
TODAY'S NEWS

Now more than ever, it's time to start celebrating your Nameday.



Unless you are from Europe or parts of Latin America, it is unlikely that you have heard about the concept of nameday celebrations. This is a shame, as after the last few years we could all do with something extra to celebrate. But what is a nameday, and where did it originate?

The tradition is essentially a celebration of a person's first name on a specified date. Unlike a birthday, which is random chance and marks age, a nameday is more public and all inclusive. You have to be informed of a birthday, whereas you already know the names of friends and loved ones.

The custom began in Catholic and Orthodox countries in Europe during the Middle Ages. It was originally a way to venerate saints, but over the centuries, that has changed, shifting away from religion and being embraced by people globally. As a result, the concept is growing in popularity, with new names from cultures around the world being added daily.

If you are interested in finding out your nameday or those of your loved ones, friends, and co-workers, www.nameday.com is a great resource. It is the only platform with a database of other 30,000 names – covering all races, religions, nationalities, and ages.

Nameday's Stephanie Newman explains, "The last few years have been tough, and things still aren't back to normal. So any reason to connect and celebrate with those close to us should be embraced.

"We all love a birthday, but a nameday is different. Your birthday is arbitrary and simply marks how long you have been alive. Whereas your name was given to you by someone who loves you, it is tightly bound with your sense of identity. It is a reminder of your relationships, with names sometimes being passed down through generations instead of a random marker of age," Newman says.

"So, we set out to create a platform, consisting of a website and apps, that helps people discover when it's their nameday and those of the people they care about. We've tried to keep it simple, so we have a calendar with ten of the more common names

each day, with less common names in the extended calendar. You can also learn about the origins and meanings of the names, search for your friends, and so on."

"Names are the sweetest and most important sound in any language."

-DALE CARNEGIE

Newman adds, "The great thing about namedays is that you don't need to remember birthdays or other specific dates. In Finland, for example, they even have a national almanac which lists namedays for people. It is a fun and inclusive tradition already celebrated in many countries, and we want to make it more popular elsewhere."

In countries like Finland, Poland, and Latvia, namedays are as important as birthdays. However, they are celebrated differently - with drinks and dinner being popular in one nation or gifts and sweets in another. As with all traditions, they change and adapt. The main point is to have another reason to celebrate relationships and come together. We all need that, now more than ever.

To find your nameday, go to www.nameday.com, or check out the app on [Google Play](#) and [App Store](#).

