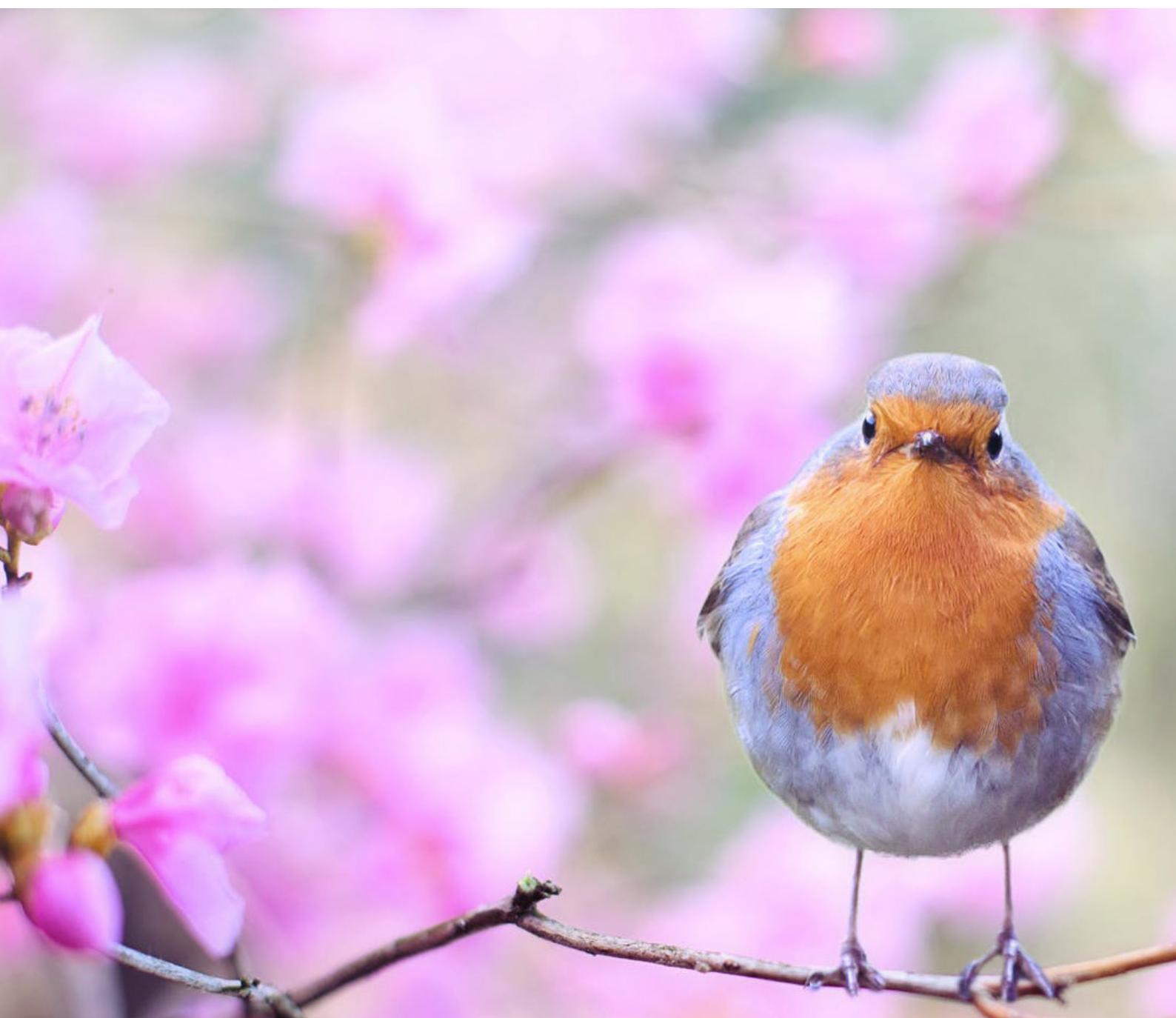


VOICES

MAGAZINE FOR ALL YOUNG PEOPLE AROUND THE WORLD

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SHARE LOVE - SHARE MARTINKA

EDITORIAL



ВАФИРЕ МУХАРЕМИ- УРЕДНИК НА „ВОИСЕС“

VAFIRE MUHAREMI - EDITOR OF "VOICES" MAGAZINE

MARCH SYMBOLISMS

Our ancestors not knowing about the calendar and counting dates, each month they were connecting with the natural processes. March, as the month who brings the spring with itself, announces warmth and a new positive energy. Nowadays, March brings with itself: Martinika, a day of water, spring and many smiles of people stolen from the caressing of the - on the back, the day of the woman, March 8th.

March brings some interesting facts:

- The first month of the year was March before the birth of Christ, some cultures still mark the beginning of the year in March.
- The floral emblem of March is the narcissus. These flowers are blooming for the first time this month.
- The birthstones of March are: aquamarine and bloody stone.
- March is named after the Romanian God of War - Mars.

What brings you the March edition of Voices for March 2019? First of all, Martinka, read more about the symbolism of this tradition, we bring positive vibrations from Slovenia, we prepare for spring "Juggling" and we are saying temporarily goodbye to "Skating in Poland". "Self-love" is the most important moment for everything stated to be realized. Catch a bench by lake in the park and enjoy while your soulmate reads Voices for you!

СИМБОЛИКИТЕ НА МАРТ

Нашите предци не знаејќи за календар и бројење на датуми, секој месец различно го поврзувајќи со природните процеси. Март, како месец кој со себе ја носи пролетта, најавува топлина и нова позитивна енергија. Во денешно време март со себе ни носи: Мартиника, ден на водата, пролет и многу наслевки на лица украдени од галењењето на сонцето на грбот, денот на жената 8-ми март.

Март со себе ни донесе и неколу интересни факти:

- Прв месец во годината бил Март пред раѓањето на Христос, некои култури се уште го одбележуваат почетокот на годината во март.
- Цветниот амблем на март е нарцисот. Овие цвеќиња прв пат процветуваат во овој месец.
- Драгоцените камења на месец март се: аквамаринот и крвавиот камен.
- Март е именуван според романскиот Бог на војната – Mars.

Што ви носи Мартовското издание на Воисес за март 2019? Најпрво, Мартинка, прочитајте повеќе за симболиката на оваа традиција, донесуваме позитивни вибрации од Словенија, ве подготвувааме за пролетно „Жонгирање“, а се збогуваме привремено со „Уметничкото лизгање“. „Сакањето на самите себе“ е најважен момент за сево погоре наведено да го реализираме. Фатете клупа покрај езерцето на паркот и уживајте додека вашата сродна душа ви го чита Воисес.



Erasmus+

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CONTENT



P.16

4 TOPIC OF THE MONTH

- 4 Share love - Share Martinka - Ewelina
- 30 Споделете љубов - Сподели Мартинка - Евелина

6 REPORTAGE

- 6 Juggling is fitness for your brain - Ewelina
- 8 Women's day - Laura
- 10 Skating - Dorota

12 ERASMUS +

- 12 YE ReLead тренинг во Љубљана - Дарко

14 OPINION

- 14 Self-Love - Triine
- 16 Religion - Ana
- 18 Love & Friendship - Vitoria
- 20 Vetë-Dashuria - Triine

22 INTERVIEW

- 22 Силвија Митевска - Ангела
- 24 World without eyes - Dorota

26 CULTURE

- 26 From Estonia to Ohrid - Madis
- 28 Carnival Germany - Mathis

SHARE LOVE SHARE MARTINKA

March is a capricious month during which we can experience a little bit of winter and spring weather. Everybody waits for coming spring with longing and there is a very special tradition overspread in some Balkan countries and not only. First day of March is called *Baba Marta* (*Grandma March*) day and the name is associated with mischievous old woman, who is known from changing moods – as well as March is known from weather changes.

During this day people share with their family members and friend's bracelets made of white and red threads, woolen or cotton. Bracelet martenitsa is called differently, depending on the country. In Macedonia it's *мартинка* (*martinka*), in Bulgaria - *мартеница* (*martenitsa*), in Greece – *martis*, in Albania – *verore* and in Romania and Moldova – *mărțișor*. Mostly, white color symbolizes purity and health and red is symbol of blood and life. There are several other sources saying about white as a symbol of health and longevity and red symbolizing sun waking up to life after long winter. The most common saying is that the white and red colors, put together, symbolize simply wish for good health.

