

Interfaith Insider

Welcome to the SAIT Interfaith Centre monthly newsletter. Subscribe [here](#) to meet our team and stay up to date on all that's happening!



March Interfaith Interface topics

March 4

"Lent and Abstinence"

March 11

"Luck of the Irish"

March 18

"Holi"

March 25

"Magha Puja"

What Holi Means to Me

What do colors mean to you? To me, colors mean vibrance, brightness, life. No matter what we believe in, colors have an impact on all our lives.

Well, in Hinduism, colors have their own meaning. In fact, there is a day when all the Hindus play with colors to celebrate the victory of good over evil and that day is one of the most famous festivals in India, Holi. The day which billions of people celebrate every year. Holi also celebrates the onset of the spring harvest season.

Moreover, there is a whole legend of Prahalad and Holika that I can narrate to portray the significance of this auspicious day. But then I realized that I should share with everyone what Holi means to me.

Holi is usually celebrated in the month of March; the date, however, varies every year depending on the Hindu calendar. I would describe it as a day of meeting with friends and family, forgetting about all the worries, stresses, and differences, throwing colors and water at each other like kids, dancing, and eating sweets like 'Gujiya' and drinking 'Thandai'; all of it at the same time. More or less, it feels like living your life to the fullest for that one day. People all across India celebrate it in their own ways. The best part is that people from other religions enjoy this festival as much as Hindus do. All of it is as much fun as the La Tomatina festival celebrated in the town of Buño, if not more.

In the end, I would just say that it is a great day to build relationships, repair the broken ones, forgive, forget and enjoy this little gift called life.

Happy Holi everyone!

By: Tanisha Kapil



Learner
Services

Interfaith
Centre

Family Matters

I believe everyone has some form of Family. Whether it's the one you start out with, the one you end up with, or the Family you gain along the way.

Some cultures can be with families every day; other times, people are busy to the point that family day matters.

Perhaps, international students in Canada most likely have Families abroad. They seek knowledge about the world and contribute to society with those experiences. How do we bring a sense of belonging to our peers who cannot keep in touch with their families?

I am delighted to tell you about Family Day celebrated on the third Monday of February.

Family Day is a way for people to spend time with their families and uphold family values. Twenty minutes to eat dinner with Family can be satisfying given the right circumstances.

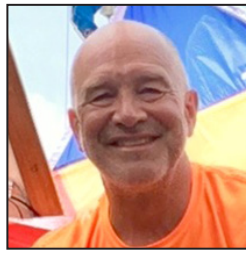
In Alberta, the Family Day act was passed in 1990 by former Lt. Gov. Helen Hunley. However, not all provinces in Canada celebrate Family Day.

While Family Day is statutory, public servants work during provincial holidays. Those stuck at work the whole day can still plan family events for the weekend.

Sometimes we need a reminder that life is not always about work and school.

Did you know? Matters related to families are vital in UN's International Family Day on May 15. Technology has changed society with the increasing use of digital platforms. In moderation, families can regain a sense of belonging. Let's support in-person family gatherings!

By: Adrian Oida



Chat with a Chaplain

Rev. Tim Nethercott,
United Church

March 2 this year is Ash Wednesday, the first day of the season of Lent in the Christian liturgical calendar. Many Christians mark this day by having ashes imposed on their foreheads in the shape of a cross.

Lent takes us to Holy Week and the celebration of the mysteries of the cross and the resurrection on Easter morning. Hence the ashes. There is joy on Easter morning, to be sure, but the rest of Lent involves suffering.

The Scripture readings for Lent show Jesus "turning his face" toward Jerusalem, moving consciously into the suffering that will meet him there. And we are invited to embrace our own suffering as a part of the spiritual path.

I sometimes think that religions are about how to be with our own suffering. This is one reason why spiritual practices are difficult. When I set out to pray, I often feel an inner resistance.

There is usually some grief, some anger, a jumble of negative emotions that come up. I would rather not go there. As a rule, I prefer to cope with the stress of life by attempting to transcend or to go around it.

But the spiritual path is through suffering, not around it. This is one of the things that Lent teaches.



Interfaith Interface every Friday

Interfaith Interface is a safe, inclusive and inspiring activity where students from different spiritual backgrounds and diverse cultures come together to engage in thought-provoking dialogue.

[Click Here](#) to join us for an online dialogue on MS Teams on Fridays at 10:00 am.
