



1st May: Feast of St. Joseph the Worker

St. Joseph the Worker is celebrated on May 1, as a way to honour St. Joseph, the foster father of Jesus and the patron saint of workers. Perhaps you could celebrate the people who have looked after you through their work, especially those who go unnoticed.

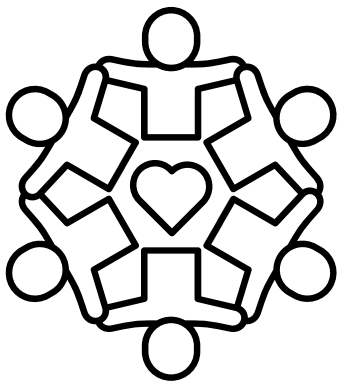
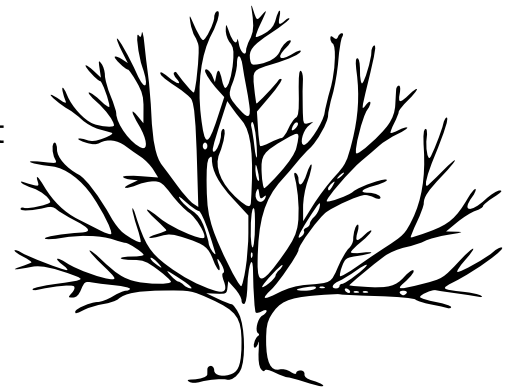


11th-17th May: Mental Health Awareness week

The goal of the week is to raise awareness about mental health issues, educate people about the challenges that people face, and encourage more open discussions about mental well-being. Our [‘Tea with the SVP’](#) resources are a great way to start the discussion around mental well-being.

15th May : International Day of Families

Today we can celebrate all the different kinds of families, as well as our Vincentian family. It's also a chance to think about the challenges faced by some families, particularly those experiencing poverty, homelessness, or family breakdowns. The SVP works extensively with families in crisis, offering practical assistance and emotional support. How could you support vulnerable families in your community?



21st May: World Day for Cultural Diversity

This day is held every year on 21 May to celebrate not only the richness of the world's cultures, but also the essential role of intercultural dialogue for achieving peace and sustainable development. Could you organise an international dinner or cultural night where people bring food from their culture? Perhaps host a story-sharing evening where people talk about traditions from their home countries.

31st May - Feast of the Visitation of the Blessed Virgin Mary

The Feast of the Visitation celebrates the moment when the Virgin Mary visited her cousin Elizabeth. This is an important day to remember the importance of visiting and supporting those in need. Perhaps you could organise a visit to a group who are in need or maybe a visit to a local care home?