When we give martenitsa to our loved ones, we want to protect them from the „bad eyes” of *Baba Marta*. This is why these woolen bracelets are treated as some kind of amulets. Usually people wear martenitsa until they see first sign of spring, which can be first blooming tree or first stork or swallow. However, some people wear it for the whole month March. As soon as the first sign of spring is seen, what a wearer suppose to do is to put martenitsa on blooming tree or under the stone. According to common beliefs, it should bring health and good luck. Once upon a time martenitsa left under the stone was used for divination. People were coming back after few days to check what appeared there. If there were some kind of insects (as red ants, for example), people interpreted it as a promise that the flock of sheep or horses will increase. Nowadays, people still have tendencies to look for signs under the stones to foretell the future. Appearance of maggots is interpreted as a success, ants tell that there is a success ahead, on which you have to work hard to come, and spiders announce misfortune.

Searching for origins of this tradition, we can find a lot of interesting legends. The tradition has over 1300 years and dates back the beginnings of the Bulgarian state in 681, when Khan Asparuh fought many battles against the Byzantine Empire. According to the legend, after one victorious battle Asparuh sent an eagle with white threads tied to its legs with announcement of victory to his sister or his main camp. Before the bird reached the place of destination, it was wounded by an arrow of a Byzantine soldier. The white thread turned red,



because of blood and this is how first martenitsa was created, with simple message that there is no joy without suffering.

Other sources reach deeper to Roman traditions and refer to god of war Mars and his sister Bellona. The Roman population was once celebrating Martius, the first day of March and in the same time the first day of the calendar year. These times it was the beginning of preparation to war season with cleaning weapons and organizing races. White color was associated with Bellona and red with Mars.

The legend about Baba Marta sounds more like a story that adults tell their children. It says that Baba Marta – identifying March – is sister of Big and Small Sechko, who identify January and February. Brothers Sechko live in the mountains and Baba Marta has to leave them, because she is moody and it influences the weather. With her smile comes sun, but her anger brings clouds and wind. When she frowns, it brings snow and cold, which destroy already flowering plants. Baba Marta, who always wears red dress, visits people's houses and gardens. For the good luck people clean their houses and burn unnecessary things in first spring bonfires. Children have fun jumping over bonfires, while mothers hit the pots to chase away all the evil spirits. There is one superstition connected with coming of Baba Marta – older people don't leave their houses at 1st March, because she wants to see only young ones. Different version of the same story explains that Baba Marta is so capricious, because each year during winter her brothers drink whole wine without leaving her even a bit.

Martenitsa is also treated as a symbol of infinite love. In Bulgaria people make not only bracelets of white and red threads, but also two dolls called Pizho and Penda (Пижо & Пенда). Pizho is a male doll made of white thread and Penda is a female one made of red. The legend says that Pizho was a hardworking boy with good character and heart, who fell in love with the most beautiful and the smartest girl in the village. Penda loved him back, so they got married and everyone was delighted with power of love that united them. To this day, Pizho and Penda remind of eternal love every year.

Ewelina Chańska

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JUGGLING IS FITNESS FOR YOUR BRAIN

Before all the goods and wonders that juggling can do to your brain, let me introduce you to some origins of this art. Juggling is actually one of the oldest circus arts which was presented by wandering artists on fair markets. In Byzantium they were called 'iocolatores' and 'circulatores' in ancient Rome. First jugglers came from India to Egypt, from where they next moved to Greece to eventually reach Roma. However, in medieval France the word 'jongleur' ('juggler') described all the musicians and singers traveling around France and Spain. Jugglers in Middle Ages were considered as magicians, since they knew how to play with illusion. These times making tricks were based on unusual dexterity, which made it look like magic. First masters of this art were Asian people, especially coming from China. In the mid-nineteenth century on European stage appeared artists from China and India who could juggle with plates, tridents and daggers.

However, to start with simple juggling you just need two or three balls in size of tennis balls. As difficult as it seems in the beginning, it's actually not and anyone can learn how to juggle. There is one saying among the jugglers that 1% of humanity doesn't have the ability to learn juggling. It's only a rumor though and a lot of people, hearing this saying, claim to be in this 1% who can't ever juggle. Personally, I was like that at the beginning and I can assure you, that if you won't lose your patience easily and won't give up shortly after start, you can do that!

Juggling can help to focus attention and improve concentration as well as visual-motor coordination. We never actually think, how many complicated moves we make in our daily routine. Even everyday activities like walking or cooking require a complex sequence of movements and focus. And just to think how much we can develop all the abilities, when we control three balls by throwing and catching them. Additionally, thanks to juggling one person can develop really nice sense of rhythm; improve reflex and ability to maintain balance and proper posture.

Have you ever thought that you can train your brain just like you can train your body at the gym? It's actually possible thanks to juggling. Lots of researches and experiments prove that simple juggling with three balls leads to brain tissue development – basically it increases the amount of gray matter in the brain. It shows also that brain development is possible not only in childhood, but in adulthood as well.



We were talking about the “external” effects of practicing juggling, but how does it actually work for our “internal” possibilities? It is proven that juggling can help in the process of learning and remembering the facts. Carole Smith, American specialist of physical education, run some tests, which proved that improving visual-motor coordination at the same time improves the ability of reading and writing. This is the reason, why juggling was introduced to pupils who had problems with reading, writing, learning or focusing attention during classes. Psychologists and pedagogues consider juggling as an exercise that can cure many disorders, such as dyslexia. But as I mentioned before, juggling is useful not only in childhood but also adulthood. We tend to think that mostly we learn in early years and with age it comes more and more difficult. Improving some skills, such as juggling and practicing them can help us to maintain a healthy and fully functional mind, still open for new things to learn.

You still don't quite believe? Let me tell you about one experiment made by brain researchers at University of Regensburg in Germany. There was a group of 24 people which was divided equally: 12 people learned juggling and continue practicing it and 12 people didn't juggle at all. After 3 months in juggling people group in each person was observed increase of brain tissue in two areas. Thanks to both of these areas we are basically able to process information's about moving objects. The experiments that were run have key meaning for rehabilitation and restoration of brain tissues damaged after accidents or in case of illness.

Juggling is more and more used also for to reduce

stress and find an inner harmony. It helps us to think less about things that burden our minds too much. Increasingly, we can hear about the forms of therapy in which juggling is used as a way of introducing the patient into a state of relaxation. Moreover, juggling is used in children hospitals to bring some colors and laugh in gray everyday life.

My point is – find your own reason to start juggling. Whether you want to focus or relax or just have some fun, juggling is always a good idea!

Ewelina Chańska

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BEHIND THE WHEEL

Yesterday I accidentally stumbled upon this video on the internet that was called “Crazy”. And it was about women. Not about our feelings and how emotional we could be, also not about our mental state, although it was mentioned there, but that was not the “crazy” that the video was about. It was about possibilities that opened up to us during the years, though at some point it was “crazy” for woman to even think about it.

International Women’s Day is closing up, everyone knows it, men are buying flowers for their wives, mothers, female colleagues, and you see people on the street giving flower to women out of nowhere. But do you know where and how it started? How much did women lives changed during the past century?

First ever Women’s Day was held in New York on 28th of February in 1909 by Socialist Party. A year later on the 8th of March it was happened in Russia and from then on it was celebrated every year there, mostly by socialists, until 1975, when United Nations adapted this special day. It supposed to be a day when women are celebrated as equals, that all of their achievements would be recognized as men’s are. I sometimes feel that we forgot that part on focus on the flower and the gentle and fragile side of the women. With this article I wanted to remember some of the struggles that women went through during the years and that made them even stronger now.

