



YALDA Night with a Specialty Potluck Dish to Share!

“The longest winter night Celebration Open House”

Saturday December 21, from 6:00 PM-10:00 PM

We celebrate Yalda, the winter solstice, a time when friends and family gather together to eat Pomegranate, persimmon, watermelon and nuts, drink and read poetry.

The red color in these fruits symbolizes the crimson hues of dawn and glow of life.



What to Bring: A specialty dish to share, and your readiness to express yourself with joyful poetry, crafts, meditation, music and dance!

Iranian and non-Iranian artists are invited to have their table, perform and promote traditional art and culture.



Activities:

- Potluck specialty to share
- *Indoor artistic/craft display*
- *Book & Poem reading`*
- Live music and other performances
- Zen-tangle coloring
- Singing bowl & blowing conch
- Live winter solstice meditation



Venue:

UNESCO Body & Mind Wellness Ctr., 129 West Patrick St, Suite 15, Frederick, MD 21701

RSVP Please respond by Dec. 18



Help us spread the word by sharing this invitation with your friends and family. Let's celebrate the spirit of unity and cultural diversity together on this winter solstice of December 21!

With this longest night, let us warm up our hearts with a joyful gathering!

Yaldā Night, an ancient festival celebrated in Iran and other historically Persian/Farsi influenced regions: **story of Yalda:** <https://surfiran.com/mag/yalda-night/>