



# Happy Ayyám-i-Há!



**F**riends, family, fellowship, fun—it’s time for the festival of Ayyám-i-Há! From February 26–March 1, it’s a joyful holiday celebrated by millions of Bahá’ís around the world. It’s a time for charity, goodwill, hospitality, and gift giving.

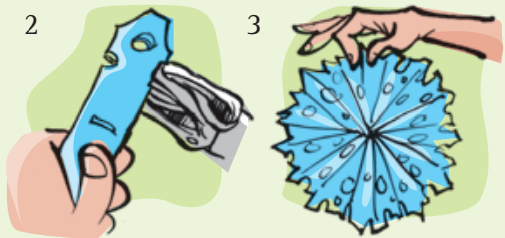
Families and communities enjoy Ayyám-i-Há with parties, service projects, gift exchanges, performances,

and much more. Arts from diverse cultures add to the festivities. Friends of all faiths are invited to join in the fun. Sing a song in another language, do a folk dance from a different country, or prepare a favorite traditional food. During Ayyám-i-Há, Bahá’ís also prepare for the Bahá’í Fast, a time of spiritual renewal.\* Try these ideas for celebrating Ayyám-i-Há this year.

## Colorful Cut-Outs

Decorate with these festive ornaments, and invite guests to make their own.

- 1 Use colorful paper, 4 1/2" x 11" (11.4 x 27.9 cm). Starting at shorter end, fold accordion-style, in 1/2" (1.3 cm) sections, and trim corners.
- 2 Staple paper in center. Punch decorative holes with hole punch.
- 3 Unfold ends and tape to make a circle. Hang individually or create a garland.



## Service Surprises

Consult with your family about small acts of kindness, such as “Write a sweet note to Grandma” or “Bake cookies for the neighbors.” Write each idea on a slip of paper. Decorate an empty jar for the slips. Every day of Ayyám-i-Há, ask each family member to draw one surprise to carry out.



## Who Am I? Game

Hand out paper and pencils, and give guests five minutes to draw a picture, write a poem, or make a list of clues that conveys who they are. Collect the papers and ask everyone to guess who created each one.



## “Fast Food” for Friends

Give the gift of a hearty breakfast to Bahá’í friends who will be observing the fast. Decorate a clean container for the gift, and add a tag with your favorite quote.

### HEALTHY HOMEMADE GRANOLA

- 4 c (320 g) rolled oats (not quick-cooking)
- 1/2 c (40 g) shredded unsweetened coconut
- 1/2 c (120 mL) pure maple syrup
- 1/4 c (26 g) ground flax seeds
- 1 c (120 g) chopped walnuts
- 2 Tbsp (30 mL) vegetable oil
- 1/2 tsp (2.5 mL) salt
- 1 c (160 g) raisins



Combine all ingredients except raisins in large bowl. Pour into 9" x 13" (22.9 x 33 cm) baking pan. Bake at 350°F (180°C) for 25–30 minutes. Stir every 10 minutes. Let cool, then mix in raisins.

\* During the Bahá’í Fast, March 2–20, Bahá’ís ages 15–70 who are in good health do not eat or drink between sunrise and sunset.