

2025 MARCH

INTERFAITH INSIDER

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HOLI: THE FESTIVAL OF COLOURS

What is Holi

Holi is a vibrant Hindu festival celebrated primarily in India and Nepal, marking the arrival of spring. It signifies the triumph of good over evil and the celebration of new beginnings. The festival is also associated with the divine love of Radha and Krishna, with stories of their playful and colorful interactions inspiring the festivities. In 2025, Holi falls on Thursday, March 14.

Traditions & Celebrations

While Holi has deep religious significance for many, for most it's a joyful occasion filled with fun and revelry. People throw brightly colored powders at each other, dance, sing, and indulge in sweets. Public gatherings feature loud music and lots of laughter as everyone, young and old, participates in the colorful chaos. Water balloons and colored water are also part of the fun.

The Spirit of Holi

Holi is more than just a celebration of colors; it represents unity and the breaking down of social barriers. People come together regardless of caste, age, or background. It's a time to forgive past grievances, make new friends, and start fresh. The colors symbolize happiness, the vibrancy of life, and the hope for a prosperous future.



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March 7
Women and
Religion

March 14
Ramadan 101

March 14
Scientology
101

March 28
The Mysticism
of the Eye

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Friday 11am - 12pm MB305

CELEBRATING NAVROZ: A TRADITION OF RENEWAL

The Essence of Navroz/Zarathushti

Navroz, also known as Zarathushti New Year, is a time of renewal and celebration for Zoroastrians. It marks the first day of spring and the start of the Persian calendar year. The festival reflects themes of life, purity, and the triumph of good over evil, creating a time for spiritual reflection and joy. For Zoroastrians worldwide, Navroz is a celebration of hope, community, and a fresh beginning. In 2025, Navroz is celebrated on Thursday, March 21.



Festive Traditions and Rituals

Celebrations of Navroz are rich with cultural traditions. Homes are cleaned and decorated, special foods are prepared, and new clothes are worn. One of the most significant traditions is the Haft-Seen table, where seven symbolic items are displayed to represent life's core principles, including health, love, and prosperity. Additionally, prayers and gatherings at fire temples honor the sacred fire, central to Zoroastrian beliefs.

The Haft-Seen table displays seven items symbolizing key life principles: Sabzeh (renewal), Samanu (strength), Senjed (love), Seer (health), Seeb (beauty), Somāq (patience), and Serkeh (wisdom). Together, they represent blessings for the new year.

Chaharshanbe Suri:

Preceding the New Year

In the days leading up to Navroz, Chaharshanbe Suri—celebrated on the last Wednesday night of the old year—serves as a festive preparation for the new one. This tradition involves lighting bonfires and jumping over them, symbolizing the purification of the past year's negativity and bad luck. The energy of this vibrant celebration ties into the overall spirit of renewal that Navroz embodies, setting the tone for a bright and prosperous year ahead.

