

Holy Cross Day

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On 14 September, the Feast of the Exaltation of the Holy Cross is celebrated, which is one of the Twelve Great Christian Feasts and, in popular belief, is regarded as the beginning of the autumn agricultural season.

According to folk beliefs, from the Feast of the Exaltation of the Holy Cross the sun “starts moving back” towards winter and the day “crosses” with the night – they become equal. The weather turns colder, and the waters of the sea and rivers cool down. This marks the end of the summer and the beginning of the autumn season, traditionally associated with the harvesting of crops from the fields. From the Feast of the Exaltation of the Holy Cross or from Simeon’s Day (1 September), the sowing of winter cereal crops may begin. On this feast day, the seed for sowing is “consecrated”. In some regions of Bulgaria, the feast is called Grape Harvest Day because the grape harvest begins, and the first grapes picked are blessed in church and distributed for health and fertility.

On this day, women “cross” (hill up) the perennial flowers in their gardens so that their bouquets will not “wither,” as the first frosts may already be expected.

Happy name day to all who celebrate!