executed by a firing squad in 1850. His followers hid his remains for more than half a century and then moved them to an elaborate shrine in Haifa, Israel.

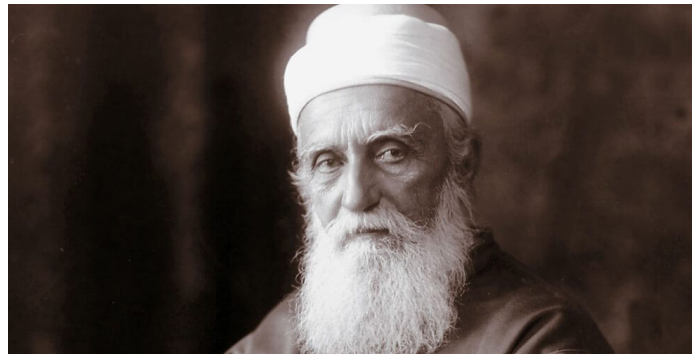
The day of the Birth of the Báb begins with prayers and devotional readings. It continues with a festive social gathering either at home or in a place of worship. In keeping with the essence of Bahá'í, the celebrations are open to all.



October 17 Birth of Baha'u'llah Baha'í

The Birth of Baha'u'llah is one of nine holy days in the Bahá'í calendar that is celebrated by adherents of the Bahá'í Faith and during which work is suspended. The holy day celebrates the birth of Baha'u'llah, the founder of the Bahá'í Faith. The 2023 date is October 17.

Bahá'u'lláh was born on 12 November 1817 in Tehran, Iran, and this holy day was instituted in the Kitáb-i-Aqdas, his book of laws, where Bahá'u'lláh first refers to four great festivals: the Festival of Ridván, the Declaration of the Báb, the birth of the Báb—who is considered to be a Manifestation of God, and who foretold the coming of Bahá'u'lláh—and the birth of Bahá'u'lláh. In questions submitted to Bahá'u'lláh after writing the Kitáb-i-Aqdas, Bahá'u'lláh states that the two days commemorating the births of the Báb and Bahá'u'lláh are seen to be one in the "sight of God" and are referred to as the "Twin Birthdays".



Abdu'l-Bahá, the son of Bahá'u'lláh, stated that during the holy day the community should rejoice together to increase the unity of the community. Bahá'ís usually observe the holy day with community gatherings where prayers are shared and the birth of Bahá'u'lláh is celebrated. Bahá'u'lláh stated that in communities where the majority of the population are Shi'a Muslims, such as Iran, his followers should exercise caution in celebrating the twin birthdays so that they do not upset the majority of the population who are mourning during the Islamic month of Muharram. Photo: thewhistler.ng

October 18 Feast of St. Luke Christian/Catholic

It is believed that Luke was born a Greek and a Gentile. Luke's gospel shows special sensitivity to evangelizing Gentiles. It is only in his gospel that we hear the parable of the Good Samaritan, that we hear Jesus

praising the faith of Gentiles such as the widow of Zarephath and Naaman the Syrian (Lk.4:25–27), and that we hear the story of the one grateful leper who is a Samaritan (Lk.17:11–19). According to the early Church historian Eusebius Luke was born at Antioch in Syria.

We have to go to Acts to follow the trail of Luke's Christian ministry. We know nothing about his conversion but looking at the language of Acts we can see where he joined Saint Paul. The story of the Acts is written in the third person, as an historian recording facts, up until the sixteenth chapter. In Acts 16:8–9 we hear of Paul's company.

So Luke first joined Paul's company at Troas at about the year 51 and accompanied him into Macedonia where they traveled first to Samothrace, Neapolis, and finally Philippi. When Paul left Philippi Luke stayed behind to encourage the Church there. Seven years passed before Paul returned to the area on his third missionary journey. In Acts 20:5, it tells us that Luke has left Philippi to rejoin Paul in Troas in 58 where they first met up. They traveled together through Miletus, Tyre, Caesarea, to Jerusalem.