Women suffrage movement: this was a long fight for women. It started with taxpaying women getting the rights, that it was different age limits, voting only on local elections only and similar limitations, but in



the end all adult women got their right to vote. First country to recognize the vote of all women was New Zealand in 1893, few years later Australia followed. First country in Europe was Finland in 1906. Women got the right to vote in USA in 1920. In Portugal women got their right to vote only in 1976, and in Saudi Arabia in 2011, that is 8 years ago. Can you imagine? Up until 2018 women were forbidden to drive a motor vehicle in Saudi Arabia as well. And isn’t it funny to think that from 1800 women in France were not allowed to wear men clothing without a special permission? In 1909 they were allowed to wear trousers and only in 2013 the law was deleted from the Constitution officially (due to most of the lawmakers thought it to be irrelevant to present day).





And there are some laws that still exists to this day:

- The Florida Code of Laws prohibits unmarried women from parachuting on Sundays.
- In 2012, lawmakers in the small Swaziland had decided to start enforcing an archaic 1889 law against “immoral” dressing (wearing skirts) and those women that break the law gets 10\$ fine or a jail term of 6 months.
- Married women in La Paz city, Bolivia, are allowed only one glass of wine glass, otherwise they might get too many ideas and cheat on their husbands.
- India, Egypt, Iraq, Afghanistan, Morocco, Haiti, Senegal, the Democratic Republic of Congo, Singapore, and the Bahamas are among many countries that some sort of rape is still legal. It is not a rape if women are married.
- Countries in Asia, Africa, and most of the Middle East, limit women to martial and inherent property, so long as there is a man in the picture.

These are only a few examples of things that are still relevant to this day, but it is going the right direction. Of course, we have to have in mind that everything here is taken out of context and are just strange laws among other strange laws. Europe is fairly liberal continent and we might not know or understand how people think or feel in other countries, but this article is just some food for the thoughts.

Laura Babaityte



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SKATE IN LOVE WITH LUBLIN



Skating subculture connects people with a passion for skateboarding, bmx, roller skates and scooters. In Poland, skateboarders strongly highlight their separate subculture. In the city I come from, there is a very big and harmonious community.

Skateboarders appeared in Lublin in the early 90s of the twentieth century. Initially, they would come together in large groups of people and meet each other in front of big buildings. With time new skatespots (places allowing skateboarders to practice their skills) have been created, which were built in the city center by the city government. People were teaching each other new tricks, wearing baggy pants, loose sweatshirts and one inseparable element was a piece of wood in their hands. They were listening to punk rock and hip-hop. They didn't have any ideology, just wanted to help each other and exchange the latest skateboarding tricks, while looking for new skatespots. Unfortunately, they were often chased or even threatened by the police, that's why people treated them like criminals. But they weren't hooligans, they just had a free spirit.

Over time, thanks to greater social acceptance, skateboarders could go anywhere without a ban. In addition, new places were created, specially adapted to their needs. During sunny days they were improving their skills on the square of the city center or skateparks. When the weather was not good but the people were still in the mood for skating, they were meeting on the "1st floor" - a non-usable building, the owners of which allowed to use two floors to arrange an indoor skatepark. It was established 7 years ago, built for 3 months by over 60 skaters who worked all day and night.

The building had 3 owners, who approved meetings of skaters and even underground events. There were a few people who looked after the place, had the keys and paid the energy bills, but all the skateboarders in Lublin paid all the fees, helped with cleaning or constructing new elements. This year the building was sold and skaters had to say goodbye to their home, which raised several generations, including the champion and runner-up of the Junior Polish Championships!

At the moment, Lublin is the only provincial city without a professional skatepark, but that is supposed to change. The city, in consultation with representatives of skaters, prepared the project and launched a tender. The procedures are in progress, so we don't give up!

Besides changes of meeting places, the subculture also changed. They listen to music depending on their preferences, but hip-hop prevails.

The most faithful skaters still wear loose clothes, but this is no longer a determinant of belonging to this group. Skateboard is supposed to connect and not to divide people, so it brings together children and adults, women and men, vegans and meat-eaters, people of different backgrounds, simply everyone!

Dorota Łyczak
Photographer: Daniel Krawiec



RELEAD ТРЕНИНГ ВО ЉУБЉАНА

Тренингот за Лидерство во преубавата Љубљана е едно прекрасно и позитивно искуство за сите нас кои што бевме дел од него. ReLead тренингот за Leadership траеше од 3-ти до 9-ти февруари во Љубљана, и се одржа во М-хотелот.

Тренерот на овој феноменален тренинг беше од Индија, кој што како гуру направи спој на источната, духовната и концептуална страна, вредности и традиции и на западниот прагматизам во пронаоѓањето и креирањето на лидерите во нас. Сесиите секој ден ни започнуваа со источна музика, со предавање на енергијата помеѓу сите учесници, со сумирање на претходниот ден, а завршуваа со опуштање и медитација. Преку говорот на телото, тонот на говорот и интонацијата, интеракцијата, па се до користењето на зборовите правилно, сето ова е важно за да бидеме лидери во вистинска смисла на зборот. Тренерот ни објасни дека е најважно да ја менаџираме својата енергија, а не своето време. Преку концепцијата на 7 чакри, тој ни ги долови 7-те

стази и етапи на нашите животи. Секој од нас имаше можност да се справи со своите Ајзберзи, и на некој начин да се погледнеме себе си од дистанца. За некој од учесниците тоа беше емотивно.

Тренерот ни раскажа за односот помеѓу потрошувачите и производителите, дека е потребно баланс помеѓу нив, за тоа дека е потребно секој од нас да излезе од својата комфортна зона доколку сака да ги реализира своите соништа и да го искористи својот потенцијал. Секој од учесниците на хамер хартија ја нацрта својата река на животот, со најважните моменти од својот живот, и потоа истото тоа го сподели со останатите. Тоа беше едно преубаво искуство, кога ги споделуваш најважните моменти од твојот живот со некој кој што си го





запознал пред само 1 ден. Важно е секој од нас да го зачува својот интегритет, и интегритетот на нашите зборови и ветувања. Како лидери, ние треба да знаеме да слушаме, и да анализираме. Да бидеме автентични секогаш, да водиме календар за своите активности, како и да знаеме како да го менаџираме своето време.

Последниот ден, последната секција од тренингот ја поминавме во парк, кадешто тренингот го затворивме со разни игри, каде што секој споделуваше моменти од својот живот, како омилени книги, хоби, спорт и др.

Секој ден имавме слободно време за прошетки во преубавата и средена Љубљана, од центарот на градот, каде што сретувавме доста македонци, па се до стариот град и замок, кој што открива импресивна панорама на целата Љубљана.

Лидерското патување за секој од нас започнува со пронаоѓањето на лидерот кој што е скриен во секој од нас. Со пронаоѓањето и растењето на лидерот во нас, ние ќе бидеме спремни да бидеме лидери и да ги водиме другите напред.

Тренингот завршува утре, а ние сме побогати со нови знаења, информации, и сме мотивирани да бидеме лидери и да ги водиме останатите. Огромна благодарност за ова прекрасно патување, исполнето со нови знаења, пријателства, изградба на нови мостови на соработка и отворање на нови видици. Ова патување лично на мене ми помогна да разберам што сакам во животот, да се пронајдам себе на професионален план, и дека ние самите си ги креираме своите животи.

Дарко Тодоровски

SELF-LOVE: EGOISM OR THE PUREST FORM OF LOVE

It is a popular topic today. Many people and headlines advice us to love ourselves more, like it is the solution to everything. All these "why don't you love yourself," "you can't love anybody else until you love yourself" and many more. It starts to sound like an obligation already, but what is self-love? Just a right or justification to be egoistic or exactly the opposite?



Self-love is important to live a healthy and fulfilling life. It makes us think about our priorities, we make decisions based on this and we might even change our lives completely once we start taking ourselves more seriously.

Self-love can be anything, it can be you saying "no" to everything not supporting you but also the opposite, saying "yes" to everything that makes your heart shine and soul giggle. Self-love for me is enjoying life while being the best version of myself. By that I do not mean that we should all always aim for the perfectness but forgive ourselves. Sometimes we are feeling low and do not want to do go out of our bedrooms, we want to eat junk food and make childish jokes and we should let ourselves to do that. It is our freedom to love and respect ourselves and nobody else should have a word in it. Also forgiving ourselves for the mistakes we have done, because we are living our lives for the first time in this body and should not know everything, we are learning and improving day by day. Usually, we give the best we can at any moment and it is okay when some day the best we can do is only brushing our teeth.

