**Holiday Greeting |
Christmas**

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# Enjoy Your Traditions This Holiday Season

# [Subject line] Enjoy Your Traditions This Holiday Season

“For Christmas is tradition time – traditions that recall the precious memories down the years, the sameness of them all,” wrote the late poet Helen Lowrie Marshall.

Christmas is celebrated differently all over the world, but one thing remains true: it’s a time to come together with family and friends. From the nutcrackers in Germany to candles in the window in Ireland,2,3 Christmas is a reminder of how we can connect with each other and a time to make memories that last a lifetime.

May your Christmas be filled with warmth, love, joy and enjoying traditions like baking cookies for Santa Claus, hanging wreaths on your door, or attending an ugly sweater party.

But do you ever wonder how some of these traditions got their start?

Let’s start with the cookies for Santa. This custom traces its origins back to ancient Norse mythology, but it gained popularity in America during the Great Depression in the 1930s. It became a way to express gratitude during a challenging time.4

Then there’s are the wreaths. Wreaths have a long history dating back to ancient Greek and Roman times. The evergreen Christmas wreath, typically decorated with holly, later became associated with Christian symbolism. The circular shape represents eternal life, while the holly leaves and berries symbolize Christ's crown of thorns and blood. Nowadays, wreaths come in various forms, including flowers, fruit, glass balls, ribbons, and artificial or themed designs. They are widely regarded as a secular winter tradition.4

We know each family has unique ways of celebrating Christmas and we hope you enjoy all the ways in which your family celebrates!

Sources:

1 <https://www.womansday.com/life/g3237/christmas-quotes/>

2 <https://www.oktoberfesthaus.com/blogs/okt/39280705-the-history-of-nutcrackers>

3 <https://www.irishmirror.ie/lifestyle/10-unique-irish-christmas-eve-25754713>

4 <https://www.history.com/news/christmas-traditions-history>

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