The Greek Orthodox Tradition of Fasting:Cleanes Both Body and Soul

By Georgia Kofinas

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Greeks have long celebrated their religious tradition of fasting. Originally, fasting was seen as a way to purify the body and soul, and it has evolved into a spiritual practice that is deeply rooted in Greek culture and tradition.

The Greek Orthodox Church has a rich tradition of fasting, which is observed during the Lenten season. Fasting is seen as a means to prepare the heart and soul for the celebration of Easter.

The traditions of fasten are deeply rooted in Greek culture, and they continue to be observed today by many Greeks around the world.

Flavorful Clean Monday Marks Gennadius Library

By Angelike Contis and Maria Georgopoulou

In Greece, Clean Monday is the first day of Lent, and it is a time when Greeks come together to prepare for the Lenten fast. The day is traditionally associated with the consumption of fish and the preparation of special dishes.

Gennadius Library marks the first day of Lent with a special event called "Lenten Cake." The event is a celebration of the rich culinary traditions of Greece, and it features the preparation of traditional Lenten dishes.

The event is held at the Gennadius Library in Athens, and it is open to the public. The library provides a welcoming environment for visitors to learn about the rich culinary traditions of Greece and to enjoy the delicious food that is prepared during the event.

In conclusion, the tradition of fasting is an important part of Greek culture and tradition, and it continues to be observed by Greeks around the world today. The rich culinary traditions of Greece are celebrated during the Lenten season, and the Gennadius Library marks the beginning of Lent with its special event called "Lenten Cake."