Practicing self-love is an everyday job. It should always be the most important priority. I have learned that everything is possible in this life and we should all do what we love the most. Our society makes us believe that only the lucky ones can be happy and enjoy life but it is our job to prove ourselves the opposite. We all deserve to be happy and respected just because we were born to this world.

There are different ways how to practice self-love, Internet is full of articles but I think the most important is to really listen to ourselves, simply because there is not a second version of us, we are all unique. Once my friend told me about a



meditation she did and it was told there something like this: “Imagine somebody who you really love, feel the feeling, sense it with all your senses. You can help yourself with questions like what do you love most about the person, physically, mentally, about their personalities etc and in the highest moment turn that love to yourself. Feel all of this towards yourself, look at yourself through the eyes of love, through the eyes of somebody who loves you unconditionally. Remember the feeling and love yourself like everyday”.

For me, the hardest part was not feeling selfish. It is a cliche but one can really not pour from an empty cup. If there is nothing that makes us happy, how can we help others or make them happy? A woman in peace with herself, for example, is a happier mother, better employee, more supporting friend etc. It can be hard sometimes taking time to

yourself but the time you spend later on whatever you should be doing will be a real quality time. Everybody wins.

There are many ways to understand self-love but the most important message from me, is to notice, take time and practice loving yourself. Whenever you feel like being a mess, do not punish yourself for that, just do whatever you have to do and enjoy your life.

Triine Viisma

RELIGION IN 21 CENTURY



Religion is a subject that generates controversy in today's society, because of the difference of opinions and how sensitive the topic can be for people. From my perspective, religion is the result of the human being's effort to contact the "hereafter"

There are as many religions as people since each individual can interpret the sacred texts in their own way, believe in more than one religion or even create their own that suits their needs. I believe that the goal of religion is simply to make its devotees better people. Each doctrine explains the why of this behaviour in a different way, but most of them motivate the believer to follow the dogmas of a faith with the promise of a better life after death; positive reinforcement? It can be, although no one was ever certain that all these promises would be fulfilled. We can then ask ourselves how, with promises and without certainties, the different religions of the world have managed to recruit such a large army of the faithful. According to the company "Adherents" there was 14% of atheists in 2002 around the world, the BBC has calculated a figure higher by 17%. According to Gallup in 57 countries studied resulted in 13% of atheists, in any case we move between those 1,000 and 1,200 million people. Even so "There are many more atheists today than ever before, both in absolute numbers and as a percentage of the total of Humanity", explains Phil Zuckerman, professor of Sociology and Secular Studies at Pitzer College. In countries like the United States, Japan, the United Kingdom, the Netherlands, the Czech Republic, Estonia, Germany, and Uruguay, religion was very important only a century ago, but at present the rates of believers are among the lowest in the world.

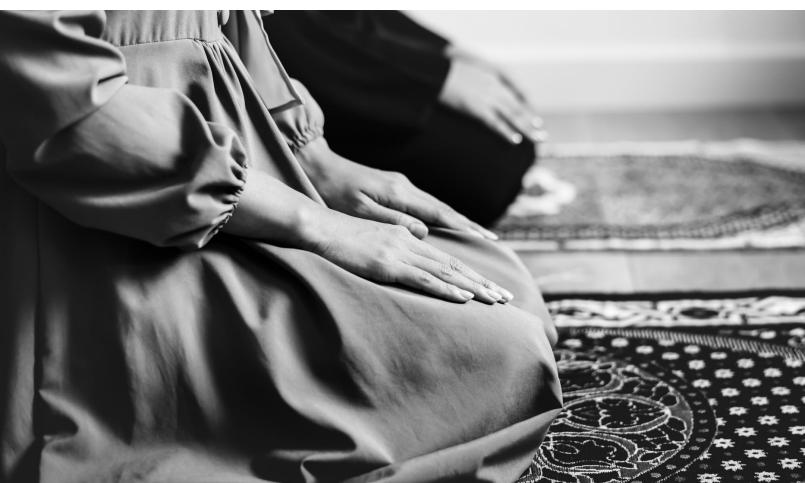
The religious feeling is complicated: most monotheistic religions present a divine being that creates and controls the world, therefore the individual gains a sense of comfort through veneration. However, devotees also feel "frightened" by this omnipotent and possibly omniscient being. Of course, it depends on the interpretation of each believer, but should not God be the being that is always on your side? Should not God promote love and understanding in the world instead of judging people regardless of gender, sexual orientation, marital status, etc.?



An important aspect in all religions is the common practice of religion. Of course there are private ways to pray, but the practice is usually together. Thus, religions become an extraordinary example of teamwork, getting all their devotees, regardless of their personal differences, to practice community worship ceremonies. This guarantees solidarity between believers and the individual's sense of belonging to a group. It is curious to reflect how many of the big international companies try to achieve the same feelings of belonging to a community and loyalty among their consumers. In the same way that, for example, Apple consumers do not usually buy in other brands, the devotees of a religion keep their whole life in that same doctrine.

With all the information explained above, my final reflection would be to encourage the faithful to reflect on what they want and need from God. I also think that we have to separate the parts of the religion that are real from the different interpretations by other people. The doctrines were revealed thousands of years ago and it is the responsibility of the faithful to update them to the times in which we live so that they can continue to be compatible with our modern lifestyles belonging to a religion.

Ana Fernández Hernández



LOVE AND FRIENDSHIP

Once more, Valentine's day has passed and we have exchanged little somethings and sweetesses with our darling(s) or savored the bitterness of not having nobody with whom to share the date. One way or another, the occasion gives us food for thought about relationships.

What is it that makes someone so dear to us that we can call them "my dear"? What is the boundary between romantic love and friendship that allows us to pour our hearts to the one(s) in one category and not to those in the other? What is the true meaning of a partnership and why is it so important to our lives? Well, I evidently hold no definite answer to these questions, but would like to share my views on them and which I consider to be the differences between love and friendship. And the plural I use to talk about relationships is no accident as I feel love does not necessarily have to be lived in singular form, or monogamy, but rather in the arrangement that most suits all parties involved, which can be different to that. One first factor to take into account is the social construction around romantic love. Were we not living in a world where there is a general agreement that life in a partnership is socially and legally ideal, this would not weigh so much on us and we would not care so much about ours and other's civil status. But the models of relationships we see in our family and neighborhood, in movies, books advertisements shape our expectations and wishes. And though it has been positively changing in recent years, with an increasing acceptance and visibility of different ways of life, most of our surroundings still point to life as a couple as the goal and culmination of our existence, the ideal



scenario for anyone's happiness.

Secondly, the human resources we need to nurture any relationship are limited. Time is the most obvious of them. Being present for someone, listening about their day, doing a massage, getting to know their family, watching a silly rom-com or helping with their decisions takes time and energy. And the more intimate a relationship gets, the more we expose ourselves and the deeper we dive into the universe of (an)other, the more investment we need to make on that. That's why we have more colleagues than friends, and more friends than "dearest(s)".

In that regard, the difference between a friend and a beloved one is a simple matter of allocating priority, choosing to build a shared future with, given the limited extent of our time and space – or possibility, given, for instance, the continent where you live. Life in our world, specially as we get older, is about "either... or". We must choose because it gets more and more difficult to conciliate, to "have it all". We must concrete some possibilities, concentrate efforts on them in spite of some others. We cannot intertwine our lives with many people at once, otherwise we would be tied up in such a manner, trying to fit them all, that we would not go anywhere. Our time, space, energy, intimacy must be most dedicated to those we can make projects with, whose life path wishes to and can walk alongside ours.