Luke is the loyal comrade who stays with Paul when he is imprisoned in Rome about the year 61: "Epaphras, my fellow prisoner in Christ Jesus, sends greetings to you, and so do Mark, Aristarchus, Demas, and Luke, my fellow workers" (Philemon 24). And after everyone else deserts Paul in his final imprisonment and sufferings, it is Luke who remains with Paul to the end: "Only Luke is with me" (2 Timothy 4:11).

Luke's inspiration and information for his Gospel and Acts came from his close association with Paul and his

and of social justice. He is the one who tells the story of Lazarus and the Rich Man who ignored him. Luke is the one who uses "Blessed are the poor" instead of "Blessed are the poor in spirit" in the beatitudes. Only in Luke's gospel do we hear Mary's Magnificat where she proclaims that God "has brought down the powerful from their thrones, and lifted up the lowly; he has filled the hungry with good things, and sent the rich away empty" (Luke 1:52–53).

Luke also has a special connection with the women in Jesus' life, especially Mary. It is only in Luke's gospel that we hear the story of the Annunciation, Mary's visit to Elizabeth including the Magnificat, the Presentation, and the story of Jesus' disappearance in Jerusalem.

Forgiveness and God's mercy to sinners is also of first importance to Luke. Only in Luke do we hear the story of the Prodigal Son welcomed back by the overjoyed father. Only in Luke do we hear the story of the forgiven woman disrupting the feast by washing Jesus' feet with her tears. Throughout Luke's gospel, Jesus takes the side of the sinner who wants to return to God's mercy.

Reading Luke's gospel gives a good idea of his character as one who loved the poor, who wanted the door to God's kingdom opened to all, who respected women, and who saw hope in God's mercy for everyone.

The reports of Luke's life after Paul's death are conflicting. Some early writers claim he was martyred, others say he lived a long life. Some say he preached in Greece, others in Gaul. The earliest tradition we have says that he died at 84 in Boeotia after settling in Greece to write his Gospel.



companions

Luke's unique perspective on Jesus can be seen in the six miracles and eighteen parables not found in the other gospels. Luke's is the gospel of the poor

October 20 Installation of the Guru Granth Sikh

Among sacred texts around the world, the Adi Granth is unique in several ways: It contains wisdom from esteemed members of other religions, was compiled by multiple faith leaders and now is seen as the head of Sikhism itself—the faith's central guru or teacher. Today, Sikhs honor the Installation of the Scriptures as Guru Granth. On this day in 1708, the ninth Guru, Guru Gobind Singh, announced that he would be the last in a line of living Sikh Gurus. Today, the sacred collection known as the Adi Granth was officially installed as the 10th and everlasting Guru, named Guru Granth Sahib. (Learn more at Sikhs.org.)

Sikhs do not worship the Guru Granth Sahib, but they

do reverently respect its wisdom as their spiritual guide. Many Sikh practices reflect this reverence: the Granth Sahib is opened in the Gurdwara (house of worship) every day, in the center of the Gurdwara and on a raised platform known as a throne; the book is always opened, read and closed ceremonially, with an awning placed above it; and whenever the Guru Granth Sahib is brought into a room, Sikhs stand up to honor its presence. Many Sikhs even choose to learn *Gurmukhi*, the language designed and used by the Sikh Gurus, so that they can fully comprehend the meaning of all writings in the sacred book.

Just what does Guru Granth Sahib contain? The book is divided into poems, with messages such as: all people of the world are equal; women are equal to men; there is one God for all; one should speak and live truthfully; and all should live in God's will/order. (Read more from the Times of India.)

As a fairly young religion, Sikhism is not as widely understood as more ancient faiths. Many Sikhs spend time raising awareness, particularly since some of their customs (ex: covering the head) can be misunderstood by the unaware.

