
February 2024 Diversity Messaging

National African American/Black History Month



For more information on African Americans in American Literature and Arts, visit: [African Americans in American Literature and Arts](#)

Black History Month is an annual celebration of achievements by African Americans and a time for recognizing their central role in U.S. history. Also known as African American History Month, the event grew out of “Negro History Week,” the brainchild of noted historian Carter G. Woodson and other prominent African Americans.

2024 Black History Month Theme

African Americans and the Arts

Quote by: Secretary Lonnie G Bunch, III, Smithsonian Institute

“Because it helps us to remember, there is no more powerful force than a people steeped in their history. And there is no higher cause than honoring our struggle and ancestors by remembering.”

Lunar New Year

February 10th



For more information, visit: [Lunar New Year Celebration](#)

What is Lunar or Chinese New Year?

Each year in the Chinese zodiac is associated with an animal sign, and the Dragon is considered a symbol of strength, courage, and good fortune. It is a time to embrace Chinese traditions, enjoy delicious food, and wish for prosperity and happiness in the year ahead. Different regions across Asia celebrate Lunar New Year in many ways and may follow a different zodiac.

Ways to Celebrate the Lunar New Year

- Family gatherings
- Decorate with red for good luck and happiness
- Prepare traditional foods such as dumplings, spring rolls, fish and rice
- Give red envelopes with money as a gesture of goodwill & blessings
- Attend a local parade or performances to watch vibrant lion and dragon dances

Makha Bucha Day

February 24th



For more information, visit: [National Today - Makha Bucha Day](#)

Makha Bucha Day falls on February 24, the full moon day of the third lunar month. 2500 years ago, Siddharta (aka Buddha-Then Enlightened One) attained enlightenment. This day is observed to commemorate the meeting of Buddha and his first 1,200 disciples.

3 Important Things for Buddhists to Remember on Makha Bucha:

1. Set aside our busy schedules and stresses of work to meditate, reflect, & have self-introspect.
2. Take time to learn about Buddhist stories, beliefs, and teachings.
3. Ingrain the teachings of Buddha in your personal life.