Lastly, and to me that's core, relationships are about influence and compatibility. Your friends and loved ones are people who give you the opportunity to live what you yourself cannot be. If you're a translator, you can't experiment life as a firefighter, but having a friend who is one brings that into your life, and influences how you behave, what you think and express, who you are. A beloved one, in this sense, is simply the biggest influence on your life. That sounds intimidating, right? But it shouldn't really. It is just logic that the one(s) you share most with are the one(s) who influence(s) you more. Therefore, it should be someone(s) you look up to, with the qualities and values and views you consider important and who help(s) you be the best you can be. Apart from, of course, simply being someone(s) who make(s) your life more joyful! And where does compatibility enter into that equation? Well, in our model of relationship, which involves physical proximity as well as companionship in the most difficult arrangement of the world which is cohabiting, that alignment of values is simply not enough. Many relationships do not work not out of lack of it, but because living together is really tough. Sharing the most part of your time and space, the little joys and struggles of everyday life while sharing a place is not easy. A good deal of practical understanding is necessary too, such as temperament, biological

clock, organization, eating, disposition to adapt. For instance, you might adore someone to the highest of your capacity, but if you're a minimalist and (s)he is an incorrigible collector, and both are not disposed to live with such difference every single day, then that will be difficult to work out.

To sum up, I sincerely believe there is no great abyss between a good friend and a romantic partner. The boundaries that define which is which are 1) the consideration the society of our moment and place in history gives them and 2) the place we choose to give them in our present and future, the priority we give them considering our emotional and practical resources.

So my advice for next year is, send little somethings and sweet words to all those who bring more joy into your life and are there for you and understand what your silences say. That's really all love and care is about.

Vitória dos Santos Acerbi

VETË-DASHURIA: EGOIZËM OSE FORMA MË E PASTËR E DASHURISË

Sot është një temë e famshme. Shumë njerëz dhe artikuj na këshillojnë që ta duam veten më shumë, sikurse të jetë zgjidhja e gjithçkaje. Të gjithë këta “pse nuk e doni veten” “ju nuk mund ta doni dikë tjetër derisa ta doni veten” dhe shumë më tepër. Fillon të tingëllojë si një detyrim tashmë, por cfar është vetë-dashuria? Vetëm një e drejtë apo justifikim për të qenë egoist apo pikërisht e kundërta?



Të duash veten tend është e rëndësishme për të jetuar një jetë të shëndetshme dhe të kënaqshme. Kjo na bën të mendojmë për prioritetet tona, na bën të marrim vendime duke u bazuar në të dhe mund të ndryshojmë jetën tonë krejtësisht apo të fillojmë të marrim më seriozisht.

Vetë dashuria mund të jetë gjithçka, mund të jeni ju duke thënë: “jo” për çdo gjë që nuk ju mbështet, por edhe të kundërtën, duke thënë “po” për gjithçka që e bën zemrën tuaj të ndriçojë dhe gjithçka që të qetëson shpirtin. Vetë-dashuria për mua është të shijuarit e jetës ndërsa je versioni më i mirë i vetes. Me këtë nuk dua të them që ne gjithë kohën duhet të synojmë përsosmërinë, por të falim vetveten. Ndonjëherë ndihemi keq dhe nuk duam të dalim nga dhomat e gjumit, duam të hamë ushqim jo të shëndetshëm dhe të bëjmë shaka fëminore dhe duhet ta lejojmë veten ta bëjmë këtë. Është liria jonë për të dashur dhe respektuar veten dhe askush tjetër nuk duhet të ketë ndihim mbi të. Gjithashtu duke falur veten për gabimet që kemi bërë, sepse ne po e jetojmë jetën tonë për herë të parë në këtë trup dhe nuk duhet të dimë gjithçka, ne po mësojmë dhe përmirësohemi dita ditës. Zakonisht, ne japim më të mirën që mundemi në çdo moment dhe është në rregull nëse ndonjë ditë më e mira që mund të bëjmë është vetëm larja e dhëmbëve.

Praktikimi i vetëdashjes është një punë e përditshme. Ajo duhet të jetë gjithmonë prioritet më i rëndësishëm. Kam mësuar se gjithçka është e mundur në këtë jetë dhe ne duhet të bëjmë gjithçka që duam më së shumti. Shoqëria jonë na bën të besojmë se vetëm ata me fat mund të jenë të lumtur dhe të gëzojnë jetën, por është detyra jonë tja vërtetojmë vetes të kundërtën. Ne të gjithë meritojmë të jemi të lumtur dhe të respektuar për shkak se kemi lindur në këtë botë.



Ka mënyra të ndryshme si të praktikosh vetëdashjen, Interneti është plot me artikuj, por mendoj se më e rëndësishmja është të dëgjojmë vërtet veten, thjesht sepse nuk ka një version të dytë prej nesh, ne të gjithë jemi unik. Një herë një mikesha im më tregoi për një meditim që ajo kish bërë dhe ishte tha diçka e tillë: "Imagjinoni dikë që ju me të vërtetë e doni, përjetoni ndjenjën, kuptoni atë me të gjitha shqisat tuaja.

Ju mund të ndihmoni veten me pyetje si: çka ju pëlqen më shumë për personin, fizikisht, mentalisht, për personalitetet e tyre etj. Dhe në momentin më të lartë e ktheni atë dashuri nga vetvetja. Ndjeni gjithë këtë ndaj vetes, shikoni veten nëpërmjet syve të dashurisë, nëpërmjet syve të dikujt që ju do pa kushte. Mbajeni mend këtë ndjenjë dhe dashuroni veten tuaj çdo ditë.

Për mua, pjesa më e vështirë nuk ishte të ndihesha egoiste. Kjo është një klishe por një njeri nuk mund të derdh të nga një filxhan bosh. Nëse nuk ka

asgjë që na bën të lumtur, si mund t'i ndihmojmë të tjerët apo t'i bëjmë ata të lumtur? Për shembull, një grua në paqe me veten, është një nënë më e lumtur, punonjëse më i mirë, mikesha më i mirë etj. Mund të jetë e vështirë ndonjëherë që të marrësh kohë për veten, por koha që kalon më vonë në çdo gjë që duhet të bësh do të jetë një kohë më kualitative. Të gjithë fitojnë.

Ka shumë mënyra për të kuptuar ~~vetë dashurinë~~, por mesazhi më i rëndësishëm nga unë është të vëreni, të merrni kohë dhe të praktikoni atë. Sa herë që ndjeheni si një rrëmujë, mos e ndëshkon veten për këtë, thjesht bëni çfarëdo që duhet të bëni dhe të kënaqeni me jetën tuaj.

Triine Viisma
Përkthyes: Jeton Vinca



ЗАЛОЖБАТА ЗА РОДОВА ЕДНАКВОСТ Е ЕДНАКВА ОДГОВОРНОСТ НА ЖЕНИТЕ И МАЖИТЕ

Силвија Митевска, параглајдеристка, автор на збирката раскази „Додека Данте спие“ и претседател на граѓанска организација ТАКТ. Силвија Митовска лета со параглајдер уште од петнаесет години. Неколку години подоцна се натпреварува на Европски и Светски Првенства во параглајдерство.



„На тие моменти се потсетувам со многу љубов и носталгија зашто во тој период од животот летањето ми значеше се и целосно бев посветена на летањето и на натпреварите. Кога стекнав доволно искуство, инструкторот Мендо Велјановски ме научи да бидам и акро пилот, и најмногу се пронајдов во таа дисциплина. Истовремено, работев како инструктор во клубот „Букефал“, и држев обуки во Македонија и Косово“

Учејќи од сопственото искуство кога многупати се има почувствување дискриминирано и третирана поинаку од нејзините колеги летачи, но и во разговор со други спортистки, природно ѝ се наметнува идејата да оформи организација која ќе биде гласна во заложбата за родова еднаквост во спортот. Така настанува ТАКТ, водечка невладина организација за родова еднаквост во спортот во Македонија.

„ТАКТ работи на три програми- спорт за развој, еднакви можности за жените и мажите во спортскиот сектор и спортска дипломатија. Најпрепознатливи сме по гласната заложба за родова еднаквост и за зајакнување на девојки и жени преку спорт. Соработуваме со искусни и проминентни спортистки и жени вклучени во спортскиот сектор, како и различни федерации, клубови и други спортски институции. Дополнително, успеавме да ги инспирираме и мобилизирајме жените спортистки во Македонија, во заедничката заложба за креирање на еднакви можности во спортот“



Покрај значителниот број на организации кои промовираат родова еднаквост, спортот е сфера каде не делува ниту една организација.

