

## NLUC NOWRUZ FAQ SHEET

**One of the most beautiful Iranian customs which has been celebrated for over 3000 years now is Nowruz, which literally means “New Day” and is the start of the Iranian new year, celebrated on the very first day of spring, around 21 March.**

For honouring such an important day, Iranian people follow many different customs and traditions, each having a special meaning.

Haft-Sin or Haft-seen, is, in fact, the tradition of putting 7 symbolic objects together whose names commence with S. Other symbolic items accompany these 7 objects and together, they create a Haft-sin. In the past, people used to put all of these items on a mantel or a designed fabric similar to a tablecloth, which they call it “Sofreh”. That’s the reason why Haft-Sin is generally referred to as “Sofreh Haft-Sin”.

### 7 SYMBOLIC OBJECTS

1	Sabzeh	Sabzeh (wheat, barley, or lentil sprouts): Symbolizing rebirth and growth.
2	Samanu	Samanu (sweet pudding made from wheat germ): Symbolizing sweetness and fertility.
3	Senjed	Senjed (dried oleaster fruit): Symbolizing love.
4	Seer	Seer (garlic): Symbolizing medicine and health.
5	Seeb	Seeb (apple): Symbolizing beauty and health.
6	Somagh	Somagh (sumac): Symbolizing the sunrise and new beginnings.
7	Serkeh	Serkeh (vinegar): Symbolizing age and patience.

The other items of Haft-seen can vary depending on the family and region, but they generally all represent good wishes and hopes for the new year. Each one of these elements symbolizes a lovely concept and bring us the newness of fresh life, just like the Earth which starts a new life by the arrival of spring.

In addition to the 7 key symbols, some families may also include additional items on their Haft-seen, such as:

8. Sekkeh (coins): Symbolizing wealth and prosperity.
9. Sonbol (hyacinth flower): Symbolizing spring and the renewal of nature.
10. Shirini (sweets): Symbolizing happiness and joy.
11. Tokhm-e-Morgh (decorated eggs): Symbolizing fertility and new beginnings.
12. Goldfish: Symbolizing life and the flow of time.
13. A mirror: Symbolizing reflection and self-reflection.
14. Candle(s): Symbolizing light and happiness.
15. Holy book(s): Symbolizing spirituality and faith.

With its celebration of spring and new beginnings, Nowruz can have even a deeper meaning for Christians as they reflect on their new life in Christ.

