




# The Bulgarians

***HAPPY  
GRANNY MARTA!***





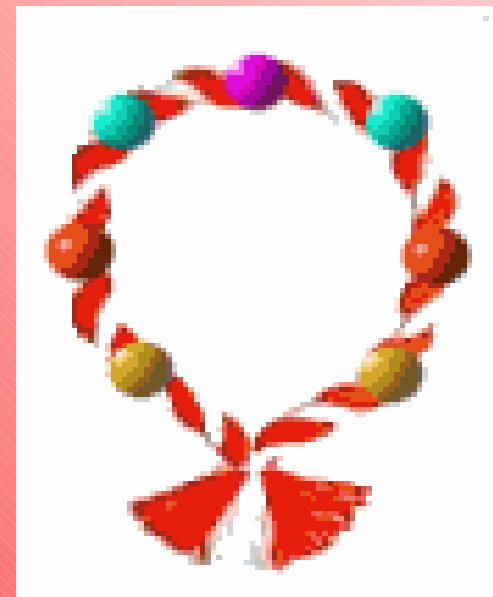
# The story about Bulgarian Martenitza

The month of March according to the Bulgarian folklore marks the beginning of springtime. Therefore, the first day of March is a traditional holiday associated with sending off the winter and welcoming the spring.





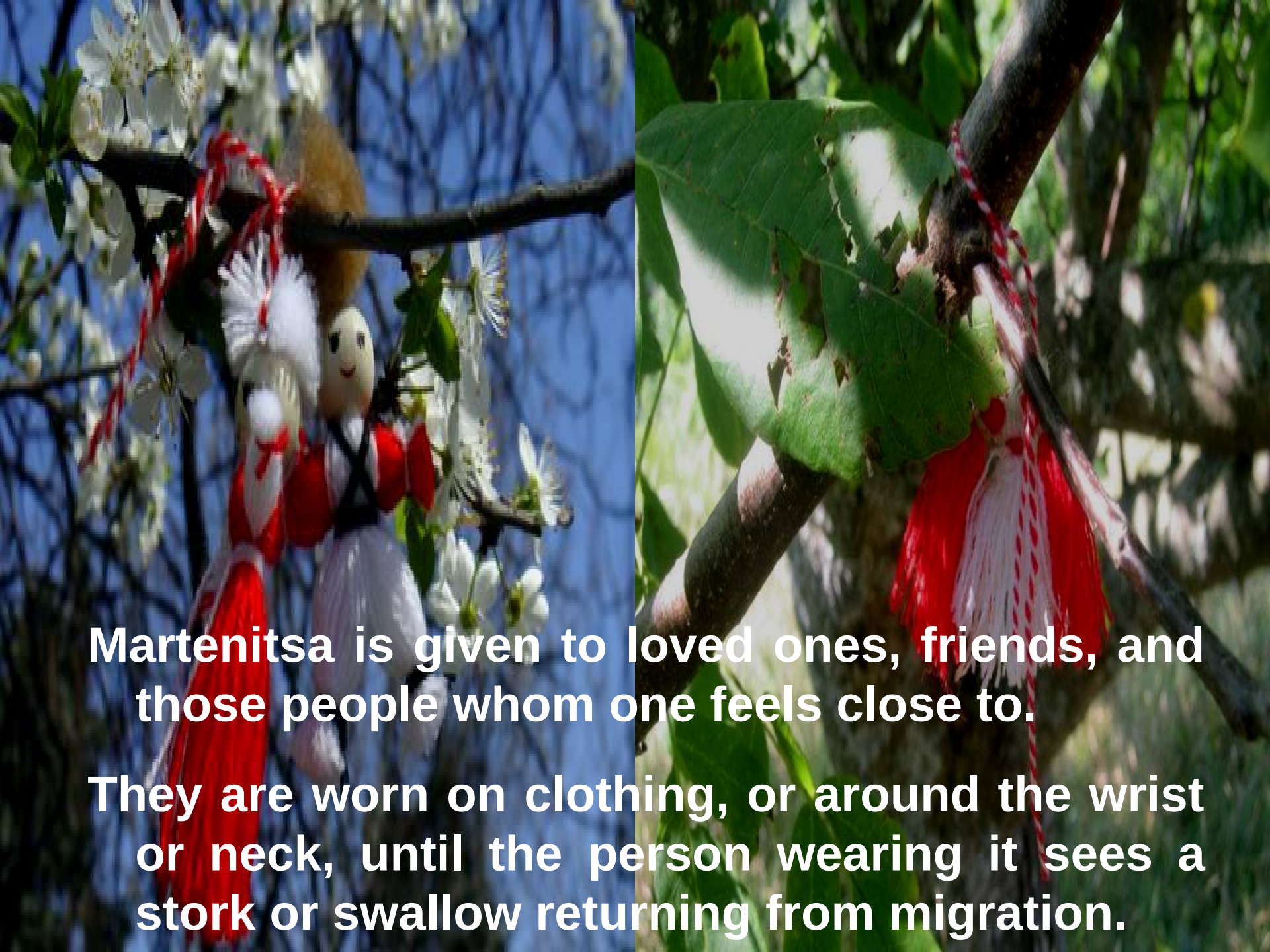
On March 1. everyone in Bulgaria says wishes for health, love and a good harvest. This is the time when Bulgarians exchange amulets - the so-called bulgarian "Martenitsa" and tell each other "Chestita Baba Marta" (Happy Granny March).





