

**MASKED
AND
MIGHTY!**



Gatherings increase the risk of spreading COVID-19, and our state and county remain under health orders to avoid gatherings.

WINTER HOLIDAY GUIDE

TIPS FOR SAFE CELEBRATIONS

At this time of the year, our community celebrates the holidays. Over the next weeks and into the New Year, remember you can celebrate and honor your traditions but in different ways than in the past, to keep you and your loved ones safe.

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The Masked and Mighty COVID Coalition partners thank the community for ongoing, diligent efforts to stay safe and protect each other.

To help you find creative ways to celebrate holidays, we have prepared this resource guide.

HANUKKAH

DECEMBER 10 - 18

This eight-day Jewish celebration known as Hanukkah or Chanukah commemorates the rededication during

the second century B.C. of the Second Temple in Jerusalem. Also called the Festival of Lights, Hanukkah is celebrated with the nightly lighting of the menorah, traditional foods, games and gifts.

SAFER WAYS TO CELEBRATE:

- Organize a virtual menorah lighting with a local temple or with family members not in your household
- Fry latkes for family and friends, seal portions in separate containers, and drop them off
- Drop off gifts ahead of time and hold virtual opening parties

CELEBRATING THE HOLIDAYS SAFELY
publichealthsb.org/holiday-guidance/

WINTER SOLSTICE

DECEMBER 21

The winter solstice marks the first day of winter and the shortest day of the year. In the Northern Hemisphere, winter solstice is in December. In the Southern Hemisphere it occurs in June.

FUN FACTS ABOUT WINTER SOLSTICE:

Ancient cultures viewed the winter solstice as a time of death and rebirth

Stonehenge is aligned to the sunset of winter solstice

The word "solstice" roughly translates to "sun stands still"



LAS POSADAS

DECEMBER 16-24

Las Posadas is Spanish for "Inns" or "Shelter" and is a religious festival to commemorate the journey of Joseph and Mary from Nazareth to Bethlehem in search of a safe refuge where Mary could give birth.

SAFER WAYS TO CELEBRATE:

Have a virtual visit with family and friends

Drop off mini piñatas to loved ones

Record Christmas pageants at home to send to family members

NOCHEBUENA

DECEMBER 24

Nochebuena means "the good night" and is celebrated on the evening Christmas Eve. Traditions include Christmas carols, piñatas, making a roasted pork dish and playing dominoes. Traditional dishes may also include tamales, tostadas, pozole, tacos, atole and bacalao (salt cod), champurrado, arroz con leche, and flan.

SAFER WAYS TO CELEBRATE:

Sing Christmas carols virtually with family and friends

Deliver poinsettias to the doorsteps of loved ones

Play virtual dominoes

Create to-go boxes with traditional foods for family members to pick up on your porch, or drop off on theirs

CHRISTMAS

DECEMBER 25

Christmas, or the Feast of the Nativity, is a Christian festival celebrating the birth of Jesus. It is also a secular holiday observed in various cultures. Traditions include decorating Christmas trees in the home, decorating homes with lights, receiving an overnight delivery of gifts for children from Santa Claus, and singing holiday songs.

SAFE WAYS TO CELEBRATE:

Enjoy a virtual caroling party with family and friends

Decorate your home with Christmas lights and invite family and friends to drive by to see the display.

With your children, cut out paper snowflakes, build a gingerbread house and bake cookies

Enjoy a virtual Christmas movie night with family and friends

TIPS FOR A HEALTHIER HOLIDAY SEASON

<https://covid19.ca.gov/holidays/>

EPIPHANY

JANUARY 6

Epiphany is celebrated 12 days after Christmas on January 6 (or January 19 for some Orthodox Christians to commemorate the visit by the Wise Men (also known as Three Kings) to the baby Jesus. Festivities include a king cake with a baby figurine inside, special songs, and small gifts hidden in children's shoes.

SAFER WAYS TO CELEBRATE:

Host a virtual crown-making contest.

Bake king cakes and leave them on the doorsteps of family and friends

Make king costumes from household items, and host a drive-by or virtual parade

KWANZAA

DECEMBER 26 TO JANUARY 1

Kwanzaa is a seven-day festival that celebrates African and African American culture and history. Festivities usually involve dancing, singing, storytelling and poetry, a large feast, and the lighting of a kinara, which is a seven-branched candleholder. The principles of Kwanzaa include promoting unity, self-determination and working to uplift your community.

SAFER WAYS TO CELEBRATE:

Host virtual kinara lighting with family and friends

Hold a virtual celebration of music, storytelling and poetry. Ask family and friends to share their favorite poem or story

Drop off some traditional foods to loved ones

NEW YEAR

DECEMBER 31 AND JANUARY 1

Celebrations to honor the arrival of the New Year date back 4,000 years to ancient Babylon. New Year's Eve signals the transition from one year to the next and is usually celebrated with sparkle, nostalgia and laughter that culminate in a midnight celebration.

SAFER WAYS TO CELEBRATE:

Send party hats and horns to family and friends in advance

Have a virtual party on New Year's Eve

Watch the New Year's Eve countdown and 'virtually enhanced' iconic Times Square Ball Drop on TV

ORTHODOX CHRISTMAS

JANUARY 7

Many Orthodox Christians celebrate Christmas according to the Julian calendar established by Julius Caesar. Traditions include fasting before the holiday, enjoying music, and a Holy Night Supper — a 12-course meal of vegetarian dishes.