„Девојчињата треба што почесто да бидат во контакт со успешни и посветени спортистки кои ќе ги едуцираат за нивните можности но пред се ќе ги инспирираат да го живеат својот сон. Верувам дека доколку девојчињата почесто читаат, гледаат и слушаат за успехот на македонските спортистки, полесно ќе се одлучат да почнат да спортуваат. Истотака, колку поголем број на жени на раководни позиции во спортот, толку поголем бројот на девојки, идни лидерки во нашето општество“

Успешни и позитивни примери на жени спортистки има многу, но ретко се слуша за нив

„Инспиративните и храбри приказни на нашите спортистки не се доволно застапени во нашиот медиумски простор. Лично запознав млади девојки кои живеат во рурални средини во Македонија, кои и покрај сите предизвици и бариери со кои се соочуваат (недостаток на поддршка од семејството или од заедницата, тренинзи во мизерни услови), сепак изнаоѓаат сила и енергија да си го остварат својот спортски сон. Тие се вистинските хероини за мене“

За сеопштата ситуација на унапредувањето на родовата еднаквост во нашето општество Митовска вели дека има прогрес, но со многу бавен ритам. Советот кој што таа би го дала на некој/а „случаен сговорник“ разговарајќи на темата родова еднаквост е дека не е срамота ниту слабост да каже дека е феминистка или феминист. За неа, како борец за родова еднаквост, Меѓународниот ден на жената, 8-ми март, значи дека заложбата за еднакви права и можности продолжува. И дека во таа заложба, еднаква одговорност имаат и жените и мажите.

Ангела Рајчевска



WORLD WITHOUT EYES

Do you ever wonder how it is to lose your eyesight? What will you do if it will happen? How people can live with it? Franek is a normal man who went through this. Meet him!

Hi, introduce yourself and say something about yourself.

Hi, I'm Franciszek Kostrzewski, I am 26 years old, I finished the bookbinding school. I love sport and I have been blind from the age of 13.

Tell me, please, at the beginning of your illness, how did it look from the medical side?

Since I was born, I'm visually impaired, I was born with toxoplasmosis. My mother had to start my rehabilitation right away, if it was not for that moment, I would be condemned to a wheelchair. I began to lose my vision when I was 12, it started so that there was once bright, once dark before my eyes. But I tried to live life as long as I could. I did not care about my disability, I even rode a bike. Once I fell over and landed in the bushes and then I went back to the bicycle. After a year I completely lost my sight.

What feelings did you have at that time?

It is difficult to say, but I always treated problems as challenges. At first, I had to comfort my family, my mother was very worried, because I have 7 siblings, did not know if she will cope with such a heavy duties. Dad tried to act as if nothing had happened. But all in all we always support each other.

Darkness reminds me of fear, how is it with you?

The fear was from the beginning and it is still today because you never know what is waiting for you. When I walk down the street, I do not know if someone will fall for me right away or I will not get lost, I will not go down the stairs.

How do you deal with it?

I need to catch strangers on the street.

You must be a social person?

I must, because, for example, blind, shy and introvertic people are still sitting at home, they are not able to overcome this fear, they are closing in on themselves. They are constantly complaining.



Can you say that the activity of blind people depends on their personality?

Yes, their anxiety is often caused by how they were treated at home, for example their parents kept repeating them, do not do this, do not do that, because something might happen to you. I think that they have to try to learn. As once I will pour boiling tea, the second time I will know how to pour it without getting burned. In my opinion the most important thing is to try to become as independent as possible. Most often parents make a mistake in upbringing, telling their child that they can not do something, because it is dangerous. If you do not fall over, you will not learn / what will not kill you will strengthen you. I have a few adult friends who still go everywhere with their mother, such people make themselves disabled. I travel alone, I ask people and I know my city almost by heart.

How your friends reacted to your loss of sight?

I had friends - I don't have them, they disappeared together with my eyes. I do not hide my resentment. I think that this is due to fear of the unknown, even now, after so many years among my loved ones I feel that people are holding a distance, they are afraid of me because they do not understand ... I do not judge them, it is new situation and they do not know how to behave.

With what reactions do you meet on the street?

Usually, people are helpful, sometimes over-zealous, I just want to ask if I'm in the right place, and they insist they will lead me. On the one hand, this is cool, sometimes irritating, but as I see someone wants to help me, I agree, even when I'm sure that I can do it by myself. Many blind people react to this behavior with anger, in my opinion this is a mistake, because if they actually need help, nobody will want to help them, not because they are disable, just because he can not keep. Recently I had an unpleasant situation in the bus. I wanted to buy a ticket. I say to the driver that I am blind, and the driver accused me of a lie, because I used the phone and specially gave me the rest the way that I couldn't take it because he didn't believe that blind people can use the phone. I didn't want to talk to him and explain to him that there are speaking programs for a blind. But it happens, people ignore me pretending that they don't hear.

Do you think that thanks to the fact that you once saw yourself, you have easier than blind people from birth?

I would be blind from the beginning, because I had to start learning life again, as a teenager I became an infant again. I am glad that I am able to recall the colors and the face of the family, but I have had a lot harder position to deal with. Unfortunately, each medal has two sides.

Do you know of blind couples, are these people able to raise a child, would you ever want to start a family?

There are such marriages, I personally do not know them but I've heard of such stories. As for children, I think they can bring them up, but with the help of third parties, maybe someone from the family. I would like to have a child in the future I am not afraid of anything! It happened to me that friends left me with one year old children for 10 or 15 minutes. And I managed, I kept babies on hands, I wore around the room, so I'm already skilled! I just need to find the right partner.

Thank you very much for the interview. I keep my fingers crossed for you!

See you next time!

Interview by Dorota Łyczak

FROM ESTONIA TO OHRID

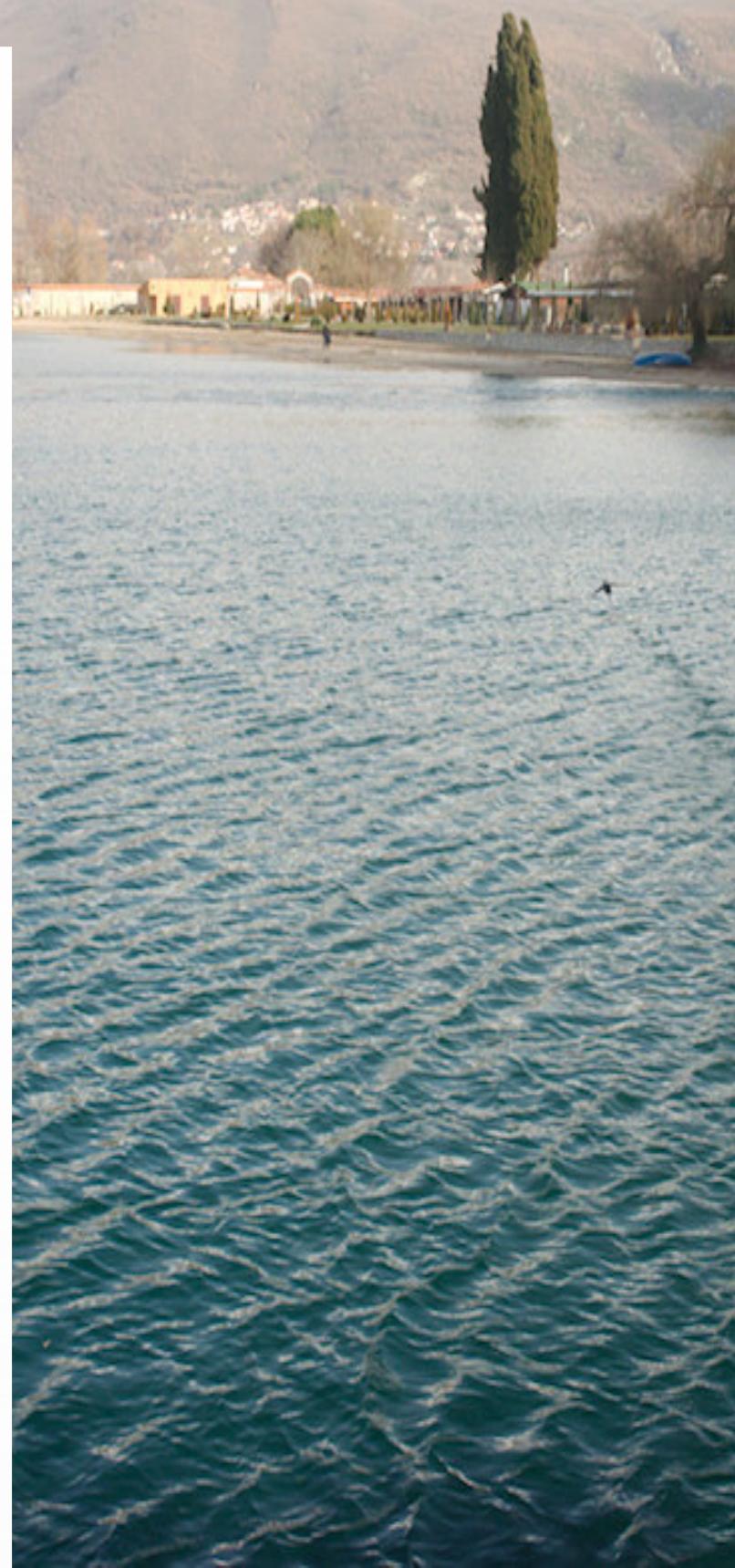
In the beginning of February I went to Ohrid. Honestly my original idea was to go to Slovenia Bled but my health disagreed with me so I decided to stay in the same country where there are people that I know.

