HISTORY AND MEANING

The Feast of the Immaculate Conception is a holy day of obligation in the Catholic tradition that celebrates the doctrine of the Immaculate Conception of Mary, the Mother of Jesus. Upon her conception within the womb of her mother, Anne, Mary was sanctified by God in order to redeem her of original sin. God did this knowing that Mary would accept his son when the time came. With this, Mary was able to live a truly sinless life, which prepared her to bear Jesus in her adulthood/made her an appropriate habitation for Jesus in her adulthood. The doctrine is an important part of the narrative of Jesus’s birth.

TIPS FOR SUPPORTING THE VANDERBILT COMMUNITY

• Communication is key. Ask how you can support observances.
• Students are not automatically excused from class for this holiday. Graduate and professional students must refer to their own school and departmental vacation policies and calendar for more specific information.
• Staff members may request paid time off to celebrate. Support their preference to take leave for their religious observance.

TYPICAL OBSERVANCES

• Churches that celebrate this holiday hold special services on or around the date.

RESOURCES FOR MANAGING WELL-BEING AND MENTAL HEALTH

People feel many types of emotions during the holidays—joy, peace, stress and depression, to name a few. Whatever you feel, know you are not alone, and Vanderbilt has resources to help you through these challenges.

Faculty, Staff and Postdocs
Work/Life Connections-EAP
(615) 936-1327
vumc.org/health-wellness/work-life

Students
Office of Student Care Coordination
(615) 343-9355
vanderbilt.edu/carecoordination