Guatemala

A country known for its blend of cultural heritage, unique natural ecosystems and diverse landscapes.
Location: Guatemala

National Bird: Quetzal

Quetzal, name of currency in Guatemala
Religion
Catholicism

- The catholic religion believes in one god
- Jesus Christ is the foundation along with his mother, Lady of Guadalupe.
Communion

• When you are able to be part of the lord's supper in church (eucharist)
• Catechism for 2 or so years to learn about Catholic faith
• Also wear white (cleansing and purity)
Baptism

• Erases all our sins
• Become children of god
• Done when you're a child
• Godparents are chosen for the child, and they will show them the way of life.
• Wear white
• Holy water on your forehead
Pascua (Easter)

• The resurrection of Jesus
• "Via Crucis" (stations of the Cross)
• Before there is holy week
• Lent and prayer for 40 days begins on ash Wednesday
• No red meat on Fridays (fish is mainly eaten on these days) and something you give up for 40 days
Named Holy Family Roman Catholic Church

Youtube channel that contains past lives of mass and other events!
@holyfamilycatholicchurchph434

Inside of the church
The walls inside of a house in Guatemala
Name: Last Supper

Significance: The last meal Jesus had with his 12 disciples. He was considered to be in the bread he fed to them and his blood in the wine.

Crucifix

Name:

Significance: Where Jesus was crucified by fighting for our sins. He was referred as king of the Jews but was only laughed at and whipped while carrying the cross on his back. There are series of stages in which this occurred called "via crucis", Latin for path of suffering.

Video of reenactment: https://youtu.be/8rBMVUAGneo
Virgin Mary

Name: Our lady of Guadalupe

Significance: Mother of Jesus. She was a virgin but was able to conceive Jesus through the Holy Spirit chosen by God. She is our mother and protects us under her "cloak", "blanket"
Guardian Angel

Significance: We all have a guardian angel who takes care of us and guides us through any difficult paths.

Prayer to Guardian Angel:
Food
Traditional Meals

- Paches (tamales) de papa (potato) and de arroz (rice)

Recipe for Tamales

Tamales are usually made for special occasions that include weddings, birthdays, and holidays like holy week, Christmas, and thanksgiving. It is the process to make tamales and for such big occasions family gets together (mainly the women) to start assembling the tamales. Usually, you will prep the banana leaf, the aluminum foil and all the parts the day before and the next day bright and early you begin and should have them ready by that afternoon.
Estofado consists of rice and meat poured in soup of that is made of tomato and other spices. It can also include potatoes and carrots as seen by the picture. This is definitely a party favorite and very traditional.

Recipe for Estofado
GARNACHAS

- Fried street food.
- It is topped with meat, tomato sauce, a mix of a vegetable blend that includes cabbage, carrots, and onion, and topped with cheese.
Music
MARIMBA MUSIC

- National instrument (like a big xylophone)
  Article: https://theculturetrip.com/central-america/guatemala/articles/marimba-how-guatemalas-national-instrument-is-a-symbol-of-resistance/
- Most played: Luna de xelaju played at parties, festivals, and other events https://youtu.be/ecUMlB5krV0
- More videos:

TRADITIONAL DANCE

- Dance of the kites: https://youtu.be/vcvfRXMP1bw?t=216
- Dance to Luna de Xelaju: https://youtu.be/TMe2fRhTv34
Holidays/ Traditions
Christmas

- Celebrate the birth of Jesus
- Many put up a "Nacimiento" that represents the way Jesus was born in a barn surrounded by barn animals and with the star above him (in Jerusalem) signifying the king is born.
- There is a, usually porcelain, baby Jesus in the Nacimiento that needs to be dresses so there is some who will dress him.
Quinceanera (Big 15 birthday)

• When a girl becomes a woman
• The Quinceanera gets to wear a big beautiful dress
• Begins with church ceremony
• During celebration you have a guests join you for a feast, a time for a surprise dance, a toast, the moment where 15nera is crowned and given her last dance as a girl.
the dance with your last doll as you are entering womanhood, here am wearing a traditional outfit (its a two piece) this doll was sent to my by my grandmother in Guatemala
"Traje Tipico"
How Women Typically Dress:

The Mayan wear a lot of colorful clothes.
Handwoven.
Most of the times it is natural dyes such as flowers, minerals and herbs to create such vibrant colors.
The pattern or design of the traje can sometimes indicate their personality.
Wearing a traje keeps the culture alive.
More deep Information: https://www.milmilagros.org/story/indigenous-clothing-in-guatemala

The Streets of Guatemala

Kids usually play (soccer) in the street
What you can find in Guatemala

Street markets
- a lot of people own lots of land growing their own crops so they will go out and sell it

Ancient Mayan city of Guatemala
Sights of Mayan civilization
Pila (Washing Board)

Name: Pila
Function: Basically an outside sink that we mainly use to wash clothes. The bumps as one side act as a washboard where we would just scrub by hand.