Photo: flickr

October 28 Feast of St. Jude Christian/Catholic



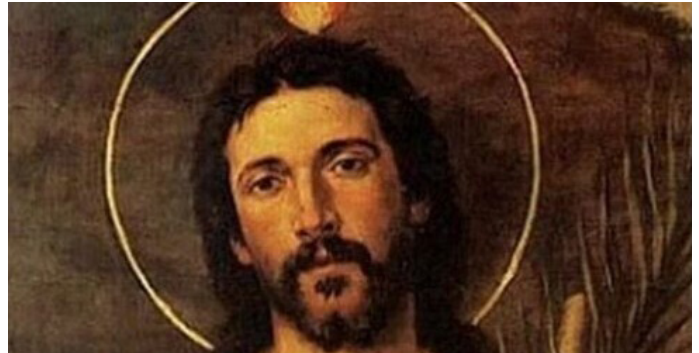
St Jude was also known as Thaddaeus and was one of the twelve chosen apostles of Jesus as written in the New Testament. He was the brother of Saint James the Lesser, and a relative of Jesus Christ.

He is often depicted in art with a club and also a flame around his head, which represents his presence at Pentecost when he accepted the Holy Spirit alongside the other apostles. Another attribute is St. Jude holding an image of Christ, in the Image of Edessa.

When the Eleven apostles left Jerusalem to proclaim the Kingdom of God to the rest of the world, Jude Thaddeus preached from Galilee, Judea, Samaria,

Libya, Idumaea, Syria, Mesopotamia, Beirut, Edessa, Armenia, and Persia.

It is said that St Jude met Simon the Zealot, in Persia where they preached the Gospel of Christ and converted tens of thousands of people to Christ.



Consequently, they attracted enemies in equal measure.

St Jude is the author of the epistle (letter) of Jude in the New Testament in the Holy Bible. He wrote it to the Jewish converts in the Churches of the East who were being bombarded by heresies of the Simonians, Nicolaites, and Gnostics.

In this letter, he reiterates and endears the faithful to persevere when they find themselves in harsh and difficult circumstances just as their forefathers had done before them.

For this reason, he is invoked as the patron saint of desperate situations, lost causes, impossible causes, and forgotten causes.

During the last supper, in John 14:22, it is St Jude who asked Jesus why He would not manifest Himself to the whole world after His resurrection.

St Jude is not to be confused with Judas Iscariot, the betrayer of Jesus. Both of them were called Judas but to distinguish one from the other, St Jude's name was shortened from Judas to Jude in the English and French translations. In most of the other languages, St Jude is still referred to as Judas.

In the Gospel's of Matthew 10:3 and Mark 3:18, The name "Thaddeus" appears instead of Jude. This is believed to have been the case because early Christians used "Thaddeus" as his nickname to distinguish him from Judas who had betrayed Jesus.

Photo: stjude-shrine.org

October 31 All Hallows Eve

All Hallows' Eve falls on 31st October each year, and is the day before All Hallows' Day, also known as All Saints' Day in the Christian calendar. The Church traditionally held a vigil on All Hallows' Eve when worshipers would prepare themselves with prayers and fasting prior to the feast day itself.

The name derives from the Old English 'hallowed' meaning holy or sanctified and is now usually contracted to the more familiar word Hallowe'en.

In the early 7th century Pope Boniface IV consecrated the Pantheon in Rome, formerly a temple to all the gods, as a church dedicated to Saint Mary and the Martyrs, and ordered that that date, 13th May, should be celebrated every year.

It became All Saints' Day, a day to honor all the saints, and later, at the behest of Pope Urban IV (d. 1264), a day specially to honor those saints who didn't have a festival day of their own.



In the 8th century, on 1st November, Pope Gregory III dedicated a chapel to all the saints in St. Peter's Basilica in Rome. Gregory IV then made the festival universal throughout the Church, and 1st November has subsequently become All Saints' Day for the western Church. The Orthodox Church celebrates All Saints' Day on the first Sunday after Passover – a date closer to the original 13th May.

October 31 Samhain Wicca/Pagan

Pronounced sow-in, Samhain is a Gaelic word meaning 'end of the summer'. This festival is believed to have been a celebration of the end of the harvest, and a time of preparation for the coming winter.

