



iNTERFAITH iNSIDER

SAIT Interfaith Centre Monthly Newsletter.



Mid-Autumn Festival and Moon Cakes

The Mid-Autumn Festival is the second most important holiday for Chinese as well as many other Asian countries. It falls on the 15th day (middle of the month) of the 8th lunar month which is in the middle of Autumn. This year, that date is Sep 10, 2022. This festival is also known as the Moon Festival or Moon Cake Festival as there are many traditional stories surrounding the Moon and the blessings that come as a result.

It is said that during ancient times, there were ten suns in the sky producing such enormous heat that killed the people and destroyed the crops. The Emperor summoned the famous archer, Hou Yi, who successfully shot down nine of the suns and brought the Earth back to normal.

As his reward, Hou Yi was given the elixir of immortality by the Queen Mother. However, he did not want to consume it without his beautiful wife Chang'e and requested she give him enough for both of them.

Hou Yi and Chang'e decided to drink the elixir on the 15th day of the 8th lunar month together. However, a wicked thief, Peng Meng, envious of Hou Yi's skills, overheard them and decided to steal the elixir for himself while Hou Yi was out hunting, and Chang'e was home alone.

Peng Meng forced her to give up the elixir, but fearing he would kill her, she quickly drank the elixir. Immediately, Chang'e flew heavenward and stopped to live on the moon as it was the closest to Earth and her love, Hou Yi.

When Hou Yi returned, he heard the news and was very sad. He prepared food that Chang'e loved and placed it on an altar in his garden, under the moon, hoping that she would return. Since then, during the Mid-Autumn Festival, people admire and worship the moon by offering food for her to bless. The fair and beautiful Lady Chang'e, the Goddess of the Moon, is said to bestow those who worship her with beauty, love, and prosperity.

With stories like this in mind, the Festival is celebrated as a time to reunite family and giving thanks.



International Day of Peace Labyrinth Walk - Sep 19
Come join us in **Macdonald Hall** from **11am-2pm** to experience our Labyrinth, share a Peace Cookie, some coffee/tea and inspiring discussions.

September Events

Interfaith Interface Topics
(Fridays 10am in MB305):
Sep 9 - Moon Cake Festival
Sep 16 - Rosh Hashanah
Sep 23 - Navaratri
Sep 30 - No Interfaith Interface -
National Day for Truth and
Reconciliation

Internatioonal Day of Peace
Labyrinth Walk - Sep 19 @ 11am-
2pm

Interfaith Centre LEADS Student Jinky Potencioso



I'm Jinky Potencioso a second-year student of Business Administration program majoring in management here at SAIT. I was born and raised in the Philippines, and I just recently moved in Calgary with my family. I am happily married and blessed with two adorable sons. I enjoy listening to music, watching movies, and taking care of my kids. I am a Roman Catholic by religion, but I always believe that every religion and beliefs are connected and relates on our relationship to one another. It is how we respect life and the people around us. I am delighted to join Interfaith Centre at SAIT, it gives me a chance to learn more about different religions, religious practices, and celebrations. I look forward to discovering more about life perspectives and faith and excited to have fun connecting with everyone!



International Day of Peace

Each year the International Day of Peace is observed around the world on 21 September (at SAIT we will celebrate on the 19th). The UN General Assembly has declared this as a day devoted to strengthening the ideals of peace, through observing 24 hours of non-violence and cease-fire.

But achieving true peace entails much more than laying down arms. It requires the building of societies where all members feel that they can flourish. It involves creating a world in which people are treated equally, regardless of their race.

As Secretary-General António Guterres has said:

"Racism continues to poison institutions, social structures, and everyday life in every society. It continues to be a driver of persistent inequality. And it continues to deny people their fundamental human rights. It destabilizes societies, undermines democracies, erodes the legitimacy of governments, and... the linkages between racism and gender inequality are unmistakable."

As conflicts continue to erupt across the globe, causing people to flee, we have

seen race-based discrimination at borders. As COVID-19 keeps attacking our communities, we have seen how certain racial groups have been hit much harder than others. As economies suffer, we have seen hate speech and violence directed at racial minorities.

We all have a role to play in fostering peace. And tackling racism is a crucial way to contribute.

We can work to dismantle the structures that entrench racism in our midst. We can support movements for equality and human rights everywhere. We can speak out against hate speech – both offline and online. We can promote anti-racism through education and reparatory justice.

The 2022 theme for the International Day of Peace is "End racism. Build peace." We invite you to join the efforts of the United Nations as we work towards a world free of racism and racial discrimination. A world where compassion and empathy overcome suspicion and hatred. A world that we can truly be proud of.