



# CHRISRMAS TRADITIONS IN BULGARIA

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8TH GRADE NO 22





## What is Xmas for me?

For me Christmas is not just a holiday, for me is something special. On this day the families, friends are together spending their time watching Christmas movies, laughing , talking or playing funny games. I love Christmas because I'm happy when we're all together and having fun.

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# Christmas Eve 24th December

In Bulgaria Christmas Eve is associated with more activity than Christmas Day itself. The festive dinner is vegetarian and humble. The traditional bread is prepared for the dinner and then shared among all the family members. In one of the bread chunks, a coin is hidden before the bread is baked. It is believed that the person who gets the chunk with the coin will be the richest in the coming year. Bulgarians eat only for dinner. Christmas Eve dinner table often is not cleared until Christmas morning to provide food for the ghosts of family members.



# Christmas Day 25 December

It's traditional that the table is left with all the food on it until the morning of Christmas Day. Some people think their ancestors might like something to eat during the night! On Christmas Day some families will have another big meal, but this time there will be meat, normally some kind of pork. Following the Christmas Eve meal some people will go to a Midnight Mass service. You might also hear Koledari (carol singers) which are normally young men who go carol singing dressed in traditional clothing. The singing can only start after midnight. The singers often go round singing all night, so the sun never catches them! When they reach a house they sing 'the house song' praising and wishing the house well. Having the Koledari visit your home is meant to be good luck. The songs are often in two parts with half of the singers singing the song and then the other half repeating it back. After the singing, the head of the house will give the Koledari food to thank them for singing. The special foods include 'Koledni gevreći' (round buns) and 'banitsa' (a layered pastry filled with cheese).







## A bulgarian Christmas recipe

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Bulgarian Christmas bread, or koledna pitka, is typically eaten on Christmas Eve and throughout the holidays. Often, a silver coin is tucked inside the dough and the person to find it should expect good luck in the coming year. This recipe contains eggs, which are forbidden by some during Advent. When the bread is made with baking soda instead of yeast, it is known as sodena pitka.



The gift of love.  
The gift of peace.  
The gift of happiness.  
May all these be yours  
at Christmas.

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# Christmas symbols in Bulgaria

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In Bulgaria the Christmas tree is also decorated. The children's parents leave the gifts under it. On Christmas morning groups of carolers walk from house to house holding sticks, wishing health, happiness and singing traditional songs.