Certainly the festival of Samhain, meaning Summer's End, was by far the most important of the four quarter days in the medieval Irish calendar, and there was a

sense that this was the time of year when the physical and supernatural worlds were closest and magical things could happen.

October 30/31 Reformation Day Protestant Christianity

Reformation Day commemorates the day in 1517 when a German monk named Martin Luther (1483–1546) strode up to the church in Wittenburg and nailed his 95 'theses' (or propositions) to the church door.

Luther chose to do this on October 31st as he knew the church would be full on the next day for All Saints' Day.

Luther's intention when posting his theses was to highlight the practice of indulgences in the Roman Catholic Church. Indulgences were pardons from sin that could be bought, meaning that those who were rich enough could buy forgiveness for all manner of sins.

Luther had hoped that pinning his protestations would spark wider debate and harden public opinion against the practice.

However, so many people agreed with his ideas that they quickly spread across western Europe, helped by the recent invention of the printing press, leading to the religious revolt known as the Reformation.

The reformation led many Christians to break off from the Roman Catholic Church and establish new, independent churches of their own, such as the Lutheran Church.

The pivotal act would ultimately lead to the creation of the numerous Protestant denominations, so-called as they trace their theological lineage to this "protestation" of the Catholic Church.



OTHER CULTURAL OBSERVANCES

October 8 Indigenous Peoples' Day

Indigenous Peoples' Day is celebrated on the second Monday of October to honor the cultures and histories of the Native American people. The day is centered around reflecting on their tribal roots and the tragic stories that hurt but strengthened their communities.

The first seed of Indigenous Peoples' Day was planted at a U.N. international conference on discrimination in 1977. The first state to recognize the day was South Dakota in 1989. Berkeley, California, and Santa Cruz followed suit.

Although the day was still considered Columbus Day up to 1937, many people began calling it Indigenous Peoples' Day to celebrate the rich culture and the lives of the Native American people.

For the Native Americans, Columbus Day was always hurtful as it glorified the violent past constituting 500 years of colonial torture and oppression by European explorers like Columbus and those who settled in America. Indigenous Peoples' Day draws attention to the pain, trauma, and broken promises that were erased by the celebration of Columbus Day. Before



his arrival, the indigenous folk were successful self-sufficient communities that sustained life for thousands of years.

Year by year, the movement to change Columbus Day to Indigenous Peoples' Day spreads to more and more states, towns, and cities across the United States of America.

Indigenous Peoples' Day celebrates, recognizes, and honors the beautiful traditions and cultures of the Indigenous People, not just in America, but around the world. Their way of life and culture carries wisdom

and valuable insights into how we can live life more sustainably.

Today, 14 U.S. states celebrate Indigenous Peoples' Day and not Columbus Day, as well as the District of Columbia. More than 130 cities including Arlington, Amherst, Cambridge, Brookline, Marblehead, Great Barrington, Northampton, Provincetown, Somerville, and Salem also celebrate Indigenous Peoples' Day. Many organizations are seeking to address the lack of access indigenous people have to higher education and have created scholarships to help address this.

Photo: fineartamerica.com

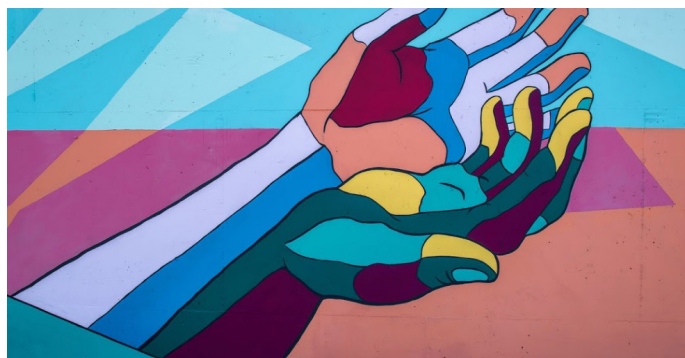
OTHER

OCTOBER 22 - 28 SPIRITUAL/PASTORAL CARE WEEK

Spiritual Care Week/Pastoral Care Week is hosted by The COMISS Network: The Network on Ministry in Specialized Settings. The first Pastoral Care Week was held in October 1985. Since then it has grown beyond national to international proportions. The celebration of Spiritual Care Week provides an opportunity for chaplains and pastoral care counselors, educators and providers to share their story and to celebrate various ministries. More specifically, the established objectives of the Spiritual Care Week Committee outline the scope of Spiritual Care Week observance:

