

Holiday Hellos

Learning about our neighbors one tradition at a time!

Spiritual Life →
at DU



Hello
my name is

Día de Los Muertos

[Tradition: Mexican]

**Mood: Celebrating Death,
Remember loved ones,
Offerings**

**Some Greetings:
Feliz Dia de los Muertos
(Happy Day of the Dead)**

**Foods: In Mexico, many eat
red pozole, tamales, pan de
muerto, sopa azteca, Caramel
Flan**

**Possible accommodations:
Learn about the cultural
significance, don't treat it like
Halloween, don't take photos
at cemeteries. Don't make
light of the traditions or
attire.**

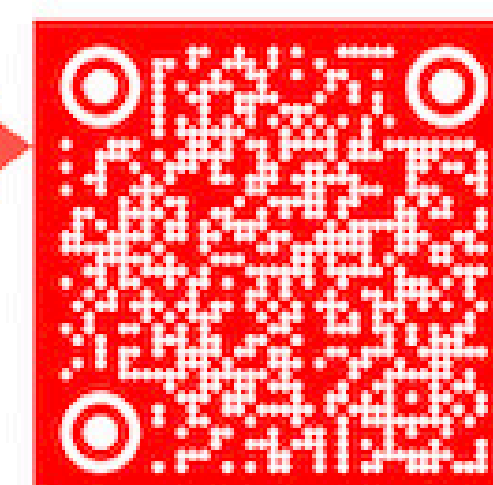
**Tradition: Day of the Dead is a two
day holiday, that is a dedication to
the deceased. Families come
together to create an ofrenda in
honor of their family members who
have passed. The main flower that
is used are marigolds.**

**Some tips: Avoid treating it like
Halloween. It is not the "Mexican
Halloween"
Many see death as a sad event, but
Day of the Dead view death as a
welcomed part of life.**

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SPIRITUAL STORYTELLING

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