

DIVERSITY & INCLUSION

Monthly SnapShot

February 2023

Historical dates and celebrations recognized in the U.S. that have shaped or fostered a culture of inclusion within our country.

- Feb 1 National Freedom Day
- Feb 1 Imbolc (Celtic)
- Feb 4 World Cancer Day
- Feb 5 Maghi-Purnima (Hindu)
- Feb 6 Tu B'Shevat (Jewish)
- Feb 11 International Day of Women and Girls in Science
- Feb 14 St. Valentines Day
- Feb 15 Parinirvana (Buddhist)
- Feb 18 Lailatal Miraj (Muslim)
- Feb 20 Presidents Day
- Feb 20 World Day of Social Justice
- Feb 21 Mardi Gras
- Feb 22 Ash Wednesday



Appreciating Our Differences

As we welcome and appreciate our differences and uniqueness, history of dates help us to knowledge those moments throughout the month and years to come!



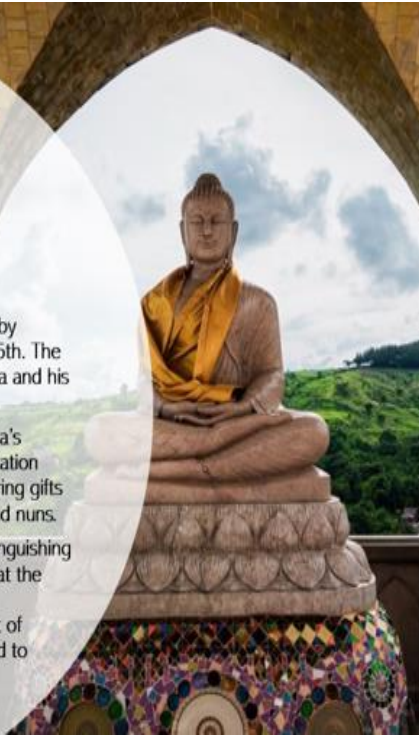
Every year on **February 11th**, the International Day of Women and Girls in Science seeks to promote full and equal access for women and girls to participate in science. It's also a day to recognize women's and girls' roles in science and technology. "Today, just 30% of researchers worldwide are women, and only 35% of all students enrolled in STEM-related fields are women. Recent studies have found that women in STEM fields publish less, are paid less for their research, and do not progress as far as men in their careers. Girls are often made to believe they are not smart enough for STEM or that boys and men have a natural affinity for the field. Despite these setbacks, women and girls continue to lead innovation and ground-breaking research. They have created life-saving medicine and broken the sound barrier, explored the universe, and laid the foundation to understand the structure of DNA. They are inspiring role models for our future generations."

PARINIRVANA DAY (NIRVANA DAY) – FEBRUARY 15

Parinirvana Day or Nirvana Day is observed primarily by Mahayana Buddhists, most commonly on February 15th. The day commemorates the death of the historical Buddha and his entry into final or complete Nirvana.

Nirvana Day is a time for contemplation of the Buddha's teachings. Some monasteries and temples hold meditation retreats. Others open their doors to laypeople, who bring gifts of money and household goods to support monks and nuns.

The word Nirvana means "to extinguish," such as extinguishing the flame of a candle. It's important to understand that the people of ancient India considered fire to be a bit of atmosphere that had become trapped by fuel. This bit of atmosphere burns angrily and fitfully until it is released to become cool, peaceful air again.



Mardi Gras February 21st

Mardi Gras, or Fat Tuesday, refers to the day of feasting and celebrating before the start of Lent, the Christian season of abstinence and sacrifice leading up to Easter.

While modern-day Mardi Gras celebrations often evoke images of parades and festivities in New Orleans, Louisiana, the holiday has roots in medieval Europe. Early reveries featured the fatted calf (boeuf gras) festivities that first came through Rome and Venice in the 17th and 18th centuries and then on the House of Bourbon in France.

In 1699, a French-Canadian explorer Jean Baptiste Le Moyne Sieuer de Bienville, and his men landed about 60 miles south of New Orleans. They named it Points de Mardi Gras as it was approaching Fat Tuesday. By the time Bienville established New Orleans and 1718, Fat Tuesday celebrations were an annual tradition.

Every year, Ash Wednesday marks the beginning of Lent and is always 46 days before Easter Sunday. Lent is a 40-day season (not counting Sundays) marked by repentance, fasting, reflection, and, ultimately, celebration. The 40-day period represents Christ's time of temptation in the wilderness, where he fasted and where Satan tempted him. Lent asks believers to set aside a time each year for similar fasting marking an intentional season of focus on Christ's life, ministry, sacrifice, and resurrection.



World Day of Social Justice is an international day recognizing the need to promote social justice, which includes efforts to tackle issues such as poverty, exclusion, gender inequality, unemployment, human rights, and social protection. Every year on **February 20th**, the World Day of Social Justice promotes the importance of fair and just relations between the individual and society.

The CPNA Diversity & Inclusion Advisory Council
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