

The Holy Scriptural Orthodox Tradition of “Sarandismos”

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The Apostolic Orthodox Tradition of “Sarandismos” (The Service of 40th Day Blessing of birth givers) is a special 40 Day period of a new mother’s self-enclosure in her home after child-birth. This is an Ancient Liturgical Act of our Holy Orthodox Church and traces back to Mosaic Law, practiced in imitation and special honour of the Holy Mother of God, the Most Holy Theotokos and Ever-Virgin Mary. Even she herself, after giving birth to Christ, remained enclosed for 40 Days and only after that period was completed, she brought the Divine Infant to the Holy Temple and placed Him at the Hands of the Holy Priest St Symeon. This event was rightfully elevated to a Great Theomitoric Feast of the “Ypapandi” = The Annunciation of Christ, which in all accuracy consists of the True Orthodox ‘Mother’s Day’. It portrays the perfect example of a Sacred Image of the Most Holy Mother which brings her Child to the Temple and dedicates it to God in all gratefulness that

children are not really ours but God's. Thus, the Tradition of Sarandismos is an exceptional tribute to Motherhood.

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