

May 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <p>Community Living Month Asian, Dutch & Jewish Heritage Month Mental Health Awareness Month</p>						
Orthodox Easter  Red Dress Day 	Yom HaShoah 				Feast of the Ascension 	
Mother's Day 					International Day Against Homophobia, Transphobia, and Biphobia 	
Pentecost 		World Day of Cultural Diversity for Dialogue and Development		Vesak / Birthday of Buddha 		
<h2>National AccessAbility Week</h2>						

In May, we celebrate and remember:

- **Community Living Month:** The Community Living movement strives to promote authentic community inclusion for people who have an intellectual disability and their families in Ontario. We envision a society where people who have an intellectual disability belong and have equal rights, respect, acceptance, a sense of self-worth and opportunities for growth.
- **Asian, Dutch & Jewish Heritage Month:** an opportunity for us to learn more about the diverse culture and history of Asian, Dutch and Jewish communities in Canada, as well as to acknowledge the many achievements and contributions of people of Asian, Dutch and Jewish origins who, throughout our history, have done so much to make Canada the country we know and love.
- **Mental Health Awareness Month:** a time for fostering understanding, promoting resilience, and raising awareness about the importance of mental well-being for all Canadians. This year's theme is centered on the healing power of compassion. In a world plagued by suffering, we emphasize that kindness is equally intrinsic to our humanity.
- **Red Dress Day on May 5:** a day for mourning and remembrance of Missing and Murdered Indigenous Women, Girls, and 2SLGBTQIA+ Peoples (MMIWG2S+). Allies and advocates across Canada and beyond, embraced the symbolic red dress as a rallying cry for awareness and action.
- **Orthodox Easter on May 5:** Pascha is the most important event in the church calendar in the Orthodox Church. The Easter Sunday church liturgy is joyous as it celebrates Jesus Christ's resurrection, as told in the Christian bible and it is observed with a feast, where meat and dairy products can be eaten again.
- **Yom HaShoah on May 6:** Holocaust Remembrance Day, is an international day of commemoration, started in Israel, on which the six million Jews murdered in the Holocaust are memorialized.
- **Feast of the Ascension on May 9:** This day commemorates the Ascension of Jesus into heaven on the fortieth day after Easter. The ascension of Christ means that Christ seated at the right hand of the Father, with all things under His feet, and the coming Spirit is imminent.
- **Mother's Day on May 14:** a celebration honouring the mother of the family or individual, as well as motherhood, maternal bonds, and the influence of mothers in society.
- **International Day Against Homophobia, Transphobia, and Biphobia on May 17:** created in 2004 to draw the attention to the violence and discrimination experienced by lesbian, gay, bisexual, transgender, intersex people and all other people with diverse sexual orientations, gender identities or expressions, and sex characteristics.
- **Pentecost on May 19:** annual Christian festival commemorating the descent of the Holy Spirit on the disciples of Jesus after his ascension from earth to heaven on Ascension Day. It always falls on the seventh Sunday after Easter and Christians celebrate the Holy Spirit, which has been given to purify and empower. The symbols of fire, a dove, a red cloth draping the cross, a burning bush, wind, water, a cloud, and oil have been used to mark this occasion.
- **World Day of Cultural Diversity for Dialogue and Development on May 21:** A day to educate people on the importance of cultural diversity and to raise awareness of the related issues faced in today's society.
- **Vesak on May 23:** the Day of the Full Moon in the month of May, is the most sacred day to millions of Buddhists around the world. It was on the Day of Vesak in the year 623 B.C., that the Buddha was born. It was also the day that the Buddha attained enlightenment, and the day the Buddha passed away (in his eightieth year).
- **National AccessAbility Week – May 26 to June 1:** A week to celebrate the valuable contributions and accomplishments of Canadians with disabilities; to recognize the need to promote a culture of inclusion to combat the ongoing discrimination against persons with disabilities; to understand the work of allies, organizations and communities that are removing barriers; and to highlight the ongoing efforts to become a more accessible and inclusive Canada. This year the theme for National AccessAbility Week is "AccessAbility is Within Reach". When persons with disabilities can access meaningful employment, resources and services, Canada's economy grows. Businesses have the chance to welcome more customers, service satisfaction improves and workplaces reflect Canada's diversity. By bringing Canadians together to recognize the valuable contributions of persons with disabilities, we are strengthening the collaborative effort needed to create a country that is fully accessible and inclusive.