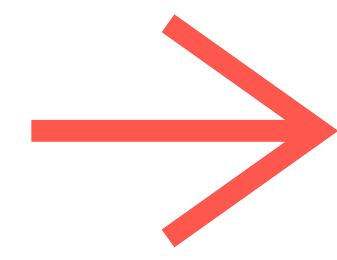# Holiday Hellos

Learning about our neighbors one tradition at a time!

HELLO my name is

Gahambar Maidyarem

[Zoroastrian]

Indian Zoroastrians call it Gahambar with an 'm';
Iranian Zoroastrians call it Gahanbar, with an 'n'

Check online and write in this year's dates!

A bit about me!

"Gahambars / gahanbars are six seasonal festivals or high feasts when Zoroastrians assemble to eat and share food communally. They are joyous occasions at which rich and poor met together, new friendships are formed and old disputes resolved. While each gahambar traditionally spans five days, nowadays it is the last day that is usually observed...

The gahambars are seen as a manifestation of seven acts of piety and goodness:

1. Generosity of the spirit (including speaking well of others)
2. Material generosity & sharing
3. Honesty
4. Community participation and inclusion (including supporting the Gahambars)
5. Selfless help towards those in need (without desire for recognition or reward)
6. Piety
7. Remembrance of the souls of the righteous and one's ancestors.

The number seven plays a significant role in all Zoroastrian and Zoroastrian-based customs and rituals. Seven stands for the divine seven, God and God's six archangels. There are also seven aspects to the corporeal creation...: fire, air, water, earth, plants, animals and human beings."

Source:
www.heritageinstitute.com/zoroastrianism/gahambar/index.htm

spiritual_life@du.edu

Mood?

Feasting; Joyous; Pious; Sharing; Community

Some greetings

Some Avestan greetings:
"Ushta Te!" (joy to you);
"Hamazor bem" (may we be united)

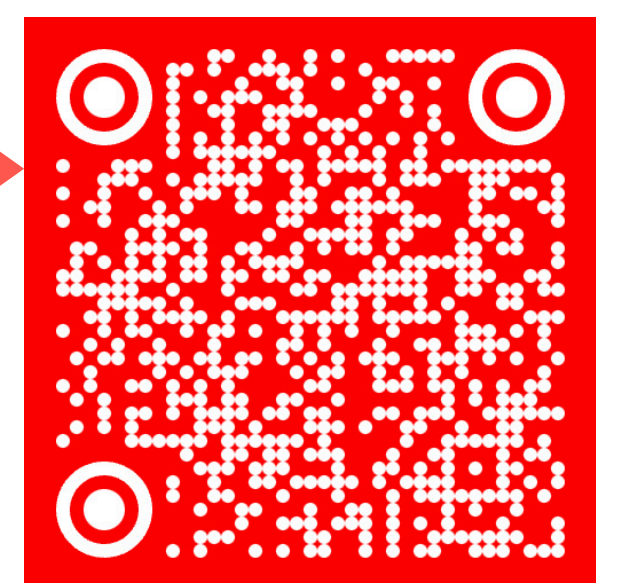## Some foods (may differ by denomination or region)

Indian '**papeta ma gosht**' (meat-in-potatoes);
Iranian **Aush** soup with a fried bread called **sirog**;
Dried fruits and nuts called **ajil** or **lork / lorg**
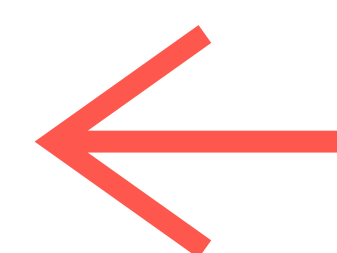
Possible accommodations

- Community members may have busier than average schedules with pre-holiday preparations
- Community members may be traveling to spend time with friends and family

Spiritual Storytelling

Share YOUR favorite holiday memories/insights! →

← See what others shared!