SAFER WAYS TO CELEBRATE:

Send Christmas cards with notes to friends

Host a virtual celebration

Share recipes and make dishes to drop off for your loved ones



**Create your
own holiday light
tour! Walk your
neighborhood to
see holiday
lights.**

ORTHODOX NEW YEAR

JANUARY 14

The Orthodox New Year is widely known as the Old New Year and is celebrated by many members of Orthodox religions according to the Julian calendar. It is celebrated with special New Year liturgies.

SAFER WAYS TO CELEBRATE:

Attend a virtual service

Host a virtual gathering to share your gratitude

Enjoy a live stream of fireworks by the Serbian Orthodox Church of St. Sava in Belgrade

ORTHODOX EPIPHANY

JANUARY 19

Orthodox Epiphany celebrates the birth and baptism of Jesus. Traditions include Blessing of Water ceremonies, gifts for children and winter swimming.

SAFER WAYS TO CELEBRATE:

Hold a virtual gathering with family and friends

Visit a nearby body of water with members of your household. Wear masks and practice physical distancing

CHINESE NEW YEAR

FEBRUARY 12

Chinese New Year is the festival that celebrates the beginning of a new year on the traditional Chinese calendar. It is one of the most celebrated holidays in China, and traditions vary by region. The Chinese New Year festival period lasts for 16 days and ends on the Eve of the Lantern Festival. This new year marks the Year of the Ox.

SAFER WAYS TO CELEBRATE

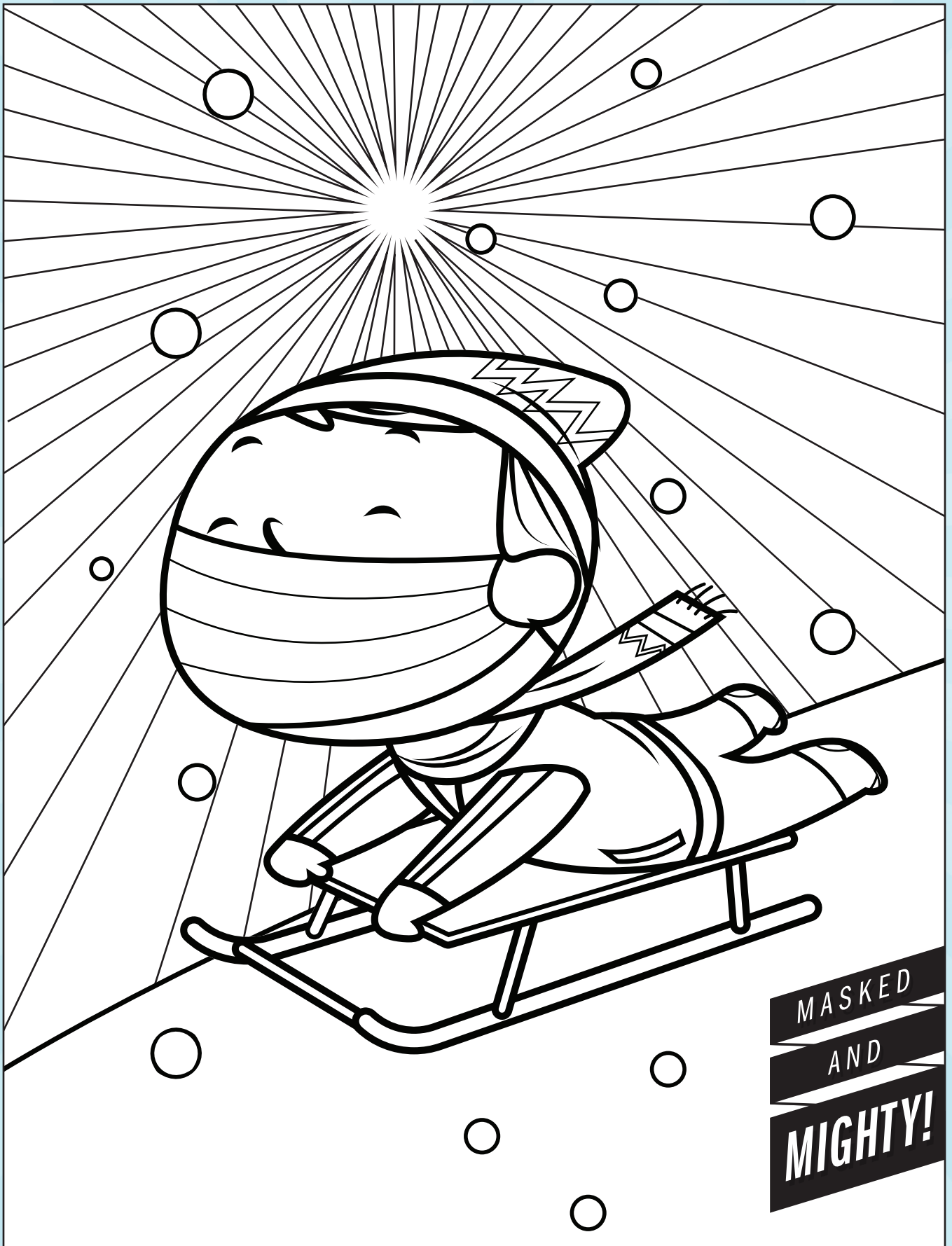
Observe the custom of thoroughly cleaning the house to sweep away any ill-fortune

Write couplet poems to share at virtual reunions with family members

Make homemade dumplings

Decorate windows and doors with red paper cut art

Send gifts in red envelopes



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