To celebrate the education for and practice of spiritual care through professional chaplaincy and pastoral counseling.

To interpret and promote pastoral care. To honor and celebrate all practitioners of pastoral care. To express appreciation to institutions and their staff who support pastoral care ministries. To publicize the work of pastoral care organizations affiliated with COMISS. To promote continuing education for clergy, laity, and institutional employees regarding the value of pastoral care. Photo: collegevilleinstitute.org



Each year a new theme brings to the light a certain aspect of spiritual care as a focus. A new theme invites us to new and creative ways to tell the story of spiritual care.

Spiritual Care Week gives opportunities for organizations and institutions of all kinds and types to recognize the spiritual caregivers in their midst and the ministry which the caregivers provide.

This Year's Theme

Chaplaincy and Mental Health: It's Healthy to Get Help

Spirituality and Mental Health are close siblings. The condition of one's spiritual worldview has a direct impact on one's mental well-being. Spiritual Care Week provides the opportunity for chaplains, pastoral counselors, and other spiritual caregivers to focus on the importance of working closely with our mental health colleagues. It is also an opportunity to review the state of our own spiritual journey.

Spiritual Care Week 2023 offers a venue within our individual settings to emphasize the integral work with our mental health colleagues as we intersect with a multitude of issues to name a few:

Pandemic fatigue and post-pandemic recovery.



Promoting self-care and whole health. Family and Couples Counseling. Grief Groups. Multicultural spiritual counseling. Drug addiction. Trauma Recovery. End of Life.

The integration of spiritual care and emotional support with mental health care increases the healing and peace that individuals seek and leads to a fuller and more balanced life. Spiritual Care Week is a prime time to let others know that chaplains, pastoral counselors, and spiritual caregivers are accessible, present, and willing. We affirm that "It's Healthy to Get Help"! Photo: spiritualcareweek.org

October 24 United Nations Day

As World War II was about to end in 1945, nations were in ruins, and the world wanted peace. Representatives of 50 countries gathered at the United Nations Conference on International Organization in San Francisco, California from 25 April to 26 June 1945. For the next two months, they proceeded to draft and then sign the UN Charter, which created a new international organization, the United Nations, which, it was hoped, would prevent another world war like the one they had just lived through.



Four months after the San Francisco Conference ended, the United Nations officially began, on 24 October 1945, when it came into existence after its Charter had been ratified by China, France, the Soviet Union, the United Kingdom, the United States and by a majority of other signatories.

Now, more than 75 years later, the United Nations is still working to maintain international peace and security, give humanitarian assistance to those in need, protect human rights, and uphold international law. Photo: thehansindia.com

October 17 National Day of Eradication of Poverty.

The observance of the International Day for the Eradication of Poverty can be traced back to 17 October 1987. See UN.org for more information.

HEALTHCARE AWARENESS OPPORTUNITIES

Emotional Wellness Awareness Month

Emotional Wellness Month, observed all October, reminds us to disconnect and take a time out for our brain.

Maintaining a healthy emotional balance helps us make healthy choices, have good relationships, and

achieve our goals. Emotional wellness gives us a toolkit for handling life's stresses, navigating relationships, and keeping ourselves motivated.

