

AYYÁM-I-HÁ ADVENTURES

“My God, my Fire and my Light! The days which Thou hast named the Ayyám-i-Há in Thy Book have begun . . .” —Bahá’u’lláh

Happy Ayyám-i-Há! All around the world, Bahá’ís are preparing for this festival of joy and generosity. Falling between the last two months of the Bahá’í calendar, Ayyám-i-Há is a time to prepare for the Bahá’í Fast,* have fun, and offer service to our communities.

For four days, from February 26–29 in 2020, friends and family gather to share food, exchange gifts, and offer warm hospitality. Try these ideas at your celebrations, and invite your neighbors to join you in fellowship!

UNIQUELY CONNECTED

Form groups of five, and give each a paper and pen. Have each group compile a list of five things they all have in common. For example, “We all play a musical instrument.” Avoid answers that are universal to all humans, such as “We all breathe air.”

Then find one thing about each person that is unique from everyone else in the group. At the end, groups take turns sharing their lists with everyone.



GO BANANAS!



Cut bananas into 2" pieces. Skewer a mini marshmallow on a decorative paper straw to stop banana pieces from sliding.

Add a banana piece and dip in melted chocolate. Then add your favorite topping, such as sprinkles, shaved coconut, or chopped nuts. Hold in place with a second mini marshmallow on top. Let chocolate harden before serving.

RAINBOW CHANDELIERS

Gather embroidery hoops and colorful crepe paper streamers. Cut streamers into varying lengths.

Separate hoops. Fold ends of streamers over outside of larger hoop and tape in place. Put smaller hoop inside, and tighten to secure. Tie ribbon to sides of hoop and use ribbons to hang chandelier from ceiling.



JOYFUL SPIRIT PHOTO QUEST



Invite a friend who loves photography to talk about the craft and lead an uplifting photo quest. Pass out slips of paper and ask everyone to make a list of three virtues, actions, or emotions that remind them of Ayyám-i-Há.

Mix the slips together in a bowl. Each person pulls out a list and captures photos inspired by it. After 30 minutes, share the photos and the list that inspired them. Encourage the group to discuss what they like about the photos.



Writing by Katie Bishop • Art by C. Aaron Kreader

*During the Fast, Bahá’ís aged 15–70 do not eat or drink between sunrise and sunset for 19 days.