

# July 2023

## Calendar of Observances

3

### Asalha Puja Day

Commemorates the historical Buddha's first discourse following his spiritual awakening.

4

### Fourth of July - Independence Day

Anniversary of the United States Declaration of Independence in 1776.

9

### Martyrdom of the Bab

Observance of the anniversary of the execution by a firing squad in Tabriz, Persia, of the 30-year-old Siyyid Ali-Muhammad, the Bab, the prophet-herald of the Baha'i faith.

14

### Bastille Day

Common name given to the French National Day, which is celebrated on July 14 each year.

18

### Nelson Mandela International Day

Named for Nelson Mandela, human rights lawyer and international peacemaker in South Africa.

19

### Al Hijra and Muharram

The prophet Muhammad's move from Mecca to Medina in 622 CE is observed as the start of the New Islamic Year. It is a period of grief and mourning of the son of Ali and grandson of Muhammad.

26

### National Disability Independence Day

Commemorates the signing of the Americans with Disabilities Act in 1990 guaranteeing equal opportunity for people with disabilities.

### Tish'a B'av

Mourning of the destruction of the First and Second Temples in Jerusalem in 586 BCE and 70 CE.

28

### Buffalo Soldiers Day

Honors the first peacetime all-Black army regiment to keep order in the Wild West after the Civil War.

30

### International Day of Friendship

Promotes the role that friendship plays in promoting peace in many cultures.

**Maryland University**  
*of* **Integrative Health**

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