See the link to NIH resources. <https://www.nih.gov/health-information/emotional-wellness-toolkit>



SIDS AWARENESS MONTH

In October and beyond, infant caregivers and service/healthcare providers can join Safe to Sleep® and its partners to encourage safe infant sleep and help raise awareness about ways to reduce the risk of SIDS. Despite decreases in rates of SIDS and other sleep-related infant deaths, more than one-third of sudden unexpected infant deaths that occur in the United States each year are from SIDS.

See the Safe to Sleep toolkit_. <https://safetosleep.nichd.nih.gov/resources/toolkit#>:

ADHD AWARENESS MONTH

<https://www.adhdawarenessmonth.org/>

DOWNSYNDROME AWARENESS MONTH

<https://ndss.org/down-syndrome-awareness-month>

DOMESTIC VIOLENCE AWARENESS MONTH

October is Domestic Violence Awareness Month (DVAM). During DVAM, victim advocates, allied professionals, survivors of abuse, their loved ones, and the surrounding community come together to mourn the lives lost to domestic violence, celebrate the progress that has been made to end this epidemic, and connect with others working to create change. This tip sheet provides suggestions on what individuals and organizations can do to help raise awareness of domestic violence using the hashtag #1Thing to

demonstrate that everyone can play a role in bringing about change.

Events to raise awareness of domestic violence and its impact on individuals, families, and communities take place throughout the year. During Domestic Violence Awareness Month (DVAM), victim advocates, allied professionals, survivors of abuse, their loved ones, and the surrounding community come together to mourn the lives lost to domestic violence, celebrate the progress that has been made to end this epidemic, and connect with others working to create change. This year's #1Thing DVAM Campaign is being funded by the Administration for Children and Families.1 Think of #1Thing you can do to get involved, take action and make a difference for those affected by domestic violence. Access free tools and materials at <https://nrcdv.org/dvam>

EMERGENCY NURSES WEEK OCTOBER 8 - 14

Since 1989, the Emergency Nurses Association has recognized the second Wednesday in October as Emergency Nurses Day. In 2001, ENA expanded the celebration to a full week to shine a bigger light on emergency nurses.

Each year, the association celebrates and honors the incredible work of emergency nurses around the world by highlighting members, offering giveaways, providing discounts, engaging with state- and federal-level legislators for recognition, hosting the annual EN Week 5k to raise funds for the ENA Foundation and much more.

This year, Emergency Nurses Week is Oct. 8-14 and Emergency Nurses Day is Oct. 11.

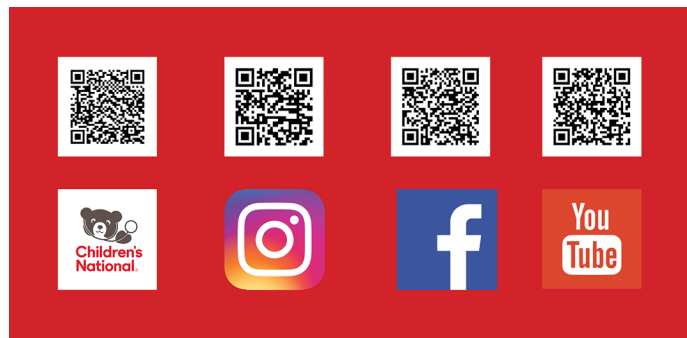


PHOTO: ena.org

iChaplain

Contact a chaplain or access spiritual/religious resources

Many resources for Staff and for families and patients can be found at the sites listed above as well as on our GetWell Network.



Chaplaincy Staff

Rev. Kathleen Ennis-Durstine

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We hope you will join our Grace Notes Community!

Grace Notes is a daily (weekday) email inspirational message sent only to a subscription list. If you would like to participate please email Kathleen Ennis Durstine and ask to be added. Below are two recent example of a Grace Note:



A generous heart is always open, always ready to receive our going and coming.
In the midst of such love we need never fear abandonment.
This is the most precious gift true love offers - the experience of knowing we always belong.
— bell hooks



I am not sure that you can be taught how to love. In many ways it is innate - just watch and see what small child effortlessly does. But you can be invited to it and reminded of it.

— Rasheed Ogunlaru

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