# Tradition

On the first of March and the first few days after, Bulgarians give to one another white and red tassels or small wool dolls called "Pizho and Penda", or "Martenitsa". Additionally, in the Bulgarian folklore the name Mart is related to a grumpy old lady whose mood shifts very rapidly. Her name is Grandma Marta, in Bulgarian — Baba Marta.

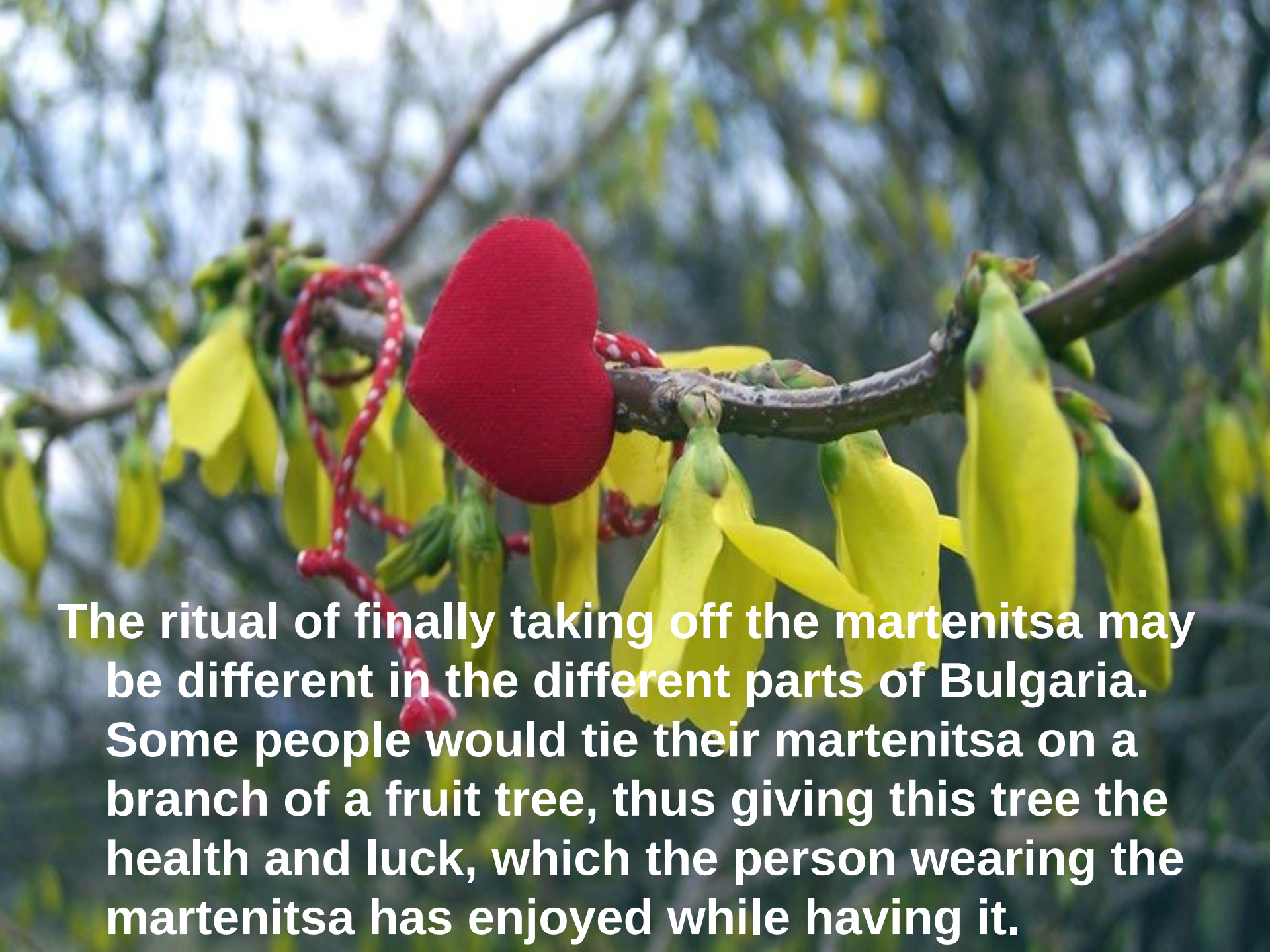


**Martenitsa is given to loved ones, friends, and those people whom one feels close to.**

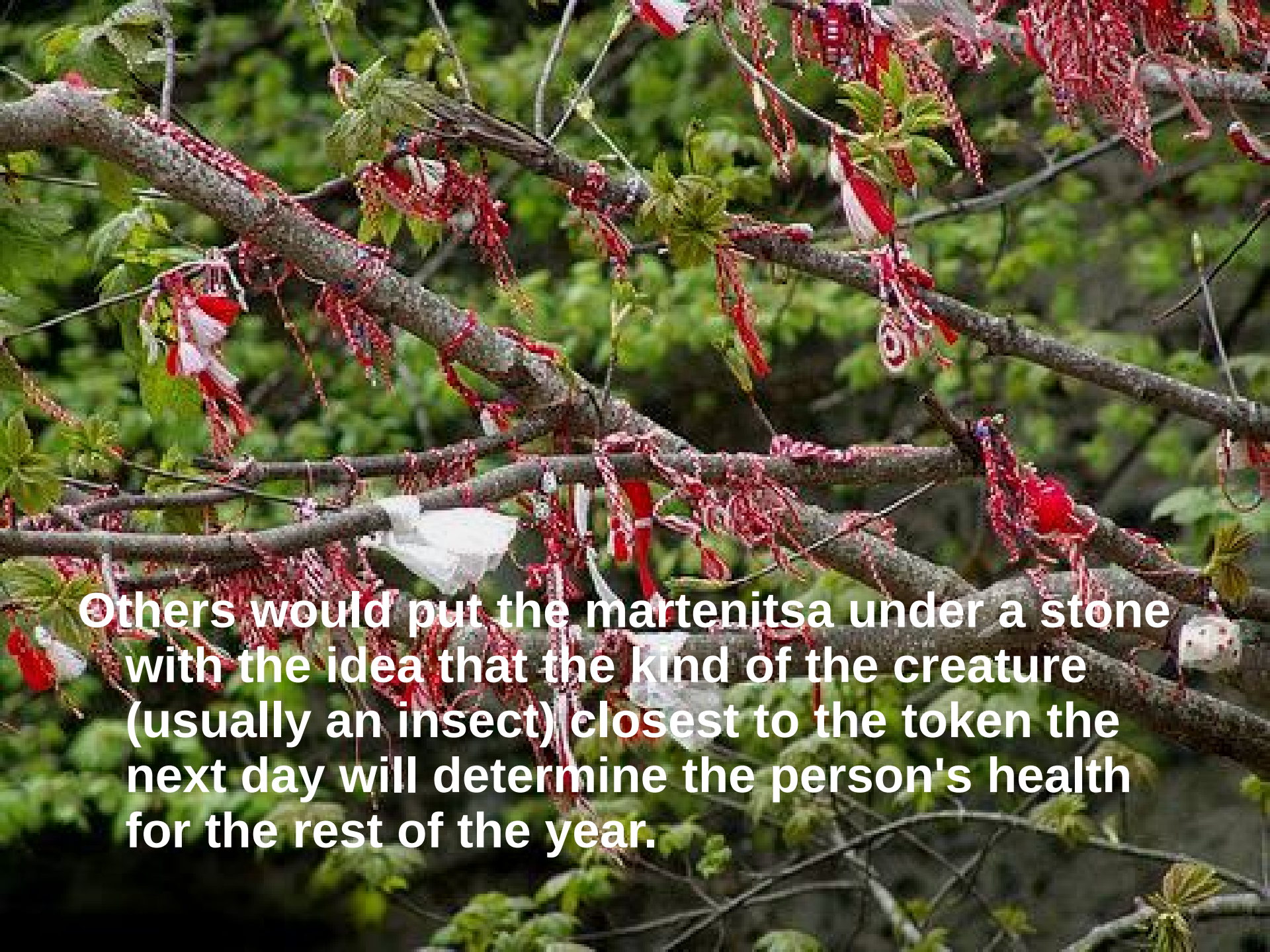
**They are worn on clothing, or around the wrist or neck, until the person wearing it sees a stork or swallow returning from migration.**

They then remove the Martenitsa and hangs it on a blossoming tree.





**The ritual of finally taking off the martenitsa may be different in the different parts of Bulgaria. Some people would tie their martenitsa on a branch of a fruit tree, thus giving this tree the health and luck, which the person wearing the martenitsa has enjoyed while having it.**

A close-up photograph of a tree branch heavily decorated with traditional Bulgarian martenitsa (Baba Marta) tokens. The tokens are primarily red and white, often in the shape of butterflies or small figures, and are tied to the branches with thin white threads. A white paper bag is also hanging from one of the branches. The background is a dense, out-of-focus green foliage.

**Others would put the martenitsa under a stone with the idea that the kind of the creature (usually an insect) closest to the token the next day will determine the person's health for the rest of the year.**



The martenitsa is also a stylized symbol of Mother Nature. At that early-spring/late-winter time of the year, Nature seems full of hopes and expectations.

The white symbolizes the purity of the melting white snow and the red symbolizes the setting of the sun which becomes more and more intense as spring progresses.

These two natural resources are prerequisites for life.

They are also associated with the male and female beginnings.





# Happy Granny Marta!

Be alive , healthy , white and red  
in you to spring happiness and  
love!

The new power of spring  
to shine again with love  
in your hearts and magicly  
to be with these words forever !



A close-up photograph of a bouquet of white flowers, likely lilies or similar, with green foliage. The flowers are arranged in several tall, dense spikes. The background is a soft, out-of-focus green. The text is overlaid in the center of the image.

**Greetings from  
colleagues and students  
from 9 schools Sliven**