I went out of the door in the morning with open-minded because the decision to go was formed the one evening before. So only preparation I made was to book a hostel via hostel-world. Usually I use airbnb but this time I went for budget option and it was excellent choice.

On the way I enjoyed the magical bus ride through snowy mountains. I am from a flat country, Estonia, so this site never gets old to me. In the bus there was an old lady sitting beside me and she offered me 2 cookies which I received gratefully, while being amazed of her kindness. Through this trip I felt more kindness of random people. But now I am getting head of myself.

I arrived to Ohrid around 12 so I had 2 hours time to check in to my hostel. I got a taxi to the place but discovered that door was closed so I decided to explore the old town and sat down at cafeteria to enjoy fresh pressed orange juice. I just sat there and felt the vibe. First thing that I fell in love in this place was the fact that time went by slowly. Town was clean and beautiful. After that I checked in to my hostel and met my roommate David from England, what a lovely chap. Then I went to explore the fort that looked stunning from the outside and inside was empty. I got the ticket and went up to take photo of mountains over the lake. Afterwards I checked out orthodox religious site. It looks lovely but it didn't feel right to me to have religious site as a tourist magnet. I have the highest respect for these places considering that I am considering myself as Buddhist.

I was really hungry since I skipped breakfast; all the people who know me know that I am not a morning person. I sat down in the restaurant opened up the menu and I discovered that there is no vegetarian option. I haven't been vegetarian for at least 2 years and Macedonia is not the best place to become vegetarian again. After that I remembered that I haven't found tickets for a concert where I wanted to attend with my companion. So I went out to find the ticket office and again all the beautiful Macedonian people surprised me with kindness and warm hearts. Especially I am thankful to the young couple that I asked directions for the ticket office and they actually went to that way to give me ride to the place.

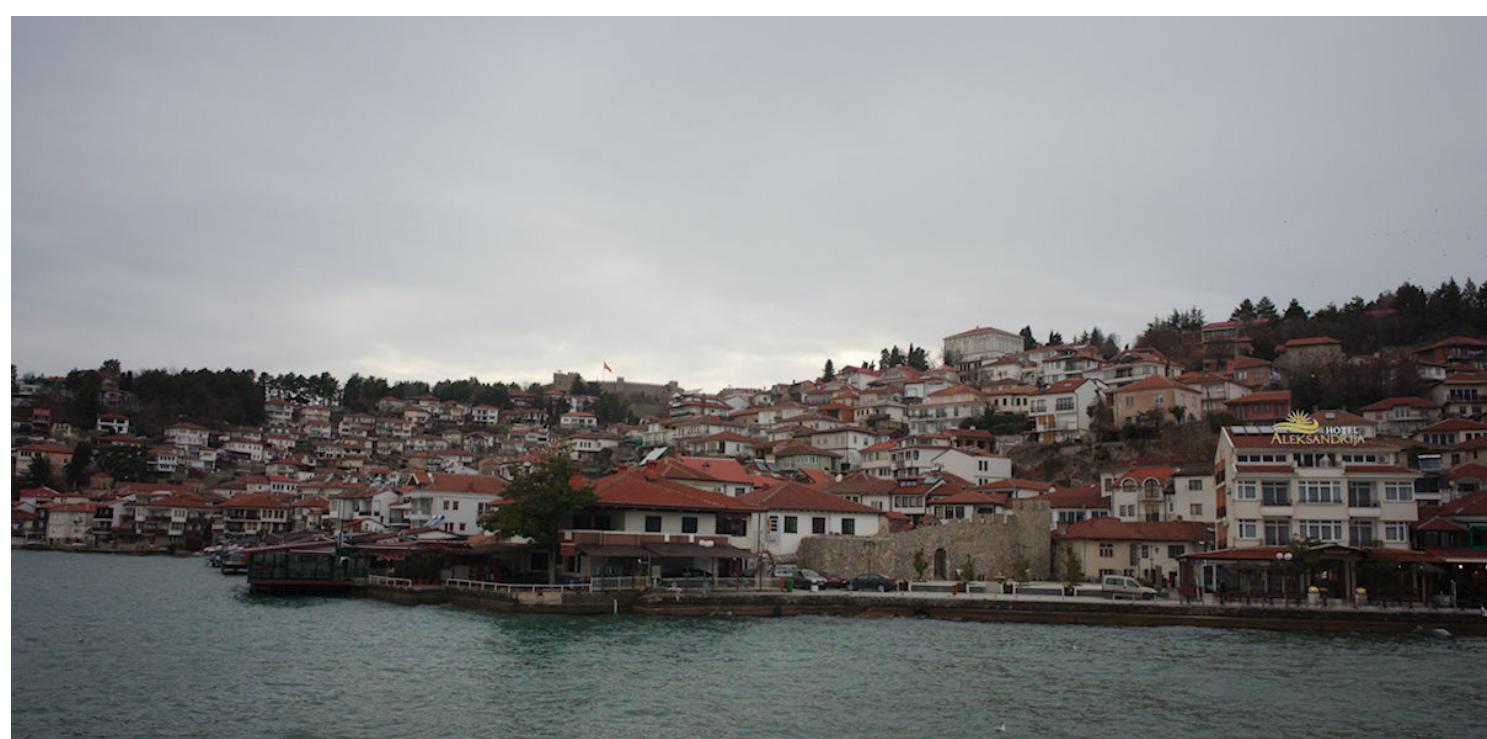


I was falling in love with this place; it's like night and day comparing to my own home culture in Estonia where there are societies of social disconnection and unprovoked kindness is rare. For the cute couple that helped me, thank you from the bottom of my heart, you really made my day. Unfortunately the ticket office was closed, so I went to a cafeteria to have my cup of tea and observed Lake Ohrid in its beauty. I was traveling alone so I didn't bother to run through all of the tourist spots. At the end of the day I return to hostel and spent the evening with the guys watching football, talking about life and philosophy and girls we have had loved and girls who had broken our hearts. Here I have to borrow my colleague's Triine's favorite saying: "Life is full of soul mates".

I was staying in a mixed dorm and my roommate David was really good and interesting conversation partner and we clicked so well. The next day me and David hanged around Ohrid, the fort and the religious site of old town. Then we went down at the lake side where he had his lunch and I had my ice cream and orange juice. For me as an Estonian country boy it was mind blowing moment to sit down at a lake at February with my jacket off, eating ice cream, listening waves crashing in the beach and looking at snowy mountain tops. What would your soul want more, than to sit there and enjoy it all? To think nothing, just observe. But honestly we both felt bit ill, so neither of us didn't want to put too much effort into an urban exploring. He went back to hostel and I went to lake side convent to explore that. At the evening we swapped contacts and I went on the bus to get back to Skopje. That was an amazing weekend, in a lovely place under the sun of Macedonia.

