

CHINESE FESTIVALS

Laba Festival

Name: *Laba Festival*

Date: the eighth day of the twelfth lunar month

In China, the twelfth month of lunar year is called "*la month*," and the eighth day of the twelfth lunar month is thus called "*Laba Festival*" (eight reads *ba* in Chinese) or "*la day*." *Laba Festival* is a traditional festival of Han nationality. It is also regarded as the prelude to the Spring Festival.

It is recorded that *Laba Festival* originated from the ancient Chinese *la* ceremony. The Chinese people have always paid great attention to agriculture ever since the ancient time. Whenever there was a bumper harvest, the ancient people would regard it as the result of all gods' bless, so they would hold a grand ceremony to celebrate the harvest, which was called a "*la ceremony*." After



Two "Old Beijing" enjoying *laba* porridge.

