

Greek Name Days

In the Greek Orthodox Religion, it is customary that Name Days are celebrated. Name Days or Saint Days are the feast day of a saint after whom an individual is named. For many Greek-speaking people, their name day is a bigger celebration than their birthday. However in many situations, Greek-speaking people will celebrate both their name day and their birthday.

Name days are usually celebrated with a small party and attendance to church. It is important to acknowledge name days by saying “*hronia pola*” to the person. Your client will greatly appreciate you acknowledging their name day.



On someone's name day, celebrations often involve welcoming visitors, family, friends and neighbours into the home and providing them with cakes, pastries and later a feast. The visitors will give a small gift to the person whose names day it is.

Communion

Greek people can receive communion on special occasions such as Easter and Christmas, also during Sunday services or at any other time as requested. Communion is given to all using the same spoon. If the elderly are not able to go to church to receive communion, usually arrangements can be made for Greek priests, willing to visit residential facilities.