Madis – Siim Kull

Photography: Madis - Siim Kull



NARRI, NARRO



Narri, Narro shout the demons in the streets. Narri, Narro shout the witches as they jump across the fire. What sounds like a scene from medieval hell is happening every year in the streets of towns and hamlets all across southern Germany.

Carnival or as it is called there “Fasnet or Fasnacht” has its origins in medieval times when people gathered to eat all the remaining food they were not allowed during the forty days of fasting before Easter. And food is still a big part of the traditions. People eat a type of sweet bun called “Krapfen” or “Berliner” which is a deep fried bun filled with jam and covered in powdered sugar, which is especially popular with children.

Over time many more traditions developed, such as songs and parades and elaborate costumes.

In the 18th century Fasnet was replaced by “Karneval” in many regions in south-western Germany. Karneval was more influenced by the Italian “carnivale” and focused on making fun of the authorities and the church. This tradition nowadays is mainly concentrated around Cologne and Mainz. Costumes there are more reminiscent of 18th century uniforms. In the more southern parts of Germany people however went back to the medieval roots of the celebration and revived traditions such as wooden masks and jumping over fires. The groups are organized in guilds or ‘clubs’ which all wear the same costumes and have their own traditions and events. Every town and village usually has their own guilds with specific costumes. For examples the ‘Witches’ wear large wooden masks with long noses and huge eyes. They always carry a large broom and are known to play tricks and jokes on the people watching the parades. It is also the witches that meet at night to jump over a large fire, which is one of the highlights of Fasnet.

When I was a young boy I always was looking forward to the start of the celebrations, always on the Thursday in the week before Ash Wednesday. Everybody would come in masquerade and the witches and demons and jester would come to our school in a parade and ‘free’ us pupils. They would go to the principal to demand the key of the school and all pupils went to the main hall which was filled

with laughter, loud music and flying candy. That’s the main benefit for the children that in these days on the parades the jesters always throw sweets into the crowds and for a few days the children can eat as much candy as their hearts desire. Of course, music plays a big role. There are many traditional carnival songs, usually poking fun at politicians or the church or just being funny in general. Apart from the songs the groups always shout Narri, Narro, Narri, Narro as they walk in the parade. At least in the very South of Germany. In other regions they have other calls such as Alaaf, Helau or Ahoi. Every region and sometimes even city has its own call.

Fasnet is a period in which all usual rules are turned on its head, people walk through the city in costumes and party and celebrate everywhere. And it’s not only the professional jesters, everyday people dress up as well, as pirates, witches, animals. The only limits are creativity and the cold February weather. Fasnet is also called the ‘fifth season’ besides spring, summer, autumn and winter. After one week of craziness the towns return to their mundane and ordered everyday life. The witches jump one last time and then go to sleep until the following year.

Mathis Gilsbach

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СПОДЕЛЕТЕ ЉУБОВ СПОДЕЛИ МАРТИНКА



Март е променлив месец, месец кога можеме да искусиме по малку од зимското и пролетното време. Сите ја чекаат пролетта со нетрпение и постои една посебна традиција раширена во одредени балкански држави. Првиот ден од март е наречен Баба Марта и името се поврзува со немирна баба која е позната по променливите расположенија - како што е март познат за променливото време.

На овој ден, луѓето си споделуваат со своите роднини и пријатели белегзии направени од бели и црвени нишки, волнени или памучни. Белегзијата има различни имиња, зависно од државата. Во Македонија е мартинка, во Бугарија - мартеница, во Грција - *martis*, во Албанија - *verore* и во Романија и Молдавија - *mărțișor*. Главно, белата боја симболизира чистота и здравје, а црвената е симбол за крв и живот. Постојат повеќе извори кои предлагаат дека белата е симбол за здравје и долговечност, а црвената симбол за сонцето кое се буди, изгрева во нов живот после долгата зима. Најраспространето е тврдењето дека белата и црвената боја, ставени заедно, едноставно симболизираат желба за добро здравје.

Кога ќе им подариме мартеница на нашите сакани, сакаме да ги заштитиме од „лошите очи“ на Баба Марта. Заради ова, овие белегзии се третираат како еден вид амајлија. Обично, луѓето носат мартеница се додека не го видат првиот знак на пролетта, кој може да биде првото расцутено дрво, првиот штрк или првата ластовица. Сепак, некои луѓе ја носат цел месец март. Веднаш штом ќе биде забележан првиот знак на пролетта, секој треба да ја стави мартеницата на некое дрво или под некој камен. Според верувањата, тоа треба да донесе здравје и среќа. Некогаш многу одамна, мартеницата оставена под камен се користела за претскажување. Луѓето се враќале по неколку дена да видат што се појавило на тоа место. Ако имало некои инсекти (како на пример, црвени мравки), тоа било толкувано како ветување

дека стадото овци и коњи ќе се зголеми. Во денешно време, луѓето се уште тежнеат да бараат знаци под камењата за да ја претскажат иднината. Појавата на ларви се толкувала како успех, мравките кажувале дека претстои успех, но за кој треба напорно да се работи, а пајаците значеле несреќа.

Истражувајќи го потеклото на овој обичај, се сретнуваме со голем број интересни легенди. Традицијата е стара повеќе од 1300 години и датира од почетоците на бугарската држава во 681 година, кога Кан Аспарух војувал против Византиската Империја. Како што кажува легендата, после една победничка борба, Аспарух испратил орел со бели нишки врзани за неговите нозе со известување за победата до својата сестра или неговиот главен камп. Пред орелот да стигне до дестинацијата, бил повреден од византиска стрела. Белите нишки поцрвенале од крвта и така била создадена првата мартеница, со едноставна порака дека не постои среќа без страдање.

Други извори водат подлабоко во римски традиции и упатуваат на богот на војната Марс и неговата жена Белона. Римјаните го славеле Мартиус, првиот ден од март, а истиот тој ден и како првиот ден од календарската година. Во истото време почнувале подготовките за воената сезона со чистење на оружјето и организирање на трки. Белата боја се асоцирала со Белона, а црвената со Марс. Легендата за Баба Марта звучи повеќе како приказна која возврсните им ја раскажуваат на децата. Наводно,

Баба Марта - која го претставува март - е сестра на Голем и Мал Сечко, кои ги претставуваат јануари и февруари. Браќата Сечко живеат на планина и Баба Марта треба да ги напушти, бидејќи има променливо расположение и влијае на времето. Со нејзината насмевка доаѓа сонцето, но нејзината луттина носи облаци и ветер. Кога се мурти, носи студ и снег, што ги уништуваат веќе расцветаните растенија. Баба Марта, која секогаш носи црвен фустан, ги посетува куките и градините на луѓето. За добра среќа, луѓето ги чистат куките и палат непотребни работи во логорски огнови. Децата си играат скокајќи го огнот, додека мајките чукаат на лончињата за да ги избркаат лошите духови. Постои едно суеверие поврзано со доаѓањето на Баба Марта - старите луѓе не излегуваат од куките на 1 март, бидејќи таа сака да гледа само млади луѓе. Една поинаква верзија на оваа приказна вели дека Баба Марта е толку променлива и каприциозна, што секоја зима браќата го пијат целото вино без да остане ништо за нејзе.

Мартеница исто така се смета и за симбол за вечна љубов. Во Бугарија луѓето не прават само бело-црвени белегзии, туки и две кукли наречени Пижо и Пенда. Пижо е машка кукла направена од бели конци, а Пенда е женското и е направена од црвени конци. Легендата кажува дека Пижо бил работливо момче полно со добрина, кое се заљубило во најубавата и најпаметната девојка во селото. Пенда му ја возвратила љубовта и се венчале и сите биле воодушевени од моќта на љубовта која ги сплотила. До ден денес, Пижо и Пенда не потсетуваат за вечната љубов секоја година.

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