

Diversity Calendar

August 2023

Gibson Chowdhury Mediation
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August 1st Orthodox Christian Fast in Honour of Virgin Mary

A 14-day fast honouring Virgin Mary in preparation for the celebration of the Great Feast of the Dormition. Eastern Orthodox Christians refrain from eating red meat, poultry, dairy products including eggs, fish, oil and wine.

August 13 -15th Buddhism Obon

Observed in China, Japan and Vietnam with varying traditions and customs in honour of their ancestors. On this day, families gather together to visit ancestral graves. The day is also celebrated in Japan with a dance called Bon Odori.

August 15th Orthodox/Christian Assumption of Blessed Virgin Mary/Dormition of the Theotokos

Celebrating the departure of Mary to heaven. Churches which observe this day, will hold processions for devotees.

August 30th Hindu Raksha Bandhan

A Hindu festival celebrating sibling relationships. It is celebrated through exchanging bracelets, which signifies "safety" and "bond" between siblings. The day always fall on the first day of Shravan following the sighting of a full moon.

August 30th Chinese/Buddhists/Taoists Hungry Ghost Festival

Also known as the Zhong Yuan Festival. It is a celebration in honour of the dead, whose spirits roam the mortal world in search of food and entertainment. Customs include extravagant stage shows, street parties, food and offerings for the dead.

August

August 1st is Lammas Day, which marks the beginning of the wheat harvest. It is celebrated in some English-speaking counties.

August 26th is Women's Equality Day in the US. In 1920, the US Constitution introduced the Nineteenth Amendment, which gave women an equal right to vote.

About the Calendar

This calendar shows some of the multicultural celebrations for August 2023. There may be some celebrations that have not been included in this calendar and customs may vary. If you would like Afsana to add a special holiday or vary the customs, please email afsana@gcmediation.com.

This calendar was produced by, Gibson Chowdhury – Clear Collaborative Mediation, through careful research and references to various sources and materials.

About Afsana

Afsana is a lawyer and Qualified Mediator and founder of 'Gibson Chowdhury', a Toronto-based mediation boutique, specializing in race discrimination, civil and commercial disputes. Afsana is an Adjudicator at the Property Standards Committee for the City of Toronto. She is a past Chair of the OBA's ADR Section Executive board where she co-chaired a groundbreaking report as part of an OBA Working Group called "Neutral Diversity in Ontario". She has written several CLE programs on Equity Diversity and Inclusion and intercultural communications. She is a member of the International Academy of Mediators' DEI committee where she continues to build helpful tools for lawyers and mediators to help break down gender and racial barriers. Afsana is often asked to attend speaking engagements globally to present on issues concerning dispute resolution and Equity, Diversity and Inclusion in ADR. Afsana is the recipient of the ADR Institute of Ontario, Star Award. Afsana is a British-born national and daughter of British Muslim Immigrant parents from Bangladesh. She is now a Canadian immigrant where she enjoys the company of her husband and three children, living in the traditional territories of the Mississaugas of the Credit, the Anishnabeg, the Chippewa, the Haudenosaunee and the Wendat peoples, also known as Toronto.

To book a mediation, contact Afsana at afsana@gcmediation.com or via her online calendar <https://gcmediation.com/calendar-and-fees/>