

CELEBRATING NOVEMBER 1ST



All Saints Day

In Guatemala,
is also called day of the deaths

It is the special date to remember loved ones who have already left for the Hereafter. Families go to cemeteries to decorate the graves of their deceased with flowers and garlands of paper or plastic.

Within the oral tradition of Sacatepéquez, it used to be said that "the evil souls that inhabited the cemetery, used to torment the souls in pain, and the settlers, and that is why the spiritual guides made prayers to drive away evil spirits" and the kites became a way to communicate between the living and their dead. *

**THERE ARE
DIFFERENT
WAYS TO
CELEBRATE
THESE
IMPORTANT
DATES
ACROSS THE
COUNTRY**



* <http://mcd.gob.gt>

In the municipality of Todos Santos Cuchumatán, Huehuetenango, the ritual Carrera de Ánimas with horses is carried out, the riders prepare from previous days with ceremonies to cleanse the spirit and body

In San José, Petén, there is a procession of three human skulls that are kept in the local church. According to tradition these belonged to three Maya Itzá priests



In Quetzaltenango luminaries are made where the residents harvest squash and chilacayotes to make traditional sweets in syrup or caramelised; then they place a candle inside the squash, to take them to the cemetery and place them on the graves

The most colorful and well-known are the kites, and although this tradition exists throughout the country, they are the municipalities of Santiago and Sumpango, in Sacatepéquez, where this activity is most prominent with their giant kites

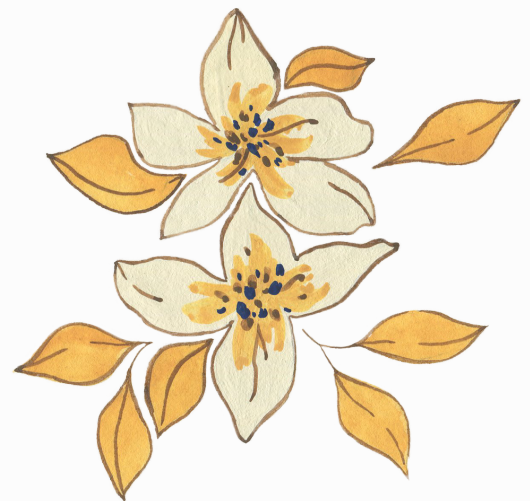


Food is also an important part of this celebration; the **fiambre** (with its variations, white and red, achieved by adding beets), is one of the most emblematic dishes of Guatemalan gastronomy



There is a record of this colorful dish since the seventeenth century, particularly in urban centers. The fiambre is made from tanned vegetables and cold cuts. Although much of the concept and elements of the fiambre are Spanish, including the word, in Guatemala the way of preparing this characteristic dish is an expression of its own, like much of our cuisine, it is mestizo, cyclical and ritual, forming part of our history

And we can't forget the sweets! Chickpeas, jocotes or squash in honey, cannot be missed, as well as the delicious coconut candy



...although in recent years the squash pie has become popular, with a precedent in the pumpkin pie from North America

