

# EID AL ADHA

**EID AL ADHA, ALSO KNOWN AS THE FESTIVAL OF SACRIFICE, IS ONE OF** the two major celebrations observed by Muslims around the world. It falls on the 10th day of Dhul Hijjah, the final month of the Islamic lunar calendar, and follows the Day of Arafat, a time for fasting, prayer and deep reflection. This Eid also marks the end of Hajj, an annual pilgrimage to Mecca, which is one of the five pillars of Islam.

This holiday honours the story of Prophet Ibrahim (Abraham), whose devotion to and trust in God were unwavering. As part of the tradition, many Muslims take part in qurbani (sacrifice) of an animal such as a sheep, goat or cow. The meat is then shared in three parts, one for family, one for friends and neighbours, and one for those in need. This a reminder for those observing the holiday to deepen the value of charity and community.

Eid al Adha is celebrated over three days with communal prayers, special meals, and time spent with family and friends. Customs may vary across cultures, but the spirit of gratitude and generosity is at the heart of them all.

To everyone celebrating, we are wishing you an Eid Mubarak (a blessed Eid).

## Connection to Doctors Nova Scotia's work

Acknowledging Eid al Adha as a religious celebration offers an opportunity to reflect on how healthcare spaces can become more inclusive and responsive to the diverse needs and backgrounds of physicians, staff and patients. Recognizing that Eid may be a time of fasting, prayer and community connection, it's essential that we foster environments that accommodate and respect these practices.

This year, Eid al Adha coincides with the association's Annual General Meeting (AGM). Given this, DNS has ensured that a multifaith room and meditation area will be available for attendees who are observing the celebration while participating at the AGM. We acknowledge the significance of this time for many in our community and are committed to creating inclusive spaces that honour and celebrate people's religious practices. We are committed to continuing to provide multifaith spaces at future events.

## Resources

- Islamic Relief Eid al Adha – [tinyurl.com/IR-EidAlAdha](https://tinyurl.com/IR-EidAlAdha)
- BBC – What is Eid al Adha? (Video) – [tinyurl.com/BBC-WhatIsEidAlAdha](https://tinyurl.com/BBC-WhatIsEidAlAdha)

## Note on language update

As part of our ongoing commitment to this work, we are shifting our terminology from EDIA to EDI(R)A, placing reconciliation in parentheses to highlight its distinct importance and our responsibility to meaningfully engage with Indigenous communities. Doctors Nova Scotia recognizes that Truth and Reconciliation is distinct work that must be guided by respect, accountability and Indigenous self-determination. This language reflects our deepened commitment and accountability, particularly to the Mi'kmaw Nation and all Indigenous Peoples.



Find more EDI(R)A resources, videos and tools in the DNS SharePoint EDI